

# 115 - Drug interactions

## Drug interactions

442 The Maudsley® Prescribing Guidelines in Psychiatry CHAPTER 3 People may regard herbal remedies as 'natural' and therefore harmless.<sup>35</sup> Many are not aware of the potential of such remedies for causing adverse effects or interacting with other drugs. A large study from Germany (n = 588), where SJW is a licensed antidepressant, found that for every prescription written for SJW, one person purchased SJW without seeking the advice of a doctor.<sup>36</sup> Many of these people had severe or persistent depression but few told their doctor that they took SJW. A small US study (n = 22) found that people tend to take SJW because it is easy to obtain alternative medicines and also because they perceive herbal medicines as being purer and safer than prescription medicines. Few would discuss this medication with their conventional healthcare provider.<sup>37</sup> Clinicians need to be proactive in asking patients if they use such treatments and try to dispel the myth that natural is a synonym for safe. References

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