

Tabla1: Descripción de las características de las plantas medicinales

Nombre científico	Nombre común	Efecto antioxidante	Efecto inmunomodulador	Efecto coagulante ^a	Propiedades hormonales ^b	Toxicidad	Mecanismo de interacciones metabólicas	Estado (EMA) ^c	Referencia bibliográfica
<i>Achillea millefolium</i>	Milenrama / Milhojas / Yarrow	X		PC				F	[1] [3] [4]
<i>Aesculus hippocastanum</i>	Castaño de indias / Horse chestnut	X		+		Hepatotóxico	Inhíbe/Induce CYP1A2, 2C9, 3A4	F	[1] [3] [6] [7]
<i>Allium sativum</i>	Ajo / Garlic	X	X	+++	FE	Genotóxico	-Induce P-gp -Inhíbe CYP2C9, 2C19, 3A4	D	[1] [2] [3] [4] [8] [9]
<i>Aloe ferox; A. barbadensis</i>	Aloe / Aloe vera	X	X	+		Hepatotóxico Genotóxico	Inhíbe CYP3A4, 2D6 (el jugo de aloe)	F	[1] [2] [3] [10] [11]
<i>Ananas comosus</i>	Piña / Bromelain / Pineapple			+			Inhíbe CYP2C9	-	[1] [3] [12]
<i>Andrographis paniculata</i>	Indian echinacea / Andrographis/ Chuan xin lian	X	X	+			-Induce CYP1A1, 2B -Inhíbe CYP1A2, 2C9, 3A4 -Inhíbe UGT	F	[3] [2] [13]
<i>Angelica sinensis</i>	Dong quai	X	X	+ / PC	FE		-Inhíbe P-gp -Induce CYP3A4	F	[3] [14] [15]
<i>Arctostaphylos uva-ursi</i>	Gayuba / Uva de oso / Bearberry	X				Hepatotóxico Nefrotóxico	Inhíbe CYP3A4, 2C19	F	[1] [16] [17] [18]
<i>Arnica montana</i>	Arnica	X	X	+ / PC	FE			F	[1] [3] [19] [20]
<i>Aspalathus linearis</i>	Te rooibos	X	X		FE	Hepatotóxico		-	[21]
<i>Astragalus membranaceus</i>	Astragalo / Astragali radix / Huang chi	X	X	+ / PC	FE			-	[3] [22]
<i>Azadirachta indica</i>	Neem / Margosa oil	X	X		FE	Neurotóxico		-	[3] [2] [23]

<i>Bacopa monnieri</i>	Bacopa / Brahmi	X					Inhíbe CYP2C19 > 1A2, 3A4, 2C9 > 2D6	–	[24] [25]
<i>Borago officinalis</i>	Borraja / Borage	X		+	FE	Hepatotóxico		–	[1] [3] [26] [27]
<i>Boswellia serrata</i>	Boswellia		X		FE		-Inhíbe P-gp	–	[2] [3] [28]
<i>Bupleurum falcatum</i>	Hierba gitana / Bupleurum / Chai hu	X	X	+	FE	Genotóxico		–	[3] [9] [29]
<i>Calendula officinalis</i>	Calendula / Marigold	X	X	+	FE			F	[1] [2] [3] [30]
<i>Camellia sinensis</i>	Te / Tea / Green tea	X	X	+ / PC	FE	Hepatotóxico	-Inhíbe P-gp -Inhíbe CYP3A4 -Inhíbe UGT	F	[1] [2] [3] [31]
<i>Capsella bursa-pastoris</i>	Bolsa de pastor / Capsella	X		PC	FE			F	[1] [3] [32]
<i>Capsicum annuum</i>	Cayena / Cayenne / Red pepper			+			-Modula P-gp -Inhíbe CYP3A4	PF	[1] [3] [33]
<i>Carica papaya</i>	Papaya / Pawpaw	X	X	+				–	[1] [2] [3] [34]
<i>Carum carvi</i>	Comino de prado / Caraway	X						PF	[1] [35]
<i>Cassia Senna;</i> <i>C.angustifolia</i>	Sen / Cassia	X			FE	Genotóxico Hepatotóxico		F	[1] [36] [37]
<i>Centella asiática</i>	Centella / Gotu kola	X	X		FE	Hepatotóxico	Inhíbe CYP2C9, 2D, 2C19, 3A4	F	[1] [2] [3] [10] [38] [39]
<i>Chamomilla recutita;</i> <i>Matricaria recutita</i>	Manzanilla / Chamomile	X	X	+	FE		Inhíbe CYP1A2, 2C9, 2D, 3A4	PF	[1] [2] [3] [40] [41]
<i>Chelidonium majus</i>	Celidonia / Greater celandine	X	X			Hepatotóxico		F	[1] [2] [3] [42]
<i>Cichorium intybus</i>	Achicoria / Chicory	X	X		FE		Induce CYP3A	F	[1] [2] [3] [43] [44]
<i>Cimicifuga racemosa;</i> <i>Actaea racemosa</i>	Cimifuga / Black cohosh			+	FE	Hepatotóxico	Inhíbe CYP3A4	F	[3] [45]

