

Supplement 1. Compilation of documented Ayurvedic medications associated with liver injury and their components

Source	# Patients	Indication	Product Name	Sanskrit Name(s)	English Name(s)	Botanical Name
Phillips et al [17]	1	Postprandial digestive supplement	Dashamoolarishtam	Bael tree (Bili, Bili Patra, Bhel)		<i>Aegle marmelos</i>
				Meloni tree		<i>Omelina arborea</i>
				Agnimandha	Headache tree	<i>Premna serratifolia</i>
				Patala	Trumpet flower tree	<i>Stereospermum colais</i>
				Dunduka	Indian Trumpet	<i>Oroxylum indicum</i>
				Brihati	Poison berry	<i>Solanum anguivi</i>
				Kandakari	Wild eggplant	<i>Solanum xanthocarpum</i>
				Salaparni	Tick tree	<i>Desmodium gangeticum</i>
				Prsniparni	Pseudarthria	<i>Pseudarthria viscida</i>
				Gokshura	Puncture vine	<i>Tribulus terrestris</i>
				Agni	White lead wort	<i>Plumbago zeylanica</i>
				Paushkara	Elicampane	<i>Inula racemosa</i>
				Lodhra	Lodhi tree	<i>Symplocos cochinchinensis</i>
				Amrita	Gulancha tinospora	<i>Tinospora cordifolia</i>
				Amalaki	Indian gooseberry	<i>Phyllanthus emblica</i>
				Duralabha	Climbing nettle	<i>Tragia involucrata</i>
				Khadira	Cutch tree	<i>Acacia catechu</i>
				Asana	Malabar kino tree	<i>Pterocarpus marsupium</i>
				Abhaya	Chebulic myrobalan	<i>Terminalia chebula</i>
				Kushtha	Costus	<i>Saussurea lappa</i>
				Manjishta	Indian Madder	<i>Rubia cordifolia</i>
				Devadaru	Deodar	<i>Cedrus deodara</i>
				Vidanga	Wawrung	<i>Embelia ribes</i>
				Madhuka	Liorice	<i>Glycyrrhiza glabra</i>
				Brahmanayashtika	Beetle killer	<i>Clerodendrum serratum</i>
				Kapitha	Elephant apple	<i>Limonia acidissima</i>
				Vibhitaka	Belliric myrobalan	<i>Terminalia bellirica</i>
				Punarnava	Spreading Hogweed	<i>Boerhavia diffusa</i>
				Chavya	Wild pepper	<i>Piper brachystachyum</i>
				Jatamansi	Spikenard	<i>Nardostachys jatamansi</i>
				Priyangua	Calumpang Nut Tree	<i>Callicarpa macrophylla</i>
				Sariba	Indian sarasaparilla	<i>Hemidesmus indicus</i>
				Kalonji	Fennel flower	<i>Nigella sativa</i>
				Trivrut	Indian Jalap	<i>Operculina turpethum</i>
				Renuka	Orange pepper tree	<i>Piper aurantiacum</i>
				Rasna	Java galangal	<i>Alpinia calcarata</i>
				Pippali	Long pepper	<i>Piper longum</i>
				Kramuka	Areca-nut palm	<i>Areca catechu</i>
				Sathi	Aromatic Ginger	<i>Kaempferia galanga</i>
				Haridra	Turmeric	<i>Curcuma longa</i>
				Satapushpa	Dill Weed	<i>Anethum graveolens</i>
				Padmaka	Himalayan wild cherry	<i>Prunus cerasoides</i>
				Padmaka	Himalayan wild cherry	<i>Mesua ferrea</i>
				Musta	Coco grass	<i>Cyperus rotundus</i>
				Indrayava / Kutaja	Kurchi	<i>Holarrhena antidysenterica</i>
				Srngi	Crab's claw	<i>Pistacia integerrima</i>
				Jivaka	Jeevak	<i>Malaxis acuminata</i>
				Rishabaka	Rishabak	<i>Malaxis muscifera</i>
				Meda	Meda	<i>Polygonatum verticillatum</i>
				Mahameda	Mahameda	<i>Polygonatum cirrhifolium</i>
				Draksha	Grape wine	<i>Vitis vinifera</i>
				Kakkola	Star anise	<i>Illicium verum</i>
				Hribaram	White cus grass	<i>Coleus vetiveroides</i>
				Chandana	White sandal tree	<i>Santalum album</i>
				Jati	Mace tree	<i>Myristica fragrans</i>
				Devapushpa	Clove tree	<i>Syzygium aromaticum</i>
				Twak	Cinnamon Tree	<i>Cinnamomum verum</i>
				Ela	Cardamom	<i>Elettaria cardamomum</i>
				Tamalapattra	Indian Bay Leaf	<i>Cinnamomum tamala</i>
				Agakesara / Nagapushpa	Iron wood tree	<i>Mesua ferrea</i>
				Pippali	Long pepper	<i>Piper longum</i>
				Dhataki	Fire flame bush	<i>Woodfordia fruticosa</i>
				Guda	Sugar cane	<i>Saccharum officinarum</i>
				Makshika	Honey	Honey
Björnsson et al [18]	3		NOW Ashwagandha	Ashwagandha Extract	Indian Ginseng, Poison Gooseberry, and Winter Cherry	<i>Withania somnifera</i>
				Cellulose Rice flour Magnesium stearate		
				Nature's Way Ashwagandha		<i>Withania somnifera</i>
	1			Ashwagandha (root) Plant derived capsule Rice powder Magnesium stearate		
				N/A Ashwagandha*	Indian Ginseng, Poison Gooseberry, and Winter Cherry	<i>Withania somnifera</i>
Douros et al [19]	1	unknown, used tea "several times"	Ayurvedic Tea		Licorice Ginger Cardamom Cinnamon	<i>Glycyrrhiza glabra</i> <i>Zingiber officinale</i> multiple potential multiple potential
Teschke and Bahre [20]	1	Vitiligo	N/A	Bakuchi	Babchi Seeds	<i>Psoralea corylifolia</i>
				Khadin		<i>Acacia catechu</i>
				Brahmi		<i>Bacopa monnieri</i>
				Usheer		<i>Vetivexia zizanioidis</i>
Smith and MacDonald [21]	1	Vitiligo	Bakuchi	Babchi Seeds		<i>Psoralea corylifolia</i>
Dantuluri et al [22]	1	Acne	Gotu Kola			<i>Cantella asiatica</i>

