



PATIENT & CAREGIVER EDUCATION

Chrysanthemum

This information describes the common uses of Chrysanthemum, how it works, and its possible side effects.

Tell your healthcare providers about any dietary supplements you're taking, such as herbs, vitamins, minerals, and natural or home remedies. This will help them manage your care and keep you safe.

What is it?

Chrysanthemum has not been shown to treat or prevent cancer.

Chrysanthemum is a flowering plant from the sunflower family. It has been used in traditional medicine for centuries, but little research has been conducted. Lab studies suggest it may be useful to develop as a therapy for bone diseases and diabetes. Some studies indicate that chrysanthemum extracts can kill cancer cells in the lab, but it is not known whether this effect occurs in the human body.

Patients receiving drugs to suppress the immune system should avoid this botanical as it may increase the adverse effects associated with these drugs.

What are the potential uses and benefits?

- **To treat angina**
Chrysanthemum is used to treat angina in traditional Chinese medicine, but research has not been conducted.
- **To prevent and treat common cold**

Although chrysanthemum is used to treat the common cold in traditional Chinese medicine, it has not been studied in humans.

- **To reduce fever**

Chrysanthemum is used as a fever reducer in traditional Chinese medicine but human data are lacking.

- **To reduce high blood pressure**

Although chrysanthemum is used to treat high blood pressure in traditional Chinese medicine, clinical studies have not been conducted.

- **To reduce inflammation**

Laboratory studies suggest a variety of properties in chrysanthemum, including anti-inflammatory effects, but human studies are lacking.

What are the side effects?

- Redness, swelling, and itching of the skin
- Allergic reaction
- Increased sensitivity to sunlight and chance of getting a sunburn

Case Reports

Skin rash: With occupational exposures to chrysanthemum.

Toxic blood levels of immunosuppressive medications: In a kidney transplant recipient, that occurred after consumption of a “24-flavours” tea. It was determined that one of the key compounds in the tea, chrysanthemum, inhibits the enzyme that metabolizes these drugs.

What else do I need to know?

Do Not Take if:

- **You are taking drugs to suppress the immune system:** A kidney transplant recipient who drank a tea that contained chrysanthemum was found to have toxic blood levels of these drugs, and lab analysis confirmed chrysanthemum was likely a contributing factor.
- **You are taking Cytochrome P450 3A4 or P-glycoprotein substrate drugs:**

Chrysanthemum may alter their effects.

- You are allergic to ragweed.

If you have questions or concerns, contact your healthcare provider. A member of your care team will answer Monday through Friday from 9 a.m. to 5 p.m. Outside those hours, you can leave a message or talk with another MSK provider. There is always a doctor or nurse on call. If you're not sure how to reach your healthcare provider, call 212-639-2000.

For more resources, visit www.mskcc.org/pe to search our virtual library.

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