<i>Cinnamomum verum;</i> <i>C.zeylanicum</i>	Canela / Cinnamon / Cassia	X	X	+	FE		Inhíbe CYP2C9, 3A4	F	[1] [3] [46]
<i>Citrus paradisi</i>	Pomelo / Grapefruit	X		+			Inhíbe CYP3A4	-	[3] [47]
<i>Commiphora mukul</i>	Gugulon / Guggul / Myrrh			+ / PC	FE + FP		Induce CYP3A4	F	[1] [3] [48] [49]
<i>Coptis chinensis;</i> <i>Rhizoma coptidis</i>	Huanglian	X		+		Genotóxico	-Inhíbe P-gp -Inhíbe CYP2D, 2C9, 3A4 -Induce CYP3A4 (uso prolongado)	-	[4] [37] [50]
<i>Crataegus monogyna;</i> <i>C.oxyacantha;</i> <i>C.laeviagata</i>	Espino blanco / Espino albar / Hawthorn	X		+	FE		-Induce CYP3A4 -Inhíbe UGT	P	[1] [3] [51]
<i>Curcuma longa;</i> <i>C.domestica</i>	Curcuma / Turmeric	X	X	+	FE	Hepatotóxico	-Inhíbe P-gp -Inhíbe CYP1A1, 1A2, 2B1, 3A4	F	[1] [2] [3] [52]
<i>Echinacea pallida;</i> <i>E.purpurea;</i> <i>E.angustifolia</i>	Equinacea / Echinacea	X	X		FE	Hepatotóxico Nefrotóxico	Induce/Inhíbe CYP3A4	F	[1] [2] [3] [18] [53] [54]
<i>Eleutherococcus senticosus</i>	Eleuterococo / Siberian ginseng	X	X	+	FE + FP		Inhíbe CYP2C9, 2E1	F	[1] [3] [55]
<i>Ephedra sínica;</i> <i>E.equisetina</i>	Efedra / Ma huang					Hepatotóxico		-	[10] [56]
<i>Epimedium brevicornum</i>	Epimedium / Epimedii / Ying yang huo / Horny goat weed		X	+	FE		-Inhíbe CYP1A2, 2C9, 3A4 -Inhíbe UGTs	-	[3] [57] [58]
<i>Equisetum arvense</i>	Horsetail	X		PC	FE	Nefrotóxico		F	[3] [18] [59]
<i>Eucalyptus globulus</i>	Eucalipto	X			FE			F	[1] [3] [60]
<i>Foeniculum vulgare;</i> <i>F.dulce;</i> <i>F.capillaceum</i>	Hinojo / Fennel	X			FE		Inhíbe CYP3A4	F	[1] [3] [61]
<i>Fragaria vesca</i>	Fresa / Strawberry	X		+				C	[1] [3] [62]

<i>Fucus vesiculosus</i>	Fucus / Bladder wrack	X			FE		Inhibe CYP450 (CYP1A)	F	[1] [3] [63] [64]
<i>Gardenia jasminoides</i>	Gardenia / Cape of jasmine	X	X	+		Genotóxico	-Induce P-gp -Induce CYP2D6 -Inhibe CYP2C19, 3A4	-	[65] [66]
<i>Ginkgo biloba</i>	Ginkgo	X		+++	FE		-Inhibe P-gp -Induce CYP3A4 -Inhibe UGT	F	[1] [3] [52] [67]
<i>Glycine max</i>	Soja / Soy / Soybean	X		+	FE		-Induce P-gp -Induce CYP3A4 -Inhibe UGT	C	[3] [68]
<i>Glycyrrhiza glabra; G. inflata; G. uralensis</i>	Regaliz / Licorice	X	X	+	FE	Nefrotóxico	-Inhibe P-gp -Induce CYP3A4, 2D6	F	[1] [2] [3] [18] [69] [70]
<i>Harpagophytum procumbens</i>	Harpagofito / Garfios del diablo / Devil's claw	X		+	FE		Inhibe CYP1A2, 2C8, 2C9, 2C19, 2D6, 3A4	F	[1] [3] [71]
<i>Hibiscus sabdariffa</i>	Hisbiscos / Sour tea	X						-	[72] [73]
<i>Humulus lupulus</i>	Lupulo / Hop	X	X	+	FE		Inhibe CYP2C > CYP1A2	F	[1] [3] [74] [75]
<i>Hydrastis canadensis</i>	Hidrastis / Goldenseal		X	+ / PC	FE		Inhibe CYP2D6, 3A4	-	[1] [2] [3] [76]
<i>Hypericum perforatum</i>	Hipérico / Hierba de San Juan / St. John's wort	X	X	+	FE	Nefrotóxico	-Induce P-gp -Induce CYP3A4, 1A2, 2C9 -Inhibe UGT	F	[1] [2] [3] [18] [53] [77] [78]
<i>Ilex paraguariensis</i>	Mate / Paraguay tea / yerba mate	X	X			Hepatotóxico		F	[1] [3] [79] [80]
<i>Juniperus communis</i>	Enebro / Junipero / Juniper	X		+		Nefrotóxico	Inhibe CYP3A4	F	[1] [3] [18] [81] [82]
<i>Lavandula angustifolia</i>	Lavanda / Lavander	X		+	FE			F	[1] [3] [83]
<i>Levisticum officinale</i>	Levistico / Lovage			+	FE	Nefrotóxico		F	[1] [3] [18]

