

Herbs and Natural supplements that reduce the risk of blood clots

Kenda L. Rigdon, Ph.D.

kenda@rightinthegut.com

N-acetylcysteine (NAC)- proteolysis of von Willebrand factor. DOI:

[10.1161/CIRCULATIONAHA.117.027290](https://doi.org/10.1161/CIRCULATIONAHA.117.027290)

(Should not be taken by patients with Fibromyalgia or ME/chronic fatigue due to mast cell activation and histamine release. It appears that acetaminophen rescues this adverse reaction, *in vitro*.) DOI: [10.3109/15563650903520959](https://doi.org/10.3109/15563650903520959)

Panax (Asian) ginseng- "*Panax ginseng*, which has been widely consumed for its various health benefits has also been reported for its therapeutic effects against cardiovascular disease, thrombosis and platelet aggregation. In this review, we propose that *P. ginseng* can be consumed as a supplementation against the various associated complications of COVID-19, especially against thrombosis." DOI: [10.1016/j.jgr.2022.01.002](https://doi.org/10.1016/j.jgr.2022.01.002)

Garlic- (*Allium sativum*)- activates fibrinolytic activity by accelerating tPA-mediated plasminogen activation (*in vitro* and *in vivo*) DOI: [10.1271/bbb.60380](https://doi.org/10.1271/bbb.60380)

"Garlic-based preparations are able to...lower plasma fibrinogen level and increase fibrinolytic activity, thus providing clinically relevant cardioprotective and anti-atherosclerotic effects." DOI: [10.1016/S1875-5364\(19\)30088-3](https://doi.org/10.1016/S1875-5364(19)30088-3)

"Evidence obtained from these studies as well as series of double-blinded placebo-controlled clinical trials indicates that garlic powder pills are effective for prevention of cardiovascular disorders." DOI: [10.2174/1381612822666151112153351](https://doi.org/10.2174/1381612822666151112153351)

Study done on 20 ischaemic heart disease patients: "The study shows that: (i) both raw and fried garlic significantly enhance fibrinolytic activity (FA); (ii) **garlic enhances FA within hours of administration**; (iii) FA continues to rise with continued administration of garlic; (iv) frying removes the strong acrid smell of garlic, but preserves its useful effect on FA. DOI: [10.1016/0021-9150\(81\)90058-7](https://doi.org/10.1016/0021-9150(81)90058-7)

Garlic is an antimicrobial agent. "Allicin in its pure form was found to exhibit i) **antibacterial** activity against a wide range of Gram-negative and Gram-positive bacteria, including multidrug-resistant enterotoxigenic strains of *Escherichia coli*; ii) **antifungal** activity, particularly against *Candida albicans*; iii) antiparasitic activity, including some major human intestinal protozoan parasites such as *Entamoeba histolytica* and *Giardia lamblia*; and iv) **antiviral** activity." DOI: [10.1016/s1286-4579\(99\)80003-3](https://doi.org/10.1016/s1286-4579(99)80003-3)

“Substantial studies have shown that garlic and its bioactive constituents exhibit antioxidant, anti-inflammatory, **antibacterial**, **antifungal**, immunomodulatory, cardiovascular protective, anticancer, hepatoprotective, digestive system protective, anti-diabetic, anti-obesity, neuroprotective, and renal protective properties.” DOI: [10.3390/foods8070246](https://doi.org/10.3390/foods8070246)

“...ajoene (the main active compound of garlic) has antithrombotic, anti-tumoral, antifungal, and antiparasitic effects. This study deals with a recently described **antifungal** property of ajoene, and its potential use in clinical trials to treat several fungal infections.” DOI: [10.1016/s1130-1406\(06\)70017-1](https://doi.org/10.1016/s1130-1406(06)70017-1)

Onion- (*Allium cepa*)- acts in a similar fashion to garlic, though not as strong. “Garlic and onion have been used for millennia in the traditional medical practice of many cultures to treat cardiovascular and other disorders. Both *Allium* species, their extracts, and the chemical constituents of these plants have been investigated for possible effects on cardiovascular disease risk factors--both definite (hyperlipidemia, hypertension and hyperglycemia) and suspected (platelet aggregation and blood fibrinolytic activity).” DOI: [10.1016/0091-7435\(87\)90050-8](https://doi.org/10.1016/0091-7435(87)90050-8)

Turmeric (curcumin)- fibrinolytic activity. “Curcumin treatment resulted in an increase in fibrinolytic activity and cell migration towards the wound area. The involvement of uPA in fibrinolysis and cell migration was confirmed by zymography and siRNA studies, respectively.” DOI: [10.1159/000321375](https://doi.org/10.1159/000321375)

Additionally, it is a possible treatment for arrhythmias.

“The inflammatory effects of curcumin may have the possibility of preventing atrial arrhythmias and the possible effect of curcumin for correcting the Ca(2+) homeostasis may play a role in the prevention of some ventricular arrhythmias.” DOI: [10.1016/j.ijcard.2009.01.073](https://doi.org/10.1016/j.ijcard.2009.01.073)

Bromelain (pineapple)- “Bromelain (a cysteine protease isolated from the pineapple stem) and curcumin (a natural phenol found in turmeric) exert important immunomodulatory actions interfering in the crucial steps of COVID-19 pathophysiology. Their anti-inflammatory properties include inhibition of transcription factors and subsequent downregulation of proinflammatory mediators. They also present **fibrinolytic** and **anticoagulant** properties.” DOI: [10.1016/j.metop.2020.100066](https://doi.org/10.1016/j.metop.2020.100066)

Ginger- acts in a similar fashion to aspirin. It inhibits prostaglandins and thromboxane without the side-effects of aspirin.

In mice: DOI: [10.1093/jn/130.5.1124](https://doi.org/10.1093/jn/130.5.1124)

DOI: [10.1111/1750-3841.15338](https://doi.org/10.1111/1750-3841.15338)

Additional supplements that reduce the risk of blood clotting. Literature search was not as extensive for this list:

Feverfew

Hawthorn

Motherwort

Ginkgo

Bilberry

Evening primrose

Guggul (related to myrrh)

Anthocyanidins (esp from bilberry)

Cayenne

Lemongrass

Mo-er mushroom (black tree fungus)