



79th



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Study of herbal product use during pregnancy in Lithuania

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Summary

Background. The use of herbal products in pregnancy varies from 7% to 45% in different countries [1,2].

Aim. The objective of the study was to evaluate the prevalence of herbal preparation use among pregnant women.

Methods:

- 379 pregnant women completed anonymous online questionnaire;
- Responses were analysed according to education and pregnancy;
- Chi-square test was performed to find associations of the responses with medical education and pregnancy.

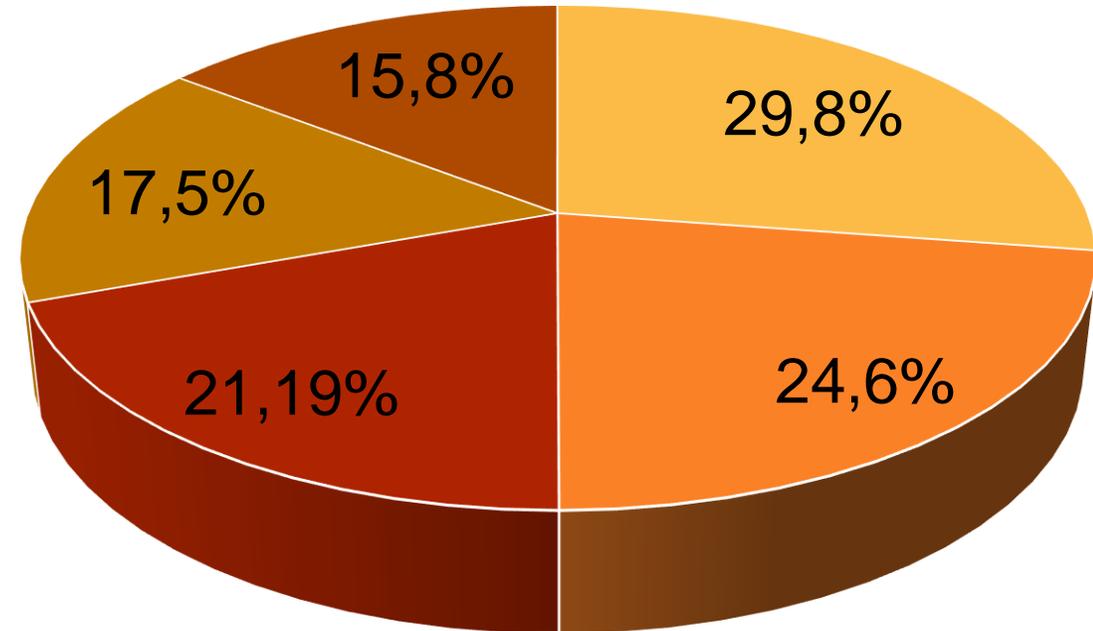
1. Cuzzolin L, Francini-Pesenti F, Verlato G, Joppi M, Baldelli P, Benoni G. Use of herbal products among 392 Italian pregnant women: focus on pregnancy outcome. *Pharmacoepidemiology and drug safety*. 2010 Nov;19(11):1151-8.

2. Raoufinejad K, Gholami K, Javadi M, Rajabi M, Torkamandi H, Moeini A, Mohebbi N. A Retrospective Cohort Study of Herbal Medicines Use during Pregnancy: Prevalence, Adverse Reactions, and Newborn Outcomes. *Traditional and Integrative Medicine*. 2020 Jun 27.

Research results

- The 16.1% of respondents had medical education;
- 62.8% had their first pregnancy;
- **15%** used at least one herbal product;
- Mainly used herbal products contained **cranberry, ginger, valerian and lemon balm.**

Symptoms for which herbal products were used



- Inflammation of the urinary tract
- Anxiety
- Insomnia
- Nausea
- Digestion disorders

Women's opinion about herbal products

Statement	Percent (n)		P value
	With medical education	Without medical education	
Herbal preparations are not safe for pregnant women	18% (11)	6.6% (21)	P<0.01
Can have a side effect	39.3% (24)	8.5% (27)	P<0.01
Possible interreactions with chemical medications	57.4% (35)	18.9% (60)	P<0.01
Safer than chemical preparations	49.2% (30)	63.8% (203)	P<0.01
Can be used without the medical advice	1.6% (1)	4.7% (15)	P<0.01

Conclusions

- Use of herbal products during pregnancy was not popular in the analysed sample.
- **Women's knowledge** about the safety of these products for foetus and themselves **remains incomplete.**
- **Pharmacist's consultation might be useful** while dispensing the preparations to pregnant woman.