<i>Lycium barbarum</i> ; <i>L.chinense</i>	Lycium / Goji berry / Gou qi zi	X	X		FE	Genotóxico	Induce CYP3A4	–	[3] [37] [84]
<i>Marrubium vulgare</i>	White horehound / Marrubio	X	X		FE			F	[1] [3] [85] [86]
<i>Medicago sativa</i>	Alfalfa	X	X	+ / PC	FE	Nefrotóxico		–	[1] [3] [18] [86] [87]
<i>Melaleuca alternifolia</i>	Tea-tree-oil	X	X		FE			F	[88] [89] [90]
<i>Mentha piperita</i>	Menta / Peppermint	X	X		FE		Inhibe CYP1A2, 2C8, 2C9, 2C19, 2D, 3A4	F	[1] [3] [91] [92]
<i>Momordica charantia</i>	Melon amargo / Bitter melon	X	X			Hepatotóxico	-Inhibe P-gp -CYP2C9	–	[2] [93] [94]
<i>Nigella sativa</i>	Black seed / black caraway	X	X		FE		Inhibe CYP3A4, 2D6	–	[2] [3] [95]
<i>Oenothera biennis</i>	Onagra / Evening primrose oil			+	FE			F	[3] [96]
<i>Olea europea</i>	Olivo / Olive leaf	X	X					F	[1] [4] [97]
<i>Origanum vulgare</i>	Orégano	X		+	FE + FP			–	[1] [3] [98] [99]
<i>Panax ginseng</i>	Asian ginseng	X	X	+ / PC	FE		-Induce P-gp -Induce CYP3A4	F	[1] [2] [3] [14] [100] [101]
<i>Passiflora incarnata</i>	Pasiflora / Passionflower	X		+ / PC				F	[1] [3] [102] [103]
<i>Paullinia cupana</i>	Guarana	X		+				F	[1] [3] [104] [105]
<i>Pelargonium sidoides</i>	Geranio de Sudáfrica / Geranium	X	X					F	[1] [106]
<i>Peumus boldus molina</i>	Boldo	X			FE			F	[1] [3] [107]
<i>Pimpinella anisum</i>	Anis verde / Anise	X		+	FE			F	[1] [3] [108]
<i>Piper methysticum</i>	Kava			+	FE	Hepatotóxico	Inhibe CYP2E1, 1A2, 2C8, 2C9, 2C19, 2D, 3A4	–	[3] [109]

