

Safety analysis for the use of the acute treatment protocol  
for Covid-19 when pregnant  
Stephen Harrod Buhner

Overall: In general, the formulations appear safe for use during pregnancy with the following caveats.

**Herbal Medicines in Pregnancy and Lactation, an evidence based approach,** Edward mills et al, available as a free download if you look for it. This is probably the best look at herbs during pregnancy though the herb list is a bit thin.

**Antiviral formulation**

- \* Scutellaria baicalensis, often used in pregnancy
- \* Isatis tinctoria, I can find no adverse reports at all
- \* Pueraria lobata, I can find no adverse reports
- \* Houttuynia is a food grade herb and is commonly eaten in pregnancy
- \* Licorice, can be used but with caution, NOTE: **heavy** exposure during early pregnancy (up to 38 weeks) has been found in a Finnish study to increase the likelihood of early term birth. There is nothing to suggest its use in late pregnancy in small doses is unwarranted, and nothing I can find indicates that its use as a minor component in a blended formulation is unsound during pregnancy. In this formulation it composed 1/8 of the formulation, a relatively minor and certainly not heavy use of the herb.

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**Immune formulation**

- \* Cordyceps, I can find no adverse reports at all for pregnancy
- \* Eleutherococcus senticosus, I can find no reports of adverse effects in pregnancy
- \* Astragalus, a food grade herb, safe in pregnancy
- \* Rhodiola, two studies found it very mildly toxic in pregnancy in a few mouse studies that looked at its ingestion in early pregnancy. Other mouse studies found it safe for long term use in pregnancy. Another mouse study found it enhanced the innate immunity of offspring. Probably the best look at its use in pregnancy is this: <https://www.mdpi.com/2072-6643/11/8/1958>, I can't find any adverse reports from its use in pregnant women nor any reports from traditional use for

over 1000 years that suggest it cannot be used in pregnancy. Nevertheless, if concern is present, eliminate this herb.

### **Cellular protection/cytokine modulation/spleen support formulation**

Salvia miltiorrhiza, I can find no reports of adverse effects but did find reports of its safe use in pregnant women.

Bidens Pilosa, weak uterine stimulant, may be used depending on dosage. I would avoid.

Galium spp (cleavers), I can find no evidence of adverse events when used in pregnancy

### **Kidney protection formulation**

Nettles, mixed reports. It is often used as a nutritional support during pregnancy and has been so for centuries. However, some recent studies indicate it has uterine activity though there have been no reports of adverse events in its use by pregnant women. I looked rather deeply, I can find none. I don't have an opinion on this one (but most of the women herbalists and their books generally support its use during pregnancy)

### **Heart formulation**

Hawthorn, safe, a food grade herb

### **Supplements:**

Lumbrokinase, nattokinase, etc. there is no data on the use of these in pregnancy but I feel glitch about their use due to their anti-clotting actions. I would avoid for now.

L-malic acid, not enough data for me to determine safe use

Standardized mangifera indica, not enough data for me to determine safe use

### **Bay Laurel essential oil**

The data on this is confusing. Bay leafs are commonly used in food preparation and there are no indications that this is contraindicated in pregnancy. Most lay and some research papers recommend it not be used in pregnancy but I can find no definitive reasons why this is said. I can't find any data that indicates the inhalation of 1-2 drops on bay laurel EO in boiling water on the stove would be contraindicated. There is not enough clear data for me to determine safe use.