Tremlett et al [23]	1	Multiple Sclerosis	AP Mag Capsules (Ayush Herbs)	Bael tree (Bili, Bhel) Nim Patra / Neem Patra Chutro Vidanga Indrayava Karela Tulsi Pippali - - -	Indian Lilac Indian barberry False Black Pepper Kutaja seeds Bitter Melon Long pepper Vegetarian Capsule Magnesium stearate Silicon Dioxide	<i>Aegle marmelos</i> <i>Azadirachta indica</i> <i>Berberis aristata</i> <i>Embelia ribes</i> <i>Holarrhena antidysenterica</i> <i>Momordica charantia</i> <i>Ocimum sanctum</i> <i>Piper longum</i> - - -
			Ashwagandha Capsules (Ayush Herbs)	Ashwagandha - - - - -	Indian Ginseng, Poison Gooseberry, and Winter Cherry Providing Withanoloides Hypromellose Titanium Dioxide Caramel Colour Silicon Dioxide Magnesium stearate	<i>Withania somnifera</i> - - - - - -
			Livit-2 (Ayush Herbs)	Sarapunkha Bhuamlaki Kiratatikta / Chirayata Bhringraj Arka Moolaka / Mulaka Daruharidra Arjuna/Arjun Vibhitaka Haritaki Amla Kakamachi Kalamegha Guduchi / Giloy Katuki Punarnava - - - - - -	 AMALOXY TM Calcium Carbonate Stearic Acid Croscarmellose sodium Microcrystalline Cellulose Magnesium stearate Silicon Dioxide Food Glaze Coating	<i>Tephrosia purpurea</i> <i>Phyllanthus amarus</i> <i>Swertia chirata</i> <i>Eclipta alba</i> <i>Calotropis gigantea</i> <i>Raphanus sativa</i> <i>Berberis aristata</i> <i>Terminalia arjuna</i> <i>Belleric myrobalan</i> <i>Terminalia chebula</i> <i>Emblica officinalis</i> <i>Solanum nigrum</i> <i>Andrographis paniculata</i> <i>Tinospora cordifolia</i> <i>Picrorhiza kurroa</i> <i>Boerhavia diffusa</i> - - - - - -
			<i>Thorne research-L-Glutamine Capsules</i>			L-glutamine
			<i>Thorne Research MediClear Supplement</i>			multivitamin
Jorge and Jorge [24]	3	Weight Loss	N/A	Gotu Kola		<i>Cantella asiatica</i>
Shiyovich et al [25]	1	Type 2 diabetes mellitus	Gymnema sylvestre			<i>Gymnema sylvestre</i>
Phillips et al [27]	1	arthritis	yog sallaki			<i>boswellia serrata</i>
	1	arthritis	bonsil	abha guggal laxadi (lakshadi) guggal		<i>laccifer lacca</i> <i>cissus quadrangularis</i> <i>terminalia arjuna</i> <i>withania somifera*</i> <i>grewia populifolia</i> <i>commiphora mukul</i>
				madhumalini vasant kachur priyangu kukkuta anda kishore (kaishore) guggal	egg yolk	<i>curcuma zedoaria</i> <i>aglaia elaeagnoides</i> <i>emblica officinalis</i> <i>terminalia bellicrica</i> <i>terminalia chebula</i> <i>commiphora mukul</i> <i>tinospora cordifolia</i> <i>zingiber offininale</i> <i>piper nigrum</i> <i>piper longum</i> <i>embelia ribes</i> <i>baliospermum montanum</i> <i>ipomoea turpethum</i>
				praval bhasma kukutandatwak bhasma pushpadhanva ras ras sindoor	calcium calcium shudda parada (Hg) shudda gandhaka (S)	 <i>cinnamomum zeylanicum</i> <i>elettaria cardamomum</i> <i>cinnamomum tamala</i> <i>mesua ferrea</i> <i>tinospora cordifolia</i> <i>terminalia bellicrica</i> <i>phyllanthus emblica</i> <i>zingiber officinale</i> <i>eclipta aba</i> <i>ficus benghalensis</i>
				nag bhasma lauh bhasma abhrak bhasma bang bhasma	amorphous lead (Pb) iron (Fe) mica tin (Sn)	