<i>Piper nigrum</i>	Pimienta/ Pepper/ Piperine	X	X	+			-Inhibe P-gp -Inhibe 3A4	-	[1] [2] [52] [110]
<i>Plantago lanceolata;</i> <i>P.major</i>	Llanten / Plantain	X	X			Hepatotóxico		F	[1] [2] [3] [111]
<i>Plantago ovata;</i> <i>P.asiatica</i>	Ipagula / Ispaghula		X			Hepatotóxico		F	[1] [2] [10]
<i>Rhamnus purshiana</i>	Cascara sagrada					Nefrotóxico		F	[1] [18] [112] [113]
<i>Rheum palmatum;</i> <i>R.officinale</i>	Ruibarbo / Rhubarb		X	PC	FE	Nefrotóxico Genotóxico	Induce CYP3A, 2D6	F	[1] [3] [18] [37] [114]
<i>Rhodiola rosea</i>	Rodiola / Arctic or golden root	X			FE		-Inhibe P-gp -Inhibe CYP3A4	F	[3] [115]
<i>Ribes nigrum</i>	Grosellero negro / Black currant	X		+	FE			F	[1] [3] [4]
<i>Rosmarinus officinalis</i>	Romero / Rosemary	X		+	FE		-Inhibe P-gp -Inhibe CYP3A4	F	[1] [3] [4] [52]
<i>Ruscus aculeatus</i>	Rusco / Butcher's broom		X					F	[1] [116]
<i>Salix alba,</i> <i>S.fragilis;</i> <i>S.purpurea</i>	Sauce / Willow bark		X	+		Hepatotóxico		F	[1] [3] [10] [117]
<i>Salvia officinalis</i>	Salvia / Sage	X	X	+ / PC	FE			F	[1] [2] [3] [118]
<i>Sambucus nigra</i>	Sauco / Elderberry / Elder	X	X	+			Inhibe CYP3A4	F	[1] [3] [119]
<i>Scutellaria baicalensis</i>	Huang qin / Baikal skullcap	X		+	FE	Hepatotóxico Genotóxico	Inhibe CYP1A2, 2C19, 2D, 3A		[3] [37] [120]
<i>Serenoa repens;</i> <i>S.serrulata</i>	Sabal / Saw palmetto			+++	FE	Hepatotóxico	-Inhibe CYP3A4, 2D6, 2C9 -Inhibe UGT	PF	[1] [3] [10] [121]
<i>Silybum marianum</i>	Cardo marino / Milk thistle	X		+	FE		-Inhibe P-gp -Inhibe UGT	D	[1] [3] [14] [122] [123]
<i>Symphytum officinale</i>	Consuelda / Comfrey				FE	Hepatotóxico		PF	[3] [10] [124]

<i>Tanacetum parthenium</i>	Matricaria / Feverfew	X		+	FE		Inhíbe CYP1A2, 2C8, 2C9, 2C19, 2D6, 3A4	F	[1] [3] [125]
<i>Taraxacum officinale</i>	Diente de león / Dandelion	X	X			Nefrotóxico		F	[1] [18] [126] [127]
<i>Thymus vulgaris</i> ; <i>T.zygis</i>	Tomillo / Thyme	X		+	FE			F	[1] [3] [128]
<i>Trifolium pratense</i>	Trebol rojo / Red clover	X		+	FE		Inhíbe CYP1A2, 2C8, 2C9, 2C19, 2D6, 3A4	-	[3] [129]
<i>Trigonella foenum-graecum</i>	Alholva / Fenugreek	X	X	+	FE			F	[1] [2] [3] [130] [131]
<i>Triticum aestivum</i> ; <i>T.vulgare</i>	Trigo / Wheatgrass	X	X	+				-	[1] [3] [132]
<i>Uncaria tomentosa</i>	Uña de gato / Cat's claw	X	X	+ / PC	FE	Nefrotóxico	Inhíbe CYP3A4	P	[1] [3] [18] [133]
<i>Urtica dioica</i>	Ortiga / Nettle	X	X	+	FE		Inhíbe CYP450	F	[1] [2] [3] [134] [135]
<i>Vaccinium myrtillus</i>	Arandano / Bilberry	X		+ / PC	FE			P	[1] [3] [136]
<i>Valeriana officinalis</i>	Valeriana / Valerian	X			FE	Hepatotóxico	-Inhíbe P-gp -Inhíbe CYP2D6, 3A4 -UGT	F	[1] [3] [137] [138]
<i>Viscum album</i>	Muerdago / Mistletoe		X	+ / PC	FE	Hepatotóxico	-Inhíbe P-gp -Inhíbe CYP3A4	F	[1] [3] [139] [140]
<i>Vitex agnus castus</i>	Sauz gatillo / Chasteberry / Agnus castus				FE + FP		Inhíbe CYP2C19, 3A4	F	[1] [3] [141]
<i>Vitis vinifera</i>	Vid roja / Grape	X		+			-Inhíbe CYP3A4 -Inhíbe UGT	F	[1] [3] [142]
<i>Zingiber officinale</i>	Jengibre / Ginger	X		+	FE		-Inhíbe P-gp -Inhíbe CYP2C19	F	[1] [3] [52]

^a Agentes que causan hemorragias clínicamente significativa (+++) / Agentes que pueden aumentar el riesgo de sangrado, basados en su mecanismo de acción, datos preclínicos o uso tradicional (+) / Posibles agentes procoagulantes (PC) ^[3].

^b Plantas que contienen potenciales fitoestrógenos (FE) o fitoprogéstágenos (FP) según los estudios basados en la ciencia básica, estudios en animales y/o ensayos en humanos ^[3].

° Tipo de estado de evaluación por el Comité de Medicamentos de Plantas Medicinales (HMPC, Committee on Herbal Medicinal Products) de la Agencia Europea de Medicamentos (EMA) ^[143]:

R: Ponente asignado

C: Convocatoria pendiente de datos científicos

D: Proyecto bajo discusión

P: Proyecto publicado

PF: Evaluación cerca de finalización (pre-final)

F: Aprobación del dictamen final