

Using Herbs

Herbs are also called herbals, herbal therapy and dietary supplements. They are natural products often made from plants. People eat or drink these products to try to improve their health. How well herbs work is not known.

What You Need to Know:

- **Tell your doctors, nurses, pharmacist, and dietitian which herbs you are taking. Talk to them before starting new ones.**
- Herbs are not regulated, tested or controlled like medicines in the United States.
- Ingredients, dose and effects of the same herb may vary. Herbs can contain items that are not listed on the label. Dangerous things like lead, mercury, and arsenic have been found in herbs.
- You do not need a prescription from a doctor to buy them.
- Herbs can be very expensive.
- Herbs come in their natural state of leaves, bark, fruit, stems, or flowers. Others are made into pills or liquids. Herbs may not be safe even from natural sources.
- Herbs may make you feel better but they can effect your treatment. For example:
 - *Gingko biloba* may cause bleeding.
 - Kava may increase the effect of sleeping and relaxation medicine.
- Some people have allergies to herbs.
- Herbs are not tested on children or pregnant women and can cause miscarriages.

If you are taking or planning to take any herbs:

- **Talk to your doctor before starting a new herb.**

Isticmaalidda Geedo-Daaweedka

Dhirta cardunka ah waxaa loo yaqaannaa cardun, geedo daaweed iyo nafaqeyeyaal. Waa waxyaabo dabiici ah oo badanaa dhirta laga sameeyo. Dadku waxay u cunaan ama u cabbaan waxyaabahaan iyagoo isku deyaya in ay hagaajiyaan caafimaadkooda. Sida ugu wanaagsan ee ay wax u tartose lama oga.

Waxa aad u Baahan tahay in aad Ogaato:

- **Dhakhaatiirtaada, kalkaalisoooyinka, farmashiisteyaasha, iyo kuwa cuntada qora u sheeg dhirta aad qaadatid. Ayaga kala hadal ka hor inta aadan kuwo cusub billaabin.**
- Dhir daaweedka xeer looma sameynin, lama baarin ama looma koontaroolo sida daawooyinka kale ee Maraykanka laga isticmaalo.
- Waxyaabaha ay ka kooban tahay, qaadashada iyo saameynada dhir isku mid ah ayaa laga yaabaa in ay kala duwanaato. Dhir daaweedka waxaa ku jiri kara walxo aan lagu sheegin calaamadda ku dheggan. Walxo halis ah sida balambam, meerkuri, iyo arsenik ayaa dhir daaweedka laga helay.
- Uma baahnid warqad dhakhtar qoray si aad ayaga ugu iibsato.
- Dhir daaweedku waxay noqon karaan kuwo aad qaali u ah.
- Dhir daaweedku waxay ku yimaadaan qaabkoodii dabiiciga ahaa ee caleemo, qolof, miro, laamo, ama ubaxyo. Kuwa kale waxaa laga dhigay kaniiniyo ama dareereyaal. Dhir daaweedku waxaa laga yaabaa in aysan ammaan ahayn xataa iyagoo dabiici ahaan loo keenay.
- Dhir daaweedku waxaa laga yaabaa in ay kaa yeelaan inaad dareento in aad soo wanaagsanaatay, laakiin waxay saameyn ku yeelan karaan daaweyntaada.
Tusaale ahaan:
 - *Ginkgo biloba* waxaa laga yaabaa in ay dhiig-bax keento.
 - Kava waxaa laga yaabaa in ay kordhiso saameynta daawada hurdada iyo iskala bixinta.
- Dadka qaarkood dhir daaweedka xajiin ayey ka qaadaan.
- Dhir daaweedka laguma hubin carruurta ama haweenka uurka leh waxayna keeni karaan in ilmuhu dhicis noqdo.

Haddii aad qaadatid ama aad qorsheyneysid inaad dhir daaweed qaadatid:

Using Herbs. Somali.

- **La hadal dhakhtarkaaga ka hor inta aadan billaabin dhir cusub.**

- Read the labels carefully. Look for the name of the herb and the ingredients.
- Start with a low dose. Then slowly increase the dose to the recommended level.
- Take only one new herb at a time. Wait at least 24 hours before starting another one. This will help if you find the cause of an allergy or side effect.
- Stop taking any herbal right away if you have a fast beating heart, shortness of breath, nausea or vomiting, mild or severe itching, or bleeding. **Go the Emergency Room or call your doctor.**
- Stop taking it if you have not seen results in a few weeks.

5/2005. Developed through a partnership of The Ohio State University Medical Center, Mount Carmel Health and OhioHealth, Columbus, Ohio. Available for use as a public service without copyright restrictions at www.healthinfotranslations.com.

- Calaamadaha ku dheggan si taxaddar leh isaga akhri. Iska fiiri magaca dhirta iyo waxa ku jira.
- Ku billow qaadasho hooseysa. Ka dibna tartiib tartiib u kordhiso qaadashada ilaa heerka lagu faray.
- Halkii marba hal dhir oo cusub oo keliya qaado. Sug ugu yaraan 24 saacadood ka hor inta aadan billaabin mid kale. Tan waxay kaa caawin doontaa inaad ogaato sababta xajiin keenta ama saameyn kale.
- Jooji qaadashada wixii dhir daaweed ah isla markiiba haddii aad wadne garaac isku aragtid, neeftu kugu gaabato, lalabbo ama matag, cun-cun yar ama daran, ama dhiig-bax. **Qolka Gargaarka Degdegga ah aad ama dhakhtarkaaga wac.**
- Jooji qaadashadeeda haddii aadan wax natiijo ah ka helin dhowr toddobaad.

Using Herbs. Somali.

5/2005. Developed through a partnership of The Ohio State University Medical Center, Mount Carmel Health and OhioHealth, Columbus, Ohio. Available for use as a public service without copyright restrictions at www.healthinfotranslations.com.