Actions

A bronchospasmolytic action is demonstrated for preparations of thyme and fennel seed. Marshmallow root and Iceland moss have a soothing effect. Thyme and Iceland moss have antibacterial action, and thyme, in addition, has an expectorant action. Pharmacological tests for the effectiveness of fixed combinations are not available.

Fixed Combinations of Marshmallow root, Primrose root, Licorice root, and Thyme oil

Published April 4, 1992

Composition of Drug

Fixed combinations of:

Marshmallow root corresponding to *B. Anz.* 43, March 2, 1989;
Primrose root corresponding to *B. Anz.* 122, July 6, 1989;
Licorice root corresponding to *B. Anz.* 90, May 15, 1985;
Thyme oil corresponding to *B. Anz.* 228, December 5, 1984;
and their preparations in effective dosage.

Uses

Catarrhs of the upper respiratory tract with dry cough.

Contraindications

For a daily dosage up to 100 mg glycyrrhizin:

None known.

For a daily dosage of more than 100 mg glycyrrhizin:

Cholestatic liver diseases, liver cirrhosis, hypertonia, hypokalemia, severe kidney insufficiency, pregnancy.

Side Effects

For a daily dosage up to 100 mg glycyrrhizin:

Isolated cases of gastric discomfort and nausea.

For a daily dosage of more than 100 mg glycyrrhizin:

Extended administration and higher dosages may cause mineralocorticoid effects in the form of sodium and water retention, loss of potassium with hypertonia, edema, and hypokalemia with muscular asthenia, and in rare cases, myoglobinuria. Isolated cases of gastric discomfort and nausea.

Interactions with Other Drugs

For a daily dosage up to 100 mg glycyrrhizin:

None known.

Warning: The absorption of other, simultaneously taken drugs can be delayed.

For a daily dosage of more than 100 mg glycyrrhizin:

Loss of potassium through other medications can be increased, e.g., thiazide and loop diuretics. The sensitivity toward digitalis glycosides increases with loss of potassium.

Warning: The absorption of other, simultaneously taken medications can be delayed.

Dosage

Unless otherwise prescribed:

Marshmallow root must be present at the concentration given in the monograph. Licorice root, primrose root, and

thyme oil must each be present at 30 - 50 percent of the daily dosage given in the monographs for the individual herbs.

Mode of Administration
Liquid and solid forms of administration for oral intake.

Duration of Use
Not longer than 4 - 6 weeks without the advice of a physician.

Actions
An expectorant effect is documented for licorice root, primrose root, and thyme oil; for licorice root and primrose root, also a secretolytic action. In addition, thyme oil has a soothing effect and inhibits mucociliary activity in-vitro. Pharmacological tests for the effectiveness of fixed combinations are not available.

Fixed Combinations of Milk Thistle fruit, Peppermint leaf, and Wormwood

Published December 18, 1991

Name of Drug
Fixed combinations of milk thistle fruit, peppermint leaf, and wormwood.

Composition of Drug
Fixed combinations consisting of:
Milk Thistle fruit corresponding to *B. Anz.* 50, March 13, 1986;
Peppermint leaf corresponding to *B. Anz.* 223, November 30, 1985;
Wormwood corresponding to *B. Anz.* 228, December 5, 1984;
and their preparations in effective dosage.

Uses
Dyspeptic discomfort, especially functional disorders of the biliary tract.

Contraindications
In case of gallstones, to be taken only after consultation with a physician or pharmacist.

Side Effects
None known.

Interaction with Other Drugs
None known.

Dosage
Unless otherwise prescribed:
The components of the combination must each be present at 30 - 50 percent of the daily dosage given in the monographs for the individual herbs.
Deviating dosages must be justified for the specific preparation (e.g., comparative bitter values).

Mode of Administration
Comminuted drug and galenical preparations thereof for oral use.

Actions
A choleretic and carminative effect is documented for preparations of milk thistle fruit, peppermint leaf, and wormwood. Peppermint leaf also has a spasmolytic action. Pharmacological tests for the effectiveness of fixed combinations are not available.

Fixed Combinations of Passionflower herb, Valerian root, and Lemon Balm

Published May 25, 1991

Name of Drug

Fixed combinations of passionflower herb, valerian root, and lemon balm

Composition of Drug

Fixed combinations consisting of:

Passionflower herb corresponding to November 11, 1985 (*B. Anz.* p. 14335);

Valerian root corresponding to May 6, 1985 (*B. Anz.* p. 4953);

Lemon balm corresponding to November 1, 1984 (*B. Anz.* p. 13327);

and their preparations in effective dosage.

Uses

Conditions of unrest, difficulty in falling asleep due to nervousness.

Contraindications

None known.

Side Effects

None known.

Interactions with Other Drugs

None known.

Dosage

Unless otherwise prescribed:

The individual components must each be present at 30 - 50 percent of the daily dosage given in the monographs for the individual herbs.

Mode of Administration

Comminuted drug for teas and other galenical preparations for oral intake.

Actions

A sedative, sleep-promoting effectiveness is documented for preparations of lemon balm, passionflower herb, and valerian root. Pharmacological tests for the effectiveness of the fixed combination are not available.

Effects on Operators of Vehicles or Machinery

Medications with sleep-promoting actions can change the ability to react, so that participation in traffic or operation of machinery is impaired, even when taken under strict direction.

This action is enhanced in combination with alcohol.

Fixed Combinations of Peppermint leaf and Caraway seed

Published August 13, 1991

Composition of Drug

Fixed combinations consisting of:
Peppermint leaf corresponding to November 11, 1985 (*B. Anz.* p. 14335);
Caraway seed corresponding to December 14, 1989 (*B. Anz.* 22a, February 1, 1990);
and their preparations in effective dosage.

Uses

Dyspeptic discomfort, especially with mild spasms in the gastrointestinal region, flatulence, and a sensation of fullness.

Contraindications

In case of gallbladder disease, only to be used after consultation with a physician or pharmacist.

Side Effects

None known.

Interactions with Other Drugs

None known.

Dosage

Unless otherwise prescribed:
The individual components of the combination must be equivalent to 50 - 75 percent of the daily dosage given in the monographs for the individual herbs.

Mode of Administration

Comminuted drug for teas and other galenical preparations for oral use.

Actions

A spasmolytic and carminative effect is documented for peppermint leaf and caraway seed. Pharmacological tests for the effectiveness of fixed combinations are not available.

Fixed Combinations of Peppermint leaf, Caraway seed, and Fennel seed

Published August 13, 1991

Composition of Drug

Fixed combinations consisting of:
Peppermint leaf corresponding to November 11, 1985 (*B. Anz.* p. 14335);
Caraway seed corresponding to December 14, 1989 (*B. Anz.* 22a, February 1, 1990);
Fennel seed corresponding to March 11, 1991 (*B. Anz.* p. 2742);
and their preparations in effective dosage.

Uses
Dyspeptic discomfort, especially with mild spasms in the gastrointestinal region, flatulence, and a sensation of fullness.

Contraindications
In case of gallbladder disease, only to be used after consultation with a physician or pharmacist.
Pregnancy:
Preparations other than teas and preparations with essential oil contents comparable to those of teas.

Side Effects
In individual cases, allergic reactions to the skin and respiratory tract.

Interactions with Other Drugs
None known.

Dosage
Unless otherwise prescribed:
The individual components of the combination must be equivalent to 30 - 50 percent of the daily dosage given in the monographs for the individual herbs.

Mode of Administration
Comminuted drug for teas and other galenical preparations for oral use.

Duration of Application
Fennel seed preparations should not be used over extended time periods (several weeks) without consultation with a physician or pharmacist.

Actions
A spasmolytic and carminative effect is documented for peppermint leaf, caraway seed, and fennel seed. Pharmacological tests for the effectiveness of fixed combinations are not available.

