

Amanda Watson  
DEN 2315 Pharmacology  
Date 11/24/2016

## St. John's wort

St. John's Wort also known as *Hypericum perforatum* the generic name, Klamath, Tipton's Weed or Common St. John's Wort; is an herbal treatment for depression, and is classified as an antidepressant. It is used to treat mild to moderate depression and anxiety. The antidepressant is available as a dry herb, tea, tablet, tincture, liquid extract and lotion. The product label use is for depression and treatment of mild anxiety. The product off label use, which is not supported by research, is use for atopic dermatitis, nerve pain, premenstrual syndrome, post-menopausal syndrome and many more.

The product is grown in countries such as South and North America, Europe, India and even South Africa. It thrives in areas with winter or areas dominated by summer with significant rainy season. Many research has been done on St. John's Wort safety and efficacy on depression. It was found to be most effective on mild depression, with less side effects and safe to use.

The adverse effects of St. John's wort, includes gastrointestinal upset, serotonin syndrome, confusion, dizziness, sedation, dry mouth and in most cases photosensitivity. The contraindication for St. John's wort is due to the adverse affect serotonin syndrome, which means it shouldn't be taken with other serotonin reuptake inhibitors, and also it shouldn't be used with patient with bipolar disorder, because it causes mania. Potential drug interaction for St. John's wort is with warfarin, Theophylline and digoxin. Any pharmacological drug containing cytochrome shouldn't be used with St. John's wort because it decrease the effectiveness, because

they are metabolized in the cytochrome pathway, and also it shouldn't be taken with oral contraception it reduces its effectiveness. The oral manifestation of St. John's wort is xerostomia.

Many studies have compared St. John's wort to Zoloft, Prozac, Celexa, and Paxil. These studies found that St John's Wort work as well the pharmacological drugs listed to treat depression.

As a health educator I believe my knowledge on natural health product should be vast, because I would need to know if there is a contraindication for dental treatment and adverse affect on the oral cavity. I believe this product is attractive to consumers because, first of all it is a natural product; natural products appeal to a lot of people who don't believe in western medicine, and one can assume it will have less adverse effect than a synthetic drug would have. Another reason is the affordability of the product compare to products created by pharmaceutical company that are expensive for people who cant afford it. By doing research on St. John's Wort, I feel comfortable to an extent because, if I see the product listed on a patient's medical history form ,I can assume, this is without asking the patient ,they are taking it for mild depression or anxiety or even for its off label use, but asking the patient is a better way to know for sure and of course. If there are risk associated with the product for oral health I would mention it to the patient in order for them to make the necessary changes to combat the effect. In my treatment plan, if the patient is taking St. John's Wort, which cause xerostomia, I will tell them to drink lot of water for lubrication , use products containing fluoride to prevent demineralization and cavities and lastly to go to the dentist regularly.

Product in nature



Product package for consumer use



Reference

Wang, Kim ( n.d.) .Natural remedies St.John's Wort. Retrieved November 12, 2016 from <http://www.naturalremedies.org/st-johns-wort/>

Ehrlich ,Steven D ( 2014,June 26) St. John's Wort, Retrieved November 12, 2016 from <http://umm.edu/health/medical/altmed/herb/st-johns-wort>

Hypericum perforatum (n.d.). In *Wikipedia*. Retrieved November 12, 2016, from [https://en.wikipedia.org/wiki/Hypericum\\_perforatum](https://en.wikipedia.org/wiki/Hypericum_perforatum)

