

DRUG
INTERACTION



Obus

Clients on anti-coagulation drugs

If a person has heart or blood vessel disease, or if they have poor blood flow to the brain, their doctor may recommend that they take a blood thinner.

Blood thinners reduce the risk of heart attack and stroke by reducing the formation of blood clots in the arteries and veins.

People may also take a blood thinner if they have:

- An abnormal heart rhythm

- Heart valve surgery

- Congenital heart defects

There are two main types of blood thinners.

Anticoagulants, such as heparin or warfarin (also called Coumadin), work on chemical reactions in the body to lengthen the time it takes to form a blood clot.

Antiplatelet drugs, such as aspirin, prevent blood cells called platelets from “clumping” together to form a clot.

Because we now know that some essential oils and some essential oil components are also anti-coagulants, it is important to ask your clients if they are taking “blood thinners” as it will affect your choice of oils

Essential oils that affect blood coagulation:

Sweet Birch
Garlic
Wintergreen

Because of their high content of
Methyl salicylate

Topical and oral use is contra indicated

Oral administration of any of the above oils is contraindicated if:

- Person is taking anticoagulants,
- Breast feeding*
- Haemophilia
- Peptic ulcer
- Internal bleeding
- Hepatic or renal impairment
- Hypertensive or Diabetic retinopathy
- Thrombocytopenia – decreased platelet count
- Vasculitis
- Up to one week before or after major surgery or childbirth

***The breast feeding caution is a controversial caution even with pharmaceutical blood thinners**

Oral administration of the follow essential oils may inhibit platelet aggregation

Ajowan

Anise

Aniseed Myrtle

Basil ct Estragole

Basil, Madagascan, West Indian,

Bitter Fennel

Cassis

Chervil

Cinnamon bark and leaf

Clove bud, leaf and stem

Holy Basil

Lavandin

Leek

Lemon Bee balm

Mexican Marigold

Oregano

Patchouli

Ravensara bark

Savory

Spike Thyme

Star Anise

Sweet Fennel

Tarragon

Thyme ct borneol

Thyme ct limonene

Thyme ct thymol and carvacrol

Wild Sweet Marjoram ct carvacrol

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Oregano

Origanum vulgare

Plant Part: Leaf

Extraction Method: Steam distillation

Aromatic Description: Herbaceous, sharp, green, camphoraceous

KEY BENEFITS

- Put two to three drops in a veggie capsule to help maintain a healthy immune system*
- Supports healthy digestion and respiratory function*
- Used as a powerful cleansing and purifying agent

A Aromatic **T** Topical **I** Internal

D Dilute before using topically

FROM THE BLOG: *Roasted Marinara Sauce*

Add to your favorite entrée dishes like roasted marinara sauce.

**Citral inhibits enzyme CYP2B6 which helps
metabolises the following drugs
All routes – topical and oral**

Cyclophosphamide – used in cancer treatments

Methadone - Methadone reduces **withdrawal symptoms** in people addicted to **heroin** or other narcotic drugs

Propofol - Propofol is used to help you relax before and during general **anaesthesia** for surgery or other medical procedures. It is also used in critically ill patients who require a breathing tube connected to a ventilator (a machine that moves air in and out of the lungs when a person cannot breathe on their own).

Tamoxifen - Tamoxifen blocks the actions of oestrogen, a female hormone. Certain types of breast cancer require oestrogen to grow. Tamoxifen is used to treat some types of breast cancer in men and women.

Chamazulene and a-bisabolol inhibits enzyme CYP2D6 which help to metabolise the following drugs.

All routes – oral and topical

Codeine - Codeine is an **opioid pain** medication

Lidocaine - This combination medication is used to treat irritation, **soreness**, and itchiness from certain skin conditions (e.g., **scrapes**, minor burns, **eczema**, **insect bites**).

Amitriptyline - Amitriptyline is used to treat symptoms of **depression**.

Imipramine - Imipramine is used to treat symptoms of **depression**. Imipramine is sometimes used to treat **bed-wetting** in children ages 6 and older.

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Fluoxetine - fluoxetine, also known by trade names Prozac and **Sarafem** among others, is an antidepressant of the selective serotonin reuptake inhibitor (SSRI) class. It is used for the treatment of major depressive disorder, obsessive–compulsive disorder (OCD), **bulimia nervosa**, **panic disorder**, and **premenstrual dysphoric disorder**.

Fluvoxamine - Fluvoxamine is a selective **serotonin reuptake inhibitor** (SSRI). It works by restoring the balance of serotonin, a natural substance in the brain, which helps to decrease obsessive or compulsive behaviour.

Paroxetine - Paroxetine is used to treat depression, panic attacks, obsessive-compulsive disorder (OCD), anxiety disorders, and post-traumatic stress disorder. Paroxetine is known as a selective serotonin reuptake inhibitor (SSRI).

Estrogenic action of essential oils

Essential oils containing (E)-anethole should not be used, by any route, in pregnancy, breastfeeding, endometriosis and oestrogen-dependant cancers.

They include

Anise 75%

Aniseed Myrtle 95%

Sweet Fennel 65%

Star Anise 70%

Bitter Fennel 52%

Oils