Fixed Combinations of Peppermint leaf, Caraway seed, and Chamomile flower

Published August 13, 1991

Composition of Drug
Fixed combinations consisting of:
Peppermint leaf corresponding to November 11, 1985 (*B. Anz.* p. 14335);
Caraway seed corresponding to publication of December 14, 1989 (*B. Anz.* 22a, February 1, 1990);
Chamomile flower corresponding to publication of November 1, 1984 (*B. Anz.* p. 13327);
and their preparations in effective dosage.

Uses
Dyspeptic discomfort, especially with mild spasms in the gastrointestinal region, flatulence, and a sensation of fullness.

Contraindications
In case of gallbladder disease, only to be used after consultation with a physician or pharmacist.

Side Effects
None known.

Interactions with Other Drugs
None known.

Dosage
Unless otherwise prescribed:
The individual components of the combination must be equivalent to 30 - 50 percent of the daily dosage given in the monographs for the individual herbs.

Mode of Administration
Comminuted drug for teas and other galenical preparations for oral use.

Actions
A spasmolytic and carminative effect is documented for peppermint leaf, caraway seed, and chamomile flower. Pharmacological tests for the effectiveness of fixed combinations are not available.

Fixed Combinations of Peppermint leaf, Caraway seed, Chamomile flower, and Bitter Orange peel

Published December 18, 1991

Name of Drug
Fixed combinations of peppermint leaf, caraway seed, chamomile flower, and bitter orange peel.

Composition of Drug
Fixed combinations consisting of:
Peppermint leaf corresponding to November 11, 1985 (*B. Anz.* p. 14335);
Caraway seed corresponding to December 14, 1989 (*B. Anz.* 22a, February 1, 1990);
Chamomile flower corresponding to November 1, 1984 (*B. Anz.* p. 13327);
Bitter orange peel corresponding to October 15, 1987 (*B. Anz.* 193);
and their preparations in effective dosage.

Uses
Loss of appetite; dyspeptic discomfort, such as sensation of fullness and flatulence.

Contraindications
In case of gallbladder disease, only to be used after consultation with a physician or pharmacist.

Side Effects
Furanocoumarins contained in this preparation render the skin light sensitive, which, in connection with exposure to UV light may cause inflammation of the skin. For the duration of administration of bitter orange peel or preparations thereof, extended exposure to sun and UV light should be avoided.

Interactions with Other Drugs
None known.

Dosage
Unless otherwise prescribed:
The individual components of the combination must be equivalent to 25 - 40 percent of the daily dosage given in the monographs for the individual herbs.

Mode of Administration
Comminuted drug for teas and other galenical preparations for oral use.

Actions
A spasmolytic effect is documented for preparations of peppermint leaf, caraway seed, and chamomile flower; a carminative effect for peppermint leaf and bitter orange peel. Pharmacological tests for the effectiveness of fixed combinations are not available.

Fixed Combinations of Peppermint leaf, Caraway seed, Fennel seed, and Chamomile flower

Published August 13, 1991

Composition of Drug
Fixed combinations consisting of:
- Peppermint leaf corresponding to November 11, 1985 (*B. Anz.* p. 14335);
- Caraway seed corresponding to December 14, 1989 (*B. Anz.* 22a, February 1, 1990);
- Fennel seed corresponding to March 11, 1991 (*B. Anz.* p. 2742);
- Chamomile flower corresponding to November 1, 1984 (*B. Anz.* p. 13327);

and their preparations in effective dosage.

Uses
Dyspeptic discomfort, especially with mild spasms in the gastrointestinal region, flatulence, and a sensation of fullness.

Contraindications
In case of gallbladder disease, only to be used after consultation with a physician or pharmacist.

Pregnancy:

Preparations other than teas and preparations with essential oil contents comparable to those of teas.

Side Effects
In individual cases, allergic reactions of the skin and respiratory tract.

Interactions with Other Drugs
None known.

Dosage
Unless otherwise prescribed:

The individual components of the combination must be equivalent to 20 - 40 percent of the daily dosage given in the monographs for the individual herbs.

Mode of Administration
Comminuted drug for teas and other galenical preparations for oral use.

Duration of Application
Fennel preparations should not be used over extended time periods (several weeks) without consultation with a physician or pharmacist.

Actions
A spasmolytic and carminative effect is documented for peppermint leaf, caraway seed, fennel seed, and chamomile flower. Pharmacological tests for the effectiveness of fixed combinations are not available.

Fixed Combinations of Peppermint leaf and Fennel seed

Published August 13, 1991

Composition of Drug

Fixed combinations consisting of:

Peppermint leaf corresponding to November 11, 1985 (*B. Anz.* p. 14335);

Fennel seed corresponding to March 11, 1991 (*B. Anz.* p. 2742);

and their preparations in effective dosage.

Indications

Dyspeptic discomfort, especially with mild spasms in the gastrointestinal region, flatulence, and a sensation of fullness.

Contraindications

In case of gallbladder disease, only to be used after consultation with a physician or pharmacist.

Pregnancy:

Preparations other than teas and preparations with essential oil contents comparable to those of teas.

Side Effects

In individual cases, allergic reactions to the skin and respiratory tract.

Interactions with Other Drugs

None known.

Dosage

Unless otherwise prescribed:

The individual components of the combination must be equivalent to 50 - 75 percent of the daily dosage given in the monographs for the individual herbs.

Mode of Administration

Comminuted drug for teas and other galenical preparations for oral use.

Duration of Application

Fennel preparations should not be used over extended time periods (several weeks) without consultation with a physician or pharmacist.

Actions

A spasmolytic and carminative effect is documented for peppermint leaf and fennel seed. Pharmacological tests for the effectiveness of fixed combinations are not available.

Fixed Combinations of Peppermint leaf, Fennel seed, and Chamomile flower

Published August 13, 1991

Composition of Drug

Fixed combinations consisting of:

Peppermint leaf corresponding to November 11, 1985 (*B. Anz.* p. 14335);

Fennel seed corresponding to March 11, 1991 (*B. Anz.* p. 2742);

Chamomile flower corresponding to publication of November 1, 1984 (*B. Anz.* p. 13327);

and their preparations in effective dosage.

Uses
Dyspeptic discomfort, especially with mild spasms in the gastrointestinal region, flatulence, and a sensation of fullness.

Contraindications
In case of gallbladder disease, only to be used after consultation with a physician or pharmacist.
Pregnancy:
Preparations other than teas and essential oil contents comparable to those of teas.

Side Effects
In individual cases, allergic reactions to the skin and respiratory tract.

Interactions with Other Drugs
None known.

Dosage
Unless otherwise prescribed:
The individual components of the combination must be equivalent to 30 - 50 percent of the daily dosage given in the monographs for the individual herbs.

Mode of Administration
Comminuted drug for teas and other galenical preparations for oral use.

Duration of Application
Fennel preparations should not be used over extended time periods (several weeks) without consultation with a physician or pharmacist.

Actions
A spasmolytic and carminative effect is documented for peppermint leaf and fennel seed. Pharmacological tests for the effectiveness of fixed combinations are not available.

Fixed Combinations of Peppermint leaf, German Chamomile flower, and Caraway seed

Published February 27, 1991

Name of Drug
Fixed combinations of peppermint leaf, chamomile flower and caraway seed.

Composition of Drug
Fixed combinations consisting of:
Peppermint leaf corresponding to the monograph published November 30, 1985;
Chamomile flower corresponding to the monograph published December 5, 1984;
Caraway seed corresponding to the monograph published February 1, 1990;
as well as their preparations in effective dosage.

Uses
Dyspeptic discomforts, particularly with mild spasms in the area of the gastrointestinal tract, flatulence, feeling of fullness.

Contraindications
None known.

Side Effects
None known.

Interactions with Other Drugs
None known.

Dosage
Unless otherwise prescribed:
The individual combination components must be at a concentration of 30 - 50 percent of the daily or single dosage given in the monograph for the single drug.
Deviating dosages must be specifically justified for each preparation.

Mode of Administration
Comminuted drug for tea and other galenical preparations for oral applications.

Action
An antispasmodic action is documented for preparations of peppermint leaf, chamomile, and caraway. Pharmacological experiments concerning the action of the fixed combinations are not available.

