**Herbal Remedies**  
St. John’s Wort *(Hypericum perforatum)*  
- MAOI => moderate antidepressant  
- can interact with numerous drugs, mechanism is 2-fold -  
  - induces liver CYP --> ↑ warfarin metabolism --> ↓ warfarin effects (metabolic effect)  
  - also induces metabolism of cyclosporin and indinavir (HIV-1 protease pump inhibitor)  
- St. John’s Wort + some antidepressant drugs --> ↑↑ 5-hydroxytryptamine (serotonin)  
  --> ‘serotonin syndrome’ (additive pharmacodynamic effect)

**Principles for preventing interactions**  
- document all drugs (including OTC, complementary and recreational)  
- know pharmacodynamics and pharmacokinetics  
- consider benefit/risk when prescribing  
- suspect interactions when patient’s course deteriorates  
- be cautious with high risk drugs, high risk clinical settings and unfamiliar drugs  
- if in doubt, look it up  
  - pharmacodynamic interactions often predictable from individual drug actions