

# **Bulbine Natalensis**

## **Bulbine latifolia, Ibhucu, Ingcelwane, Rooiwortel**



Bulbine natalensis is a succulent plant that grows in parts of South Africa. The root, leaf, and stem are used as medicine.

Bulbine natalensis stem is taken by mouth to boost testosterone, increase muscle mass, to increase sexual stamina, as an aphrodisiac, and to improve fertility. The root is taken by mouth for vomiting, diarrhea, seizures, diabetes, and arthritis.

Bulbine natalensis leaf sap is applied to the skin for burns, rashes, itching, ringworm, cracked lips, and other skin wounds.

### **How does it work ?**

Bulbine natalensis seems to increase testosterone and other hormones. This might improve sexual function and fertility in

men. It might also increase muscle mass when used with resistance training.

## Uses & Effectiveness

### Insufficient Evidence for

- Sexual arousal.
- Increasing muscle mass.
- Increasing fertility.
- Vomiting.
- Diarrhea.
- Seizures.
- Diabetes.
- Arthritis.
- Skin wounds.
- Other conditions.

## Special Precautions and Warnings

**Pregnancy and breast-feeding:** Bulbine natalensis is **POSSIBLY UNSAFE** when used during pregnancy. It might be toxic to the embryo or fetus. Not enough is known about the use of Bulbine natalensis during breast-feeding. Stay on the safe side and avoid use.

**Heart disease:** Bulbine natalensis might make heart conditions worse.

**High cholesterol (hypercholesterolemia):** Bulbine natalensis might increase levels of cholesterol and other blood fats. This might worsen high cholesterol.

**Surgery:** Bulbine natalensis might slow blood clotting. There is concern that it might increase the risk of bleeding during and after surgery. Stop using Bulbine natalensis at least 2 weeks before a scheduled surgery.

# Interactions

## Moderate Interaction

Be cautious with this combination



## **Antibiotics (Macrolide antibiotics) interacts with BULBINE NATALENSIS**

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Bulbine natalensis can affect the heart. Some antibiotics might increase how much Bulbine natalensis the body absorbs. Taking Bulbine natalensis along with some antibiotics might increase the effects and side effects of Bulbine natalensis.

Some of these antibiotics, called macrolide antibiotics, include erythromycin, azithromycin, and clarithromycin.

## **Antibiotics (Tetracycline antibiotics) interacts with BULBINE NATALENSIS**

Taking antibiotics along with Bulbine natalensis might increase the chance of side effects from Bulbine natalensis.

Some antibiotics that interact with Bulbine natalensis include demeclocycline (Declomycin), minocycline (Minocin), and tetracycline (Achromycin).

## **Digoxin (Lanoxin) interacts with BULBINE NATALENSIS**

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Digoxin (Lanoxin) helps the heart beat more strongly. Bulbine natalensis might also affect the heart. Taking Bulbine natalensis along with digoxin may increase the effects and the risk of side effects of digoxin.

## **Medications that slow blood clotting (Anticoagulant / Antiplatelet drugs) interacts with BULBINE NATALENSIS**

Bulbine natalensis might slow blood clotting. Taking Bulbine natalensis along with medications that also slow clotting might increase the chances of bruising and bleeding.

Some medications that slow blood clotting include aspirin, clopidogrel (Plavix), dalteparin (Fragmin), enoxaparin (Lovenox), heparin, indomethacin (Indocin), ticlopidine (Ticlid), warfarin (Coumadin), and others.

## **Quinine interacts with BULBINE NATALENSIS**

Bulbine natalensis might affect the heart. Quinine can also affect the heart. Taking quinine along with Bulbine natalensis might cause serious heart problems.



## **Stimulant laxatives interacts with BULBINE NATALENSIS**

Bulbine natalensis might affect the heart. The heart uses potassium. Laxatives called stimulant laxatives can decrease potassium levels in the body. Low potassium levels might increase the chance of side effects from Bulbine natalensis. Some stimulant laxatives include bisacodyl (Correctol, Dulcolax), cascara, castor oil (Purge), senna (Senokot), and others.



## **Testosterone interacts with BULBINE NATALENSIS**

Bulbine natalensis might increase the amount of testosterone in the body. Taking Bulbine natalensis along with testosterone might increase the risk of side effects from testosterone replacement therapy. These side effects include acne, headaches, weight gain, and growth of breasts in men.

## **Water pills (Diuretic drugs) interacts with BULBINE NATALENSIS**

Bulbine natalensis might affect the heart. "Water pills" can decrease potassium in the body. Low potassium levels can also affect the heart and increase the risk of side effects from Bulbine natalensis.

Some "water pills" that can deplete potassium include chlorothiazide (Diuril), chlorthalidone (Thalitone), furosemide (Lasix), hydrochlorothiazide (HCTZ, HydroDiuril, Microzide), and others.

## **Dosing**

The appropriate dose of Bulbine natalensis depends on several factors such as the user's age, health, and several other conditions. At this time there is not enough scientific information to determine an appropriate range of doses for Bulbine natalensis. Keep in mind that natural products are not always necessarily safe and dosages can be important. Be sure to follow relevant directions on product labels and consult your pharmacist or physician or other healthcare professional before using.