Fixed Combinations of Peppermint oil and Caraway oil
Published August 13, 1991

Composition of Drug
Fixed combinations consisting of:
Peppermint oil corresponding to February 18, 1986 (*B. Anz.* p. 3077);
Caraway oil corresponding to December 14, 1989 (*B. Anz.* 22a, February 1, 1990);
and their preparations in effective dosage.

Uses
Dyspeptic discomfort, especially with mild spasms in the gastrointestinal region, flatulence, sensation of fullness.

Contraindications
Obstruction of biliary tract, cholecystitis, severe liver diseases. In case of gallbladder disease, only to be used after consultation with a physician or pharmacist.

Side Effects
Sensitive individuals may experience gastric discomfort.

Interactions with Other Drugs
None known.

Dosage
Unless otherwise prescribed:
The individual components of the combination must be equivalent to 50 - 75 percent of the daily dosage given in the monographs for individual herbs.

Mode of Administration
Essential oils and other galenical preparations thereof for oral use.

Actions
A spasmolytic, carminative and antibacterial effect is documented for peppermint oil and caraway oil. Pharmacological tests for the effectiveness of fixed combinations are not available.

Fixed Combinations of Peppermint oil, Caraway oil, and Chamomile flower

Published August 13, 1991

Composition of Drug

Fixed combinations consisting of:
Peppermint oil corresponding to February 18, 1986 (*B. Anz.* p. 3077);
Caraway oil corresponding to December 14, 1989 (*B. Anz.* 22a, February 1, 1990);
Chamomile flower corresponding to November 1, 1984 (*B. Anz.* p. 13327);
and their preparations in effective dosage.

Uses

Dyspeptic discomfort, especially with mild spasms in the gastrointestinal region, flatulence, and a sensation of fullness.

Contraindications

Obstruction of biliary tract, cholecystitis, severe liver diseases. If suffering from gallstones, to be used only after consultation with a physician or pharmacist.

Side Effects

Sensitive individuals may experience gastric discomfort.

Interactions with Other Drugs

None known.

Dosage

Unless otherwise prescribed:
The individual components of the combination must be equivalent to 30 - 50 percent of the daily dosage given in the monographs for the individual herbs.

Mode of Administration

Essential oil, comminuted drug, and galenical preparations thereof for oral use.

Actions

A spasmolytic, carminative, and antibacterial effect is documented for peppermint oil, caraway oil, and chamomile flower. Pharmacological tests for the effectiveness of fixed combinations are not available.

Fixed Combinations of Peppermint oil, Caraway oil, and Fennel oil

Published August 13, 1991

Composition of Drug

Fixed combinations consisting of:
Peppermint oil corresponding to February 18, 1986 (*B. Anz.* p. 3077);
Caraway oil corresponding to December 14, 1989 (*B. Anz.* 22a, February 1, 1990);
Fennel oil corresponding to publication of March 11, 1991 (*B. Anz.* p. 2742);
and their preparations in effective dosage.

Uses
Dyspeptic discomfort, especially with mild spasms in the gastrointestinal region, flatulence, sensation of fullness.

Contraindications
In case of gallbladder disease, only to be used after consultation with a physician or pharmacist.

Not to be used in case of obstruction of biliary tract, cholecystitis, severe liver diseases, pregnancy, for infants and small children.

Side Effects
In individual cases, allergic reactions of the skin and respiratory tract. Sensitive individuals may experience gastric discomfort.

Interactions with Other Drugs
None known.

Dosage
Unless otherwise prescribed:

The individual components of the combination must be equivalent to 30 - 50 percent of the daily dosage given in the monographs for the individual herbs.

Mode of Administration
Essential oil and galenical preparations thereof for oral use.

Duration of Application
Fennel preparations should not be used over extended time periods (several weeks) without consultation with a physician or pharmacist.

Action
Spasmolytic, carminative and antibacterial effects are documented for peppermint oil, caraway oil, and fennel oil. Pharmacological tests for the effectiveness of fixed combinations are not available.

Fixed Combinations of Peppermint oil, Caraway oil, Fennel oil, and Chamomile flower

Published August 13, 1991

Composition of Drug
Fixed combinations consisting of:

Peppermint oil corresponding to February 18, 1986 (*B. Anz.* p. 3077);
Caraway oil corresponding to December 14, 1989 (*B. Anz.* 22a, February 1, 1990);
Fennel oil corresponding to March 11, 1991 (*B. Anz.* p. 2742);
Chamomile flower corresponding to November 1, 1984 (*B. Anz.* p. 13327);
and their preparations in effective dosage.

Uses
Dyspeptic discomfort, especially with mild spasms in the gastrointestinal region, flatulence, sensation of fullness.

Contraindications
In case of gallbladder disease, only to be used after consultation with a physician or pharmacist.

Not to be used in case of biliary tract obstruction, cholecystitis, severe liver diseases, pregnancy, or for infants and small children.

Side Effects
In individual cases, allergic reactions of the skin and respiratory tract. Sensitive individuals may experience gastric discomfort.

Interactions with Other Drugs
None known.

Dosage
Unless otherwise prescribed:

The individual components of the combination must be equivalent to 25 - 40 percent of the daily dosage given in the monographs for the individual herbs.

Mode of Administration
Essential oil, comminuted drug, and galenical preparations thereof for oral use.

Duration of Application
Fennel preparations should not be used over extended time periods (several weeks) without consultation with a physician or pharmacist.

Actions
Spasmolytic, carminative, and antibacterial effects are documented for peppermint oil, caraway oil, fennel oil, and chamomile flower. Pharmacological tests for the effectiveness of fixed combinations are not available.

Fixed Combinations of Peppermint oil and Fennel oil
Published August 13, 1991

Composition of Drug
Fixed combinations consisting of:

Peppermint oil corresponding to February 18, 1986 (*B. Anz.* p. 3077);
Fennel oil corresponding to March 11, 1991 (*B. Anz.* p. 2742);
and their preparations in effective dosage.

Uses
Dyspeptic discomfort, especially with mild spasms in the gastrointestinal region, flatulence, sensation of fullness.

Contraindications
In case of gallbladder disease, only to be used after consultation with a physician or pharmacist.

Not to be used by those suffering from obstruction of the biliary tract, cholecystitis, severe liver damage, pregnancy, or for infants and small children.

Side Effects
In individual cases, allergic reactions of the skin and respiratory tract. Sensitive individuals may experience gastric discomfort.

Interactions with Other Drugs
None known.

Dosage
Unless otherwise prescribed:

The individual components of the combination must be equivalent to 50 - 75 percent of the daily dosage given in the monographs for individual herbs.

Mode of Administration
Essential oil and other galenical preparations thereof for oral use.

Duration of Application
Fennel oil should not be used over extended time periods (several weeks) without consultation with a physician or pharmacist.

Actions
Spasmolytic, carminative and antibacterial effects are documented for preparations of peppermint oil and fennel oil. Pharmacological tests for the effectiveness of fixed combinations are not available.

Fixed Combinations of Peppermint oil, Fennel oil, and Chamomile flower

Published August 13, 1991

Composition of Drug
Fixed combinations consisting of:

Peppermint oil corresponding to February 18, 1986 (*B. Anz.* p. 3077);
Fennel oil corresponding to March 11, 1991 (*B. Anz.* p. 2742);
Chamomile flower corresponding to November 1, 1984 (*B. Anz.* p. 13327);
and their preparations in effective dosage.

Uses
Dyspeptic discomfort, especially with mild spasms in the gastrointestinal region, flatulence, and a sensation of fullness.

Contraindications
In case of gallbladder disease, only to be used after consultation with a physician or pharmacist.

Not be used by those with obstruction of the biliary tract, cholecystitis, severe liver damage, pregnancy, or for infants and small children.

Side Effects
In individual cases allergic reactions of skin and respiratory tract. Sensitive individuals may experience gastric discomfort.

Interactions with Other Drugs
None known.

