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REHMANNIA

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- **ActiveIngredient:**
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-

Description

Uses & Effectiveness Overview Rehmannia (*Rehmannia glutinosa*) is a plant mainly grown in China. It's commonly used in combination with other herbs in Traditional Chinese Medicine (TCM). Some chemicals in rehmannia might affect the immune system and nervous system. Rehmannia might also reduce pain and swelling. People use rehmannia for kidney disease, anemia, obesity, diabetes, and many other conditions, but there is no good scientific evidence to support these uses. Rehmannia, a plant that has been used in traditional Chinese medicine for centuries, contains a variety of compounds known as iridoid glycosides, which have been found to possess anti-inflammatory and antioxidant properties, making it potentially beneficial for reducing inflammation and protecting against cellular damage.

Side Effects When taken by mouth: Rehmannia is possibly safe when used for up to 8 weeks. It seems to be well-tolerated.

Interactions Moderate Interaction Be cautious with this combination Medications for diabetes (Antidiabetes drugs) interacts with REHMANNIA Rehmannia might lower blood sugar levels. Taking rehmannia along with diabetes medications might cause blood sugar to drop too low. Monitor your blood sugar closely. Medications for high blood pressure (Antihypertensive drugs) interacts with REHMANNIA Rehmannia might lower blood pressure. Taking rehmannia along with medications that lower blood pressure might cause blood pressure to go too low. Monitor your blood pressure closely.

Special Precautions and Warnings When taken by mouth: Rehmannia is possibly safe when used for up to 8 weeks. It seems to be well-tolerated.

Pregnancy and breast-feeding: There isn't enough reliable information to know if rehmannia is safe to use when pregnant or breast-feeding. Stay on the safe side and avoid use.

Surgery: Rehmannia might affect blood sugar levels. This might interfere with blood sugar control during and after surgery. Stop using rehmannia at least 2 weeks before a scheduled surgery.

Dosing Rehmannia is used in some Traditional Chinese Medicine (TCM) herbal combinations. But there isn't enough reliable information to know what an appropriate dose of rehmannia might be. Keep in mind that natural products are not always necessarily safe and dosages can be important. Be sure to follow relevant directions on product labels and consult a healthcare professional before using.

Side Effects

Uses

Interactions

Other Details