1	arthritis	ostina forte	asthishrinkhala arjuna amalaki abhraka bhasma lakshadi guggulu	mica	<i>cissus quadrangularis</i> <i>terminalia arjuna</i> <i>emblica officinalis</i> <i>laccifer iacca</i> <i>cissus quadrangularis</i> <i>terminalia arjuna</i> <i>withania somnifera</i> <i>grewia populifolia</i> <i>commiphora mukul</i>
1	arthritis	swarna guggulu	swarna bhasma ashvagandha kumkuma	gold (Au) withania somnifera Tumeric	<i>withania somnifera</i> <i>Crocus sativus</i>
1	cardiac benefits	bitana forte			
1	-	bafo joint care			
1	-	ikshwadi			
1	-	sankara bati			
1	-	hriden plus			
1	-	vasaguluchyadi	vasa guduchi-giloy triphala-haritaki vibhitaki amalaki katvi bhunimba nimba-necm		<i>adhatoda vasica</i> <i>tinospora cordifolia</i> <i>terminalia chebula</i> <i>terminalia bellirica</i> <i>emblica officinalis</i> <i>picrorrhiza kurroa</i> <i>andrographis paniculata</i> <i>azadirachta indica</i>
1	-	prameoushadi			
1	arthritis	orthoherb	eranda vasa vilvam sahacharam bala nimba dusparsha gunja pata maricham thwak jati phalam lavangam amalaki manjishta nirgundi punarnava guggulu chitharakam katakah gokshurah shatavari pashnabheda	castor bean bilva fruit	<i>ricinus communis</i> <i>adhatoda vasica</i> <i>aegle marmelos</i> <i>barleria prionitis</i> <i>sida corifolia</i> <i>azadirachta indica</i> <i>tragia involucrata</i>
1	-	Livomyn			
1	-	ayamodaka sathaal			
1	-	kaisoragulu vatika			
1	-	najati powder			
1	-	vilwadi gulika			
1	-	testes siccata			
1	-	oleum jeconis			
1	-	arethaki lehyam			
1	-	drakhathi kath			
1	-	G H evandam			
1	-	gasna syrup			
1	-	noni			

[illegible]