Dosage
Unless otherwise prescribed:

The individual components of the combination must be equivalent to 30 - 50 percent of the daily dosage given in the monographs for the individual herbs.

Mode of Administration
Essential oil, comminuted drug, and other galenical preparations for oral use.

Duration of Application
Fennel oil should not be used over extended time periods (several weeks) without consultation with a physician or pharmacist.

Actions
Spasmolytic, carminative and antibacterial effects are documented for preparations of peppermint oil, fennel oil, and chamomile flower. Pharmacological tests for the effectiveness of fixed combinations are not available.

Fixed Combinations of Pheasant's Eye fluidextract, Lily-of-the-valley powdered extract, Squill powdered extract, and Oleander leaf powdered extract

Published September 24, 1993

Name of Drug

Fixed combinations of Pheasant's Eye fluidextract, Lily-of-the-valley powdered extract, Squill powdered extract, and Oleander leaf powdered extract.

Composition of Drug

Fixed combinations consisting of:

Pheasant's Eye fluidextract obtained by extracting the herb with 80 percent ethanol after preconditioning with 80 percent ethanol and calcium hydroxide (herb: native extract = 3.2:1). The extract contains at least 0.1 percent total glycosides calculated as cymarin, determined as the sum of all glycosides obtained by HPLC. Total glycosides comprise 3 - 20 percent adonitoxin and 1 - 10 percent cymarin. The fluidextract has a potency on guinea pigs of 1.2 - 9.6 mg/g (related to cymarin).

Lily-of-the-valley dry extract obtained by extracting the herb after preconditioning with 92 - 96 percent ethanol and calcium hydroxide (herb: native extract=14.5 - 17.5:1). The dry extract contains at least 0.4 percent total glycosides calculated as convallatoxin, determined as the sum of all glycosides obtained by HPLC. The total glycosides comprise 4 - 35 percent convallatoxin, 1.5 - 20 percent sarhamnolosid, 10 - 20 percent desglucocheirotoxol and 1 - 25 percent desglucocheirotoxin. The dry extract has a potency on guinea pigs of 6.2 - 37.2 mg/g (related to convallatoxin).

Squill bulb fermented with water and then extracted with ethyl acetate (herb: native extract=1000:1). The extract is concentrated and again extracted with ethanol; the residue of the ethanol extract is used. The extract contains at least 25 percent total glycosides calculated as proscillaridin A, determined as the sum of all glycosides obtained by HPLC. The total glycosides comprise 35 - 60 percent proscillaridin A, 8 - 25 percent 19-oxo-proscillaridin and a maximum of 8 percent of other glycosides. The dry extract has a potency on guinea pigs of 346-968 mg/g (related to proscillaridin A).

Oleander dry extract obtained by extracting the leaves after fermentation with water and calcium hydroxide (herb: native extract=10 - 12:1). The dry extract contains at least 1 percent total glycosides calculated as oleandrin, determined as the sum of all glycosides obtained by HPLC. The total glycosides comprise 10-45 percent oleandrin and a maximum of 5 percent gentiobiosyloleandrin. The dry extract has a potency on the guinea pig of 3.45 - 20.7 mg/g (related to oleandrin).

The extracts were mixed corresponding to the guinea pig units (GPU) of 25:15:25:25. The dosage determination of the various forms of administration was based on the experimentally defined therapeutic value of the extract mixture. The formulation of the combinations is as follows:

Solid, single dosed preparations:
25 GPU Pheasant's Eye fluidextract equivalent to 0.03 mg total glycosides, calculated as cymarin;
5 GPU Lily-of-the-valley dry extract equivalent to 0.005 mg total glycosides, calculated as convallatoxin;
25 GPU Squill dry extract equivalent to 0.009 mg total lycosides, calculated as proscillaridin A;
25 GPU Oleander dry extract equivalent to 0.004 mg total glycosides, calculated as leandrin;
Liquid, not individualized dosage forms/100 ml:
5000 GPU Pheasant's Eye fluidextract equivalent to 5.99 mg total glycosides, calculated as cymarin;
3125 GPU Lily-of-the-valley dry extract equivalent to 0.97 mg total glycosides, calculated as convallatoxin;
5000 GPU Squill dry extract equivalent to 1.73 mg total glycosides, calculated as proscillaridin A;
5000 GPU Oleander dry extract equivalent to 0.86 mg total glycosides, calculated as leandrin.

Pharmacological Properties, Pharmacokinetics, Toxicology

The principal glycoside of Pheasant's Eye herb is cymarin, of Lily-of-the-valley leaf is convallatoxin, of Squill is proscillaridin A, and of Oleander leaf is oleandrin. The actions of cardiac glycosides on the heart are:
positive inotropic (increasing contractile strength and velocity while delaying relaxation), negative chronotropic (decreasing the time or rate of contraction), negative dromotropic (decreasing stimulus conduction), positive bathmotropic (increasing stimulation of the ventricular muscle).

Pharmacokinetics

Cymarin:
The indication for the absorption of cymarin lies between 15 and 47 percent. The half-life of elimination is given as 13-23 hours. Elimination of cymarin occurs mainly by renal discharge. The subsidence rate is 50 percent.
Recent investigations, particularly of the substance reacting in combinations, are not available.

Convallatoxin:
For convallatoxin an absorption rate of 10 percent and a subsidence rate of 40 - 50 percent are given. The absorption rate is supposedly increased by saponins contained in the herb. No information is available concerning its metabolism in humans. A renal/biliary excretion is assumed. The binding to plasma proteins lies between 16 and 23 percent.
Recent investigations, particularly of the substance reacting in combinations, are not available.

Proscillaridin A:
Proscillaridin A is absorbed at a rate of 20 - 30 percent. The half-life value is 45 - 50 hours. The plasma protein binding is about 85 percent. Proscillaridin A is removed by biliary excretion after conjugation with glucuronic and sulfuric acid. There is an indication for an enterohepatic circulation.
Recent investigations, particularly of the substance reacting in combinations, are not available.

Oleandrin:
For oleandrin, an absorption rate of 86 percent is given.
Recent investigations, particularly of the substance reacting in combinations, are not available.

Clinical Data

Uses

Mild, limited heart action and circulatory instability.

Contraindications
Heart insufficiency NYHA functional levels III and IV, therapy with digitalis glycosides, digitalis intoxication, hypercalcemia, potassium deficiency, bradycardia, ventricular tachycardia.

Side Effects
Nausea, vomiting, gastric disorders, diarrhea, irregular pulse, and cardiac dysrhythmia may occur.

Special Caution for Use
Caution in case of stimulus conduction disorders and i.v. calcium therapy.

Use During Pregnancy and Lactation
None known.

Interactions with Other Drugs
Increased effectiveness and thus also increased side effects with concurrently administered quinidine, calcium, saluretics, laxatives, and long-term therapy with glucocorticoids.

Dosage
Unless otherwise prescribed:
Daily dosage of adults:
Solid, individually dosed preparations:
equivalent to 270 - 540 GPU;
Liquid, not individually dosed preparations:
equivalent to 310 GPU.

Mode of Administration
Aqueous-alcoholic solutions and solid preparations for oral use.

Overdosage
Corresponding overdosage will result in basically the same symptoms as obtained with digitalis intoxication.

Main symptoms are disturbances of the heart rhythm, gastrointestinal and central nervous symptoms.

The sequence of therapeutic action depends on the severity of intoxication. For slight overdosing, discontinuation of the glycoside and careful monitoring of the patient would be sufficient.

Influences which lead to changes in digitalis tolerance are to be avoided or corrected (disturbances of the electrolyte, acid and base balance)

Patients with dangerous cardiac irregularity should be admitted to intensive care units and placed on monitors.

Depending on clinical situations, the following drugs may be administered:

For hypokalemia, the serum potassium level must be raised to the high normal range (KI:AV-block).

In the case of severe intoxication, often dangerous hyperkalemia occurs initially. For the treatment of this hyperkalemia, intravenous infusions of high concentrations of glucose with insulin are indicated.

For complex ventricular arrhythmias, diphenylhydantoin (phenyltoin sodium) or lidocaine should be administered.

