

Abstract

This systematic review study aims to determine health complaints, the types of herbs used and the safety status of herbs used during pregnancy. A literature search for cross-sectional studies from 2010 to 2020 was conducted on ScienceDirect, BMC, MedCrave, and JACM using predefined keywords. The quality assessment of the literature in this study uses the JBI (Joanna Briggs Institute) Quality Assessment Tool for qualitative studies. The safety status of herbs was carried out based on 3 available sources.

Result: This study including 6 cross sectional studies (2189 participants) from Europe, Asia and Africa. A total of 1176 (53.7%) pregnant woman used herbal medicine, especially for common cold (28%); nausea-vomiting (21%); and UTI (10%). Of the 25 types of herbs found, 7 types of herbs were safe to used during pregnancy, 2 types of herbs were allowed to be used but needed supervision, 3 types of herbs were harmful, and the remaining 13 types has unknown safety status. Thus, 687 (68.7%) pregnant women using safe herbal , 21 (2.1%) using harmful herbs and 294 (29.4%) using herbs with unknown safety status. Based on further studies, it was found that the herbs with no known safety status contains various substances that cause side effects in pregnancy. Because it can be risky if consumed by pregnant women, it is recommended to be more aware, and for further studies about safety status of herbal during pregnancy.

Key words: pregnancy, health complaints, herbs, safety