Dalal et al [29]	1	Not discussed	Punarnava mandur	Punarnava Nishoth roots Sonth Kali Mirch Pippali Vaividang Devdaru Chitrak root Kushta Haldi Haritaki Bibhitaki Amla Danti roots Chavya Indrayava Kutki Mustak Kakra Singhi Kala Jeera Carom seeds Ajwain Kayaphal Mandur bhasma	Ginger Root Black Pepper Long Pepper False Black Pepper Himalayan Cedar - Indian Costus Root Turmeric - - Indian Gooseberry - Java Long Pepper - Long Pepper Roots Nut Grass Crab's claw Caraway Carom Seeds - Ferric Oxide Triphala decoction - Cow's urine Aloe vera	Boerhavia diffusa Operculina turpethum Zingiber officinale Piper nigrum Piper longum Embelia ribes Cedrus deodara Plumbago zeylanica Saussurea lappa Curcuma longa Terminalia chebula Terminalia bellirica Emblica officinalis Baliospermum montanum Piper chaba Holarrhena antidysenterica Picrorhiza kurroa Piper longum Cyperus rotundus Pistacia integerrima Carum carvi Trachyspermum ammi Trachyspermum ammi Amalaki (Emblica officinalis) Bibhitaki, (Terminalia belerica) Haritaki (Terminalia chebula)
		Not discussed	Kanchnar guggulu	Kanchanar bark Guggulu resin Amalaki fruit Babhitaki fruit Sonth Kali Mirch Pippali fruit Varuna bark Tamalpatra leaf	Ginger root Black Pepper fruit Long Pepper Cinnamon bark Cardamom seed	Bauhinia variegata Commiphora mukul Emblica officinalis Terminalia belerica Zingiber officinale Piper nigrum Piper longum Crataeva nurvala Cinnamomum verum Elettaria cardamomum Cinnamomum tamala Lucha echinata
Giri et al [35]	1	Digestion and bloating	Dried fruits of Luffa echinata soaked in water	Jamungiri extract	unknown	Enicostemma littorale
Gunturu et al [37]	1	Diabetes	Jamburulin (Unjha Ayurvedic Pharmacy)	Mamejava extract Bael tree (Bili, Bili Patra, Bhel) Tribang Bhasma Gudmar Nim Patra Refined Shilajit	Tin Lead Zinc	Aegle marmelos - - Gymnema sylvestre Azadirachta indica Shilajit/Mineral pitch/mumijo

Supplement 2. Number of occurrences of substances recurrently associated with AM-associated injury across current literature

Components	# of Occurences
<i>Phyllanthus emblica</i>	12
<i>Withania Somnifera</i>	11
<i>Zingiber officinale</i>	11
<i>Terminalia bellirica</i>	8
<i>Tinospora cordifolia</i>	8
<i>Terminalia chebula</i>	7
<i>Piper longum</i>	7
<i>Embelia ribes</i>	6
<i>Azadirachta indica</i>	5
<i>Commiphora wightii</i>	5
<i>Piper nigrum</i>	5
<i>Elettaria Cardamomum</i>	4
<i>Cinnanomum verum</i>	4
<i>Boehavia diffusa</i>	4
<i>Centella asiatica</i>	4
<i>Psoralea corylifolia</i>	3
<i>Boswellia serrata</i>	3
<i>Cissus quadrangularis</i>	3
<i>Terminalia arjuna</i>	3
Iron	3
Mica	3
<i>Commiphora mukul</i>	3
<i>Curcuma longa</i>	3
<i>Andrographis paniculata</i>	3
<i>Aegle marmelos</i>	3
<i>Tribulus terrestris</i>	3
<i>Cyclea peltata</i>	3
<i>Bauhinia variegata</i>	2
<i>Laccifer lacca</i>	2
<i>Grewia Populifolia</i>	2
<i>Baliospermum montanum</i>	2
<i>Ipomoea turpethum</i>	2
Calcium	2
Mercury	2
<i>Cinnanomum tamala</i>	2
<i>Eclipta alba</i>	2
<i>Ficus benghalensis</i>	2
Lead	2
Tin	2
<i>Adhatoda vasica</i>	2
<i>Picrorrhiza kurroa</i>	2
<i>Ricinus communis</i>	2
<i>Sida corifolia</i>	2
<i>Tragia involucrata</i>	2
<i>Rubia cordifolia</i>	2
<i>Tephrosia Purpurea</i>	2
<i>Cedrus Deodara</i>	2
<i>Stereospermum suaveolens</i>	2
<i>Plumbago zeylanica</i>	2
<i>Holarrhena antidysenterica</i>	2
<i>Clerodendrum serratum</i>	2
<i>Acorus calamus</i>	2
<i>Marsdenia tenacissima</i>	2
<i>Cassia fistula</i>	2
<i>Holarrhena pubescens</i>	2
<i>Trichosanthes cucumerina</i>	2