For bradycardiac rhythmic disturbances, parasympatholytics are applied, e.g., atropine, ipatropium bromide. If necessary, a transvenous pacemaker is temporarily implanted.

Life-threatening intoxications:

Ingestion of extreme dosages, accidentally or with suicidal intent, basic poison elimination is indicated: irrigation of the stomach after initial application of atropine, followed by active charcoal, cholestyramin or cholestipol.

Forced diuresis, peritoneal- and hemodialysis have proven to be unsuccessful for digoxin elimination.

Special Warnings
None known.

Fixed Combinations of Primrose root, Marshmallow root, and Anise seed

Published March 11, 1992

Name of Drug

Fixed combinations of primrose root [*Primula*, not *Oenothera* (evening primrose)], marshmallow root, and anise seed.

Composition of Drug

Fixed combinations consisting of:

Primrose root corresponding to the monograph published April 11, 1988;

Marshmallow root corresponding to the monograph published January 5, 1989;

Anise seed corresponding to the monograph published April 11, 1988;

as well as their preparations in effective dosage.

Uses

Catarrh of the upper respiratory tract and resulting dry cough.

Contraindications

Hypersensitivity to anise and anethole.

Side Effects

Occasionally allergic reactions involving skin, respiratory tract and gastrointestinal tract. Isolated stomach discomforts and nausea can occur.

Interactions with Other Drugs

Note: The absorption of other, simultaneously administered medicines can be delayed.

Dosage

Unless otherwise prescribed:

Marshmallow root must be present in the dosage given in its monograph.

Primrose root and anise must be at the concentration of 50 - 75 percent of the daily dosage given in the individual monographs.

Deviating dosages must be justified specifically for the preparation.

Mode of Administration

Liquid and solid forms of preparations for oral use.

Actions

An expectorant effect is documented for primrose root and anise seed; in addition, a secretolytic action is shown for primrose root. Anise has an antibacterial and mild antispasmodic action, marshmallow root has a soothing action and inhibits ciliary activity in vitro. Pharmacological experiments for the fixed combinations are not available.

Fixed Combinations of Primrose root, Sundew, and Thyme

Published April 4, 1992

Composition of Drug

Fixed combinations consisting of:
Primrose root corresponding to
B. Anz. 122, July 6, 1988;
Sundew corresponding to
B. Anz. 228, December 5, 1984;
Thyme corresponding to
B. Anz. 228, December 5, 1984;
and their preparations in effective dosage.

Uses

Catarrhs of the respiratory tract with spastic cough.

Contraindications

None known.

Side Effects

Occasionally, gastric discomforts and nausea may occur.

Interactions with Other Drugs

None known.

Dosage

Unless otherwise prescribed:
The individual components of the combination must each be present at 50 - 75 percent of the daily dosage given in the monographs for the individual herbs.

Mode of Administration

Comminuted drug and galenical preparations for oral intake.

Actions

An expectorant effect is documented for preparations of primrose root and thyme. Thyme and sundew have bronchospasmolytic action, primrose root has secretolytic action, and sundew has antitussive action. Pharmacological tests for the effectiveness of fixed combinations are not available.

Fixed Combinations of Primrose root and Thyme

Published April 4, 1992

Composition of Drug

Fixed combinations consisting of:
Primrose root corresponding to
B. Anz. 122, July 6, 1988;
Thyme corresponding to
B. Anz. 228, December 5, 1984;
and their preparations in effective dosage.

Uses

Colds and disease of the upper respiratory tract with viscous phlegm.

Contraindications

None known.

Side Effects
Occasionally, gastric discomforts and nausea may occur.

Interactions with Other Drugs
None known.

Dosage
Unless otherwise prescribed:
The individual components of the combination must each be present at 50 - 75 percent of the daily dosage given in the monographs for the individual herbs.

Mode of Administration
Comminuted drug and galenical preparations for oral intake.

Actions
An expectorant effect is documented for preparations of primrose root and thyme. In addition, thyme has antibacterial and bronchospasmolytic action. Primrose root has secretolytic action. Pharmacological tests for the effectiveness of fixed combinations are not available.

Fixed Combinations of Senna leaf and Blonde Psyllium seed husk

Published November 25, 1993

Name of Drug
Fixed combinations of senna leaf and blonde psyllium seed husk.

Composition of Drug
Fixed combinations consisting of:
Senna leaf corresponding to monograph *B. Anz.* 133 of July 21, 1993;
Blonde Psyllium seed husk corresponding to monograph *B. Anz.* 22a of February 1, 1990;
as well as their preparations in effective dosage.

Pharmacological Properties, Pharmacokinetics, Toxicology
A laxative effect is documented for preparations of senna leaf and blonde psyllium seed husk; 1,8-dihydroxy-anthracene derivatives have a laxative effect. This effect is based on the sennosides, i.e., on their active metabolite in the colon, rheinanthrone. The effect is primarily caused by the influence on the motility of the colon as an inhibition of stationary and stimulation of propulsive contractions. This results in an accelerated intestinal passage and, because of the shortened contact time, a reduction in liquid absorption. In addition, stimulation of the active chloride secretion increases water and electrolyte content.

Blonde psyllium seed husk has a laxative effect because of bulk formation due to water absorption resulting in an increased filling pressure.

The effectiveness of the combination is additive, resulting from the effects of the combination partners.

Pharmacological studies concerning the effectiveness of the fixed combination are not available.

Clinical Data

Uses
Constipation.

Contraindications

Pathological narrowings in the gastrointestinal tract, intestinal obstructions, difficult-to-control diabetes mellitus, acutely inflamed intestinal diseases, e.g., Crohn's disease, ulcerative colitis, appendicitis, abdominal pain of unknown origin. Children under 12 years of age.

Side Effects

In single incidents, allergic reactions may occur.

Chronic use/abuse:

loss of electrolytes, especially loss of potassium, albuminuria and hematuria, pigment implantation into the intestinal mucosa (*pseudo melanosis coli*), which is harmless and usually is reversed upon discontinuation of the drug.

Potassium deficiency can lead to disorders of heart function and muscular weakness, especially with concomitant use of heart glycosides, diuretics and corticoadrenal steroids.

Special Caution for Use

Stimulating laxatives must not be used over an extended period of time (1 - 2 weeks) without medical advice.

Use During Pregnancy and Lactation

Because of insufficient toxicological investigations, this drug should not be used during pregnancy and lactation.

Interactions with Other Drugs

With chronic use/abuse:

due to loss in potassium, an increase in effectiveness of cardiac glycosides and an effect on antiarrhythmic drugs is possible. Potassium deficiency can be increased by simultaneous application of thiazide diuretics, corticoadrenal steroids and licorice root.

Note: A reduction of the dosage of insulin may be necessary for insulin-dependent diabetics.

Dosage

Unless otherwise prescribed:

The individual combination partners must be contained at concentrations of 50 - 75 percent of the daily dosage specified in the respective monographs. The individually correct dosage is the smallest dosage necessary to maintain a soft stool.

Mode of Administration

Solid preparations for oral use.

Note: Intake of copious amounts of fluid must be observed. Also, the fixed combination should not be administered until one-half to one hour after intake of other medications.

Any single dose should be less than the common daily dosage.

Overdosage

Actions influencing electrolyte and water balance.

Special Warnings

Usage of a stimulating laxative for longer than the recommended short-term application can cause an increase in intestinal sluggishness.

The preparation should only be used if no effects can be obtained through change of diet or usage of bulk-forming products.

Effects on Operators of Vehicles and Machinery

None known.

Fixed Combinations of Senna leaf, Peppermint oil, and Caraway oil

Published January 27, 1991; Replaced November 25, 1993

Name of Drug

Fixed combinations of senna leaf, peppermint oil and caraway oil.

Composition of Drug

Fixed combinations consisting of:

Senna leaf, corresponding to monograph *B. Anz.* 133 of July 21, 1993;

Peppermint oil corresponding to monograph *B. Anz.* 50 of March 13, 1986;

Caraway oil corresponding to monograph in the *B. Anz.* 22a of February 1, 1990;

as well as their preparations in effective dosage.

Pharmacological Properties, Pharmacokinetics, Toxicology

1,8-dihydroxy-anthracene derivatives have a laxative effect. This laxative effect is based on the sennosides, i.e., on their active metabolite in the colon, rheinanthrone. The effect is primarily caused by the influence on the motility of the colon as an inhibition of stationary and stimulation of propulsive contractions. This results in an accelerated intestinal passage and, because of the contact time, a reduction in liquid absorption. In addition, stimulation of the active chloride secretion increases the water and electrolyte content.

An antispasmodic action is documented for preparations of peppermint oil and caraway oil.

The effect of the combination is additive-synergistic.

Pharmacological studies concerning the effectiveness of the fixed combination are not available.

Clinical Data

Uses

Constipation, especially with spastic-like discomforts.

Contraindications

Intestinal obstructions, acutely inflamed intestinal diseases, e.g., Crohn's disease, ulcerative colitis, appendicitis, abdominal pain of unknown origin. Children under 12 years of age. In case of gallstones, to be used only after consultation with a physician.

Side Effects

In single incidents, spastic gastrointestinal discomforts. In these cases, a dosage reduction is required.

Chronic use/abuse:

loss of electrolytes, especially loss of potassium, albuminuria and hematuria, pigment implantation into the intestinal mucosa (*pseudomelanosis coli*), which is harmless and usually reverses upon discontinuation of the drug. Potassium deficiency can lead to disorders of heart function and muscular weakness, especially with concurrent use of cardiac glycosides, diuretics and corticoadrenal steroids.

Special Caution for Use

Stimulating laxatives must not be used over an extended period of time (1 - 2 weeks) without medical advice.

Use During Pregnancy and Lactation

Because of insufficient toxicological investigations, this drug should not be used during pregnancy and lactation.

Interactions with Other Drugs

By chronic use/abuse, due to loss in potassium, an increase in effectiveness of cardiac glycosides and an effect on antiarrhythmic drugs is possible. Potassium deficiency can be aggravated by simultaneous administration of the fixed combination and thiazide diuretics, corticoadrenal steroids, or licorice root.

Dosage

Unless otherwise prescribed:

Senna leaf must be contained in the amount specified in the monograph. The essential oils must be present at concentrations of 50 - 70 percent of the daily dosage specified in the respective individual monographs.

A deviating dosage of the essential oils must be specifically determined for each preparation.

The individually correct dosage is the smallest dosage necessary to maintain a soft stool.

Mode of Administration

Liquid and solid preparations for oral use.
Note: A single administration should be less than the common daily dosage.

Overdosage

Actions influencing electrolyte and water balance.

Special Warnings

Usage of a stimulating laxative for longer than the recommended short-term application can cause an increase in intestinal sluggishness. The preparation should be used only if no effects can be obtained through change of diet or usage of bulk-forming products.

Effects on Operators of Vehicles and Machinery

None known.

Fixed Combinations of Star Anise seed and Thyme

Published April 4, 1992

Composition of Drug

Fixed combinations consisting of:

Star anise seed corresponding to *B. Anz.* 122, July 6, 1988;
Thyme corresponding to *B. Anz.* 228, December 5, 1984;
and their preparations in effective dosage.

Uses

Colds and diseases of the upper respiratory tract.

Contraindications

None known.

Side Effects

None known.

Interactions with Other Drugs

None known.

Dosage
Unless otherwise prescribed:
The individual components of the combination must each be present at 50 - 75 percent of the daily dosage given in the monographs for the individual herbs.

Mode of Administration
Comminuted drug for teas and other galenical preparations for oral intake.

Actions
A bronchospasmolytic and expectorant effect is documented for preparations of thyme; a bronchosecretolytic effect is documented for star anise seed. Pharmacological tests for the effectiveness of fixed combinations are not available.

Fixed Combinations of Sundew and Thyme
Published April 4, 1992

Composition of Drug
Fixed combinations consisting of:
Sundew corresponding to
B. Anz. 228, December 5, 1984;
Thyme corresponding to
B. Anz. 228, December 5, 1984;
and their preparations in effective dosage.

Uses
Catarrhs of the respiratory tract with spastic cough.

Contraindications
None known.

Side Effects
None known.

Interactions with Other Drugs
None known.

Dosage
Unless otherwise prescribed:
The individual components of the combination must each be present at 50 - 75 percent of the daily dosage given in the monographs for the individual herbs.

Mode of Administration
Comminuted drug and galenical preparations for oral intake.

Actions
A bronchospasmolytic effect is documented for preparations of thyme and sundew. Thyme has, in addition, an expectorant and antibacterial action; sundew , an antitussive action. Pharmacological tests for the effectiveness of fixed combinations are not available.

Fixed Combinations of Thyme and White Soapwort root

Published April 4, 1992

Composition of Drug

Fixed combinations consisting of:

Thyme corresponding to *B. Anz.* 228, December 5, 1984

White Soapwort root corresponding to *B. Anz.* 101, June 1, 1990;

and their preparations in effective dosage.

Uses

Colds and disease of the upper respiratory tract with viscous phlegm.

Contraindications

None known.

Side Effects

In rare cases, irritation of the gastric mucosa.

Interactions with Other Drugs

None known.

Dosage

Unless otherwise prescribed:

The individual components of the combination must each be present at 50 - 75 percent of the daily dosage given in the monographs for the individual herbs.

Mode of Administration

Comminuted drug and galenical preparations for oral intake.

Actions

Bronchospasmolytic, expectorant, and antibacterial effects are documented for preparations of thyme; an irritating effect on the mucosal membranes is documented for white soapwort root. Pharmacological tests for the effectiveness of fixed combinations are not available.

Fixed Combinations of Turmeric root and Celandine herb

Published December 12, 1991

Name of Drug

Fixed combinations of turmeric root and celandine herb.

Composition of Drug

Fixed combinations consisting of:

Turmeric root corresponding to *B. Anz.* 223, November 30, 1985;

Celandine herb corresponding to *B. Anz.* 90, May 15, 1985;

and their preparations in effective dosage.

Uses

Spastic discomfort in the epigastric region, due to functional disorders of the biliary tract.

Contraindications
Obstruction of the biliary tract. If suffering from gallstones, only to be used after consultation with a physician or pharmacist.

Side Effects
None known.

Interactions with Other Drugs
None known.

Dosage
Unless otherwise prescribed:

The individual components of the combination must be equivalent to the daily dosage given in the monographs for the individual herbs.

Mode of Administration
Fluid and dry extracts for liquid and solid forms of administration for oral intake.

Actions
A choleretic effectiveness is documented for preparations of turmeric root. Indications for a cholecystokinetic action are known. Celandine herb has a confirmed papaverine-like, mildly spasmolytic effect on the upper gastrointestinal tract. Pharmacological tests for the effectiveness of fixed combinations are not available.

Fixed Combinations of Uva Ursi leaf, Goldenrod, and Java tea

Published August 29, 1992

Name of Drug
Fixed combinations of uva ursi leaf, goldenrod herb, and java tea.

Composition of Drug
Fixed combinations consisting of:

Uva ursi leaf corresponding to the monograph published December 5, 1984;

Goldenrod herb corresponding to the monograph published October 15, 1987;

Java tea corresponding to the monograph published March 13, 1986;

as well as their preparations in effective dosage.

Uses
Supportive therapy of inflammatory diseases of the lower urinary tract.

Contraindications
None known.

Note: No irrigation therapy in case of edema due to insufficient heart and kidney function.

Side Effects
Children and patients with a sensitive stomach may experience nausea and vomiting.

Interactions with Other Drugs
Uva ursi preparations should not be given simultaneously with medications designed to acidify the urine.

Dosage
Unless otherwise prescribed:

Uva ursi leaf must be present at a concentration given in the monograph for the single herb. The other combination components must each correspond to a

concentration of 30 - 50 percent of the daily dosage given in the monographs of the single drug.

Mode of Administration

For oral application, comminuted drug or extracts for tea.

Note: Copious intake of fluids must be observed.

Duration of Administration

Not longer than 14 days without the consent of a physician.

Actions

A diuretic and mildly antispasmodic action is documented for goldenrod and Java tea. In addition, goldenrod has an antiphlogistic effect. Uva ursi leaf has a bacteriostatic effect in an alkaline (pH 8) urine, due to the formation of hydroquinone glucuronides and hydroquinone sulfuric acid esters from arbutin by metabolic reactions in the organism. Pharmacological experiments for the fixed combination are not available.

Fixed Combinations of Valerian root and Hops

Published February 27, 1991

Name of Drug

Fixed combinations of valerian root and hops.

Composition of Drug

Fixed combinations consisting of:

Valerian root corresponding to the monograph published May 15, 1985;

Hops corresponding to the monograph published December 5, 1984;

as well as preparations in effective dosage.

Uses

Nervous sleeping disorders, conditions of unrest.

Side Effects

None known.

Interactions with Other Drugs

None known.

Dosage

Unless otherwise prescribed:

The individual combination components must be at a concentration of 50 - 75 percent of the daily or single dosage given in the monograph for the single herb. Deviating dosages must be specifically justified for each preparation.

Mode of Administration

Comminuted drug for tea and other galenical preparations for oral applications.

Action

A sedative and sleep-promoting action is documented for preparations of valerian and hops. Pharmacological experiments with this combination gave indication of a sedative and sleep-promoting action.

Fixed Combinations of Valerian root, Hops, and Lemon Balm

Published May 8, 1991

Name of Drug
Fixed combinations of valerian root, hops, and lemon balm.

Composition of Drug
Fixed combinations consisting of:
Valerian root corresponding to *B. Anz.* 90, May 15, 1985;
Hops corresponding to *B. Anz.* 228, December 5, 1984;
Lemon Balm corresponding to *B. Anz.* 228, December 5, 1984;
and their preparations in effective dosage.

Uses
Difficulty in falling asleep due to nervousness, unrest.

Contraindications
None known.

Side Effects
None known.

Interactions with Other Drugs
None known.

Dosage
Unless otherwise prescribed:
In a combination of two components of the above given three possibilities, the individual combination components must be present at 50 - 75 percent of the daily dosage recommended in the monographs for the individual herbs. In combinations of all three components, each component must be at 30 - 50 percent of the daily dosage recommended in the monographs for the individual herbs.

Mode of Administration
Comminuted drug for teas and other galenical preparations for oral intake.

Action
A sedative, sleep-promoting effectiveness is documented for valerian root, hops, and lemon balm. Pharmacological tests for the effectiveness of the combination indicated a sedative, sleep-promoting effectiveness.

Effects on Operators of Vehicles and Machinery
Medications with sleep-promoting actions can change the ability to react, so that participation in traffic or operation of machinery is impaired, even when taken under strict directions.

This action is enhanced in combination with alcohol.

Fixed Combinations of Valerian root, Hops, and Passionflower herb

Published May 8, 1991

Name of Drug

Fixed combinations of valerian root, hops, and passionflower herb.

Composition of Drug

Fixed combinations consisting of:

Valerian root corresponding to *B. Anz.* 90, May 15, 1985;

Hops corresponding to *B. Anz.* 228, December 5, 1984;

Passionflower herb corresponding to *B. Anz.* 223, November 30, 1985;

and their preparations in effective dosage.

Uses

Difficulty in falling asleep due to nervousness, unrest.

Contraindications

None known.

Side Effects

None known.

Interactions with Other Drugs

None known.

Dosage

Unless otherwise prescribed:

In combinations of two components of the above given three possibilities, the individual combination components must each be present at 50 - 75 percent of the daily dosage recommended in the monographs for the individual herbs. In combinations of all three components, each component must be at 30 - 50 percent of the daily dosage recommended in the monographs for the individual herbs.

Mode of Administration

Comminuted drug for teas and other galenical preparations for oral intake.

Actions

A sedative, sleep-promoting effectiveness is documented for valerian root, hops, and passionflower herb. Pharmacological tests for the effectiveness of the combination indicated a sedative, sleep-promoting effectiveness.

Effects on Operators of Vehicles and Machinery

Medications with sleep-promoting actions can change the ability to react, so that participation in traffic or operation of machinery is impaired, even when taken under strict directions.

This action is enhanced in combination with alcohol.

CHAPTER 5

UNAPPROVED HERBS

The herbs in this section received negative evaluations by Commission E. These evaluations are based on lack of adequate scientific evidence to document current or historical usage and/or the potential or documented risks associated with the herb. Unapproved herb monographs contain a section called "Uses" in which the uses listed refer to observations of historical and/or current use in Germany which were not documented by the available scientific literature. The "Uses" section does not connote approved use by Commission E. See Chapter 11 for an index of Side Effects of Unapproved Herbs and Chapter 13 for an index of Pharmacological Actions of Unapproved Herbs. An index of Contraindications of Unapproved Herbs is located in the Addendum.

Alpine Lady's Mantle herb

Alchemillae alpinae herba

Frauenmantelkraut

Published August 29, 1992

Name of Drug

Alchemillae alpinae herba, alpine lady's mantle herb.

Composition of Drug

Alpine lady's mantle herb consists of the fresh or dried, above-ground parts of *Alchemilla alpina* L. [Fam. Rosaceae], as well as preparations thereof.

Pharmacological Properties, Pharmacokinetics, Toxicology

Not known.

Clinical Data

1. Uses

Preparations of alpine lady's mantle are used as a diuretic, antispasmodic and cardioactive agent, as well as for female complaints.

The effectiveness for the claimed applications is not documented.

2. Risks

None known.

Evaluation

Since the effectiveness for the claimed uses is not documented, a therapeutic application cannot be recommended.

Angelica seed and herb

Angelicae fructus, Angelicae herba
Angelikafrüchte/-kraut
Published June 1, 1990

Name of Drug

Angelicae fructus, angelica seed.
Angelicae herba, angelica herb.

Composition of Drug

Angelica seed consists of the fruit of *Angelica archangelica* L. [Fam. Apiaceae], as well as preparations thereof.

Angelica herb consists of the above-ground parts of *A. archangelica* L., as well as preparations thereof.

Uses

Preparations of angelica seed and herb are used as a diuretic and diaphoretic.

The effectiveness for these applications is not documented.

Risks

The herb contains furanocoumarin, which renders the skin photosensitive.

Evaluation

Since the effectiveness for the claimed uses has not been documented, and considering the risks, a therapeutic application cannot be justified.

[**Ed. note:** Angelica root is an approved herb.]

Ash bark and leaf

Fraxinus excelsior
Esche
Published February 1, 1990

Name of Drug

Fraxini cortex, ash bark.
Fraxini folium, ash leaf.

Composition of Drug

Ash bark consists of the bark of young branches of *Fraxinus excelsior* L. [Fam. Oleaceae], as well as preparations thereof.

Ash leaf consists of the leaf of *F. excelsior* L., as well as preparations thereof.

Uses

Preparations of ash bark are used for fever and as a tonic. Their effectiveness is not verified. Preparations of ash leaf are used for arthritis, gout, and bladder complaints, as a laxative and as a diuretic.

The effectiveness for the claimed applications has not been documented.

Risks

None known.

Evaluation

Since the effectiveness for the claimed applications has not been documented, a therapeutic application cannot be recommended.

The effectiveness of ash in fixed combinations must be verified specifically by each preparation to receive a positive evaluation.

Actions
Preparations of fresh ash bark showed an analgesic, anti-exudative, and antiphlogistic action.

Asparagus herb
Asparagi herba
Spargelkraut
Published July 12, 1991

Name of Drug
Asparagi herba, asparagus herb.

Composition of Drug
Asparagus herb consists of the above-ground parts of *Asparagus officinalis* L. [Fam. Liliaceae], as well as preparations thereof.

Uses
Preparations of asparagus herb are used as a diuretic. The effectiveness for the claimed applications has not been sufficiently documented.

Risks
In rare cases, allergic skin reactions may occur.

Evaluation
Since the efficacy has not been sufficiently documented, a therapeutic application cannot be recommended.

Action
Animal experiments are available that indicate a slight diuretic action.

Barberry
Berberis vulgaris
Berberitze
Published March 2, 1989

Name of Drug
Berberidis fructus, barberry.
Berberidis cortex, barberry bark.
Berberidis radicis cortex, barberry root bark.
Berberidis radix, barberry root.

Composition of Drug
Barberry consists of the fruits of *Berberis vulgaris* L. [Fam. Berberidaceae], as well as preparations thereof.

Barberry bark consists of the bark of the above-ground parts of *B. vulgaris* L., as well as preparations thereof.

Barberry root bark consists of the bark of the underground parts of *B. vulgaris* L., as well as preparations thereof.

Barberry root consists of the underground parts of *B. vulgaris* L., as well as preparations thereof.

Uses

Barberry is used for ailments and discomforts of the kidneys and urinary tract, the gastrointestinal tract, for liver diseases, bronchial discomforts, spleen ailments, spasms, and as a stimulant for the circulatory system.

The effectiveness for the claimed applications is not documented.

Barberry root, bark, and/or root bark are used for ailments and complaints of the gastrointestinal tract, liver, gallbladder, kidney and urinary tract, respiratory tract, and heart and circulatory system, also as a febrifuge and "blood purifier."

The effectiveness for the claimed applications is not documented.

Risks

Barberry fruit:

None known.

Other parts of *Berberis vulgaris*:

Other parts of *B. vulgaris* contain alkaloids. The main alkaloid is berberine. Berberine is well tolerated up to 0.5 g. With accidental intake of more than 0.5 g of berberine, the following symptoms have been described:

Lethargy, nose bleed, dyspnea, skin and eye irritation. Also kidney irritation and nephritis have been reported. Even lethal poisonings have been observed from overdoses of berberine. Disturbances of the gastrointestinal tract with nausea, vomiting and diarrhea have been noted.

The LD_{50} for berberine sulfate in mice is 24.3 mg/kg in intraperitoneal application.

Berberine in small dosages stimulates the respiratory system, while high dosages lead to severe dyspnea and spasms ending in lethal primary paralysis of the respiratory system. Lethal dosages also cause hemorrhagic nephritis.

Death due to respiratory paralysis occurred in anesthetized cats and dogs at 25 mg/kg. In addition, a noticeable inhibition of the heart action was observed.

No reports of poisonings with this herb (i.e., the herb barberry) are known.

Evaluation

Since the effectiveness for the claimed applications is not documented, a therapeutic use of this herb cannot be recommended.

[**Ed. note:** The risks listed above have been observed with the purified alkaloid berberine, not the parts of the herb barberry.]

Basil herb

Basilici herba

Basilikumkraut

Published March 18, 1992

Name of Drug

Basilici herba, basil herb.

Composition of Drug

Basil herb consists of the dried, aboveground parts of *Ocimum basilicum* L. [Fam. Lamiaceae], as well as preparations thereof.

Pharmacological Properties, Pharmacokinetics, Toxicology

In vitro antimicrobial.

Uses
Preparations of basil are used for supportive therapy for feelings of fullness and flatulence, for the stimulation of appetite and digestion, and as a diuretic.

The effectiveness for the claimed applications is not documented.

Risks
The herb contains about 0.5 percent essential oil with up to 85 percent estragole. Estragole, after metabolic activation, has a mutagenic effect. Animal experiments indicated a carcinogenic effect, which demands further investigation. Because of the high estragole content in the essential oil, the herb should not be taken during pregnancy, nursing, by infants or toddlers, or over extended periods of time.

Evaluation
Since the effectiveness for the claimed use is not documented, and because of the risks involved, a therapeutic application cannot be justified.

There is no objection to its use as an aroma or flavor corrigent in preparations containing up to 5 percent.

Bilberry leaf
Myrtilli folium
Heidelbeerblätter
Published April 23, 1987

Name of Drug
Myrtilli folium, bilberry leaf, blueberry leaf.

Composition of Drug
Bilberry leaf consists of the leaf of *Vaccinium myrtillus* L. [Fam. Ericaceae], as well as preparations thereof.

Uses
Bilberry leaf is used for diabetes mellitus, for the prevention and treatment of diseases and complaints of the gastrointestinal tract, kidney and urinary tract, for arthritis, gout, dermatitis, hemorrhoids, poor circulation, functional heart problems, as well as for "metabolic stimulation and blood purification."

The efficacy of the claimed uses has not been documented.

Risks
With higher dosages or on prolonged use, chronic intoxication may arise. The symptoms of chronic intoxication in animal experiments were initially cachexia, anemia, icterus, acute excitation, and disturbances of tonus, which, after chronic administration of 1.5 g/kg/day, could finally end in death.

Evaluation
Since the efficacy has not been documented, a therapeutic use of bilberry leaf preparation is not justifiable in view of the risks involved.

Bishop's Weed fruit

Ammeos visnagae fructus

Ammi-visnaga-Früchte

Published March 13, 1986; Replaced April 15, 1994

Name of Drug

Ammeos visnagae fructus; ammi visnaga berries, bishop's weed.

Composition of Drug

Bishop's weed berries, consisting of the dried ripened berries of *Ammi visnaga* (L.) Lamarck [syn. *A. daucoides* Gaertn.] [Fam. Apiaceae], as well as pharmaceutical preparations of same.

Pharmacological Properties, Pharmacokinetics, Toxicology

The results of pharmacological, pharmacokinetic and toxicological research on one have focused on a dry extract of bishop's weed berries corresponding to 10.5 percent gamma pyrones calculated as khellin (extraction medium: methanol/water 70 - 30, 70 - 99 percent natural extract, drug-extract ratio = 6.2:10.1).

In the modified Langendorff heart preparation for the guinea pig, a slight (8.8 percent) and brief increase of the coronary perfusion (starting with a concentration of 20 µ/ml) was observed to occur within the first 10 minutes.

In rats an increase of the heart minute volume occurs after an infusion of the extract of 1 mg/kg of body weight x min; the effect lasts for about an hour after the infusion has been discontinued.

The heartbeat of rats increases significantly after a 30-minute infusion of 1 mg/kg body weight x min.

KCl - or noradrenalin-induced spasms in the aorta of guinea pigs are relaxed by the extract as well as by the substances khellin, visnadin and visnagin in micromolar concentration in the extract. The extract at its highest concentration (316 µg/ml) causes a 46.3 percent reduction in the K+ spasms and a 64.9 percent reduction in the noradrenalin induced spasms.

After oral administration of 140 mg extract, khellin and visnadin were found in the plasma of six of the test subjects. No traces of visnagin were found; the maximum concentration of khellin was reached between 20 and 60 minutes at 29.4 and 276.5 ng/ml. Elimination occurred quickly; after 10 hours khellin was no longer detectable. For khellin the mean value was C_{max} value of 98.3 ng/ml. The LD_{50} of the extract administered orally is greater than 2000 mg/kg body weight for rats and mice.

After dosing rats with 10, 150 and 6000 mg extract/kg body weight over a period of four weeks, a minimal toxic level was reached at between 10 and 150 mg. After a 600 mg dose had been administered a mild to medium grade centrolobular hypertrophy of the liver parenchym with hepatocellular degeneration occurred.

There are no studies available on chronic toxicity, carcinogenicity, mutagenicity or teratogenicity.

Clinical Data

1. Uses

a) Indications established through research.

b) Claimed areas of use and explanation of rejection.

Preparations of Bishop's Weed berries are used in the treatment of angina pectoris, coronary insufficiency, paroxsysmal tachycardia, extra systoles, presbycardia with hypertonia, asthma, whooping cough and cramp-like complaints of the abdomen. In

combination preparations Bishop's Weed berries are used as secondary treatments of early ageing in the area of the heart and the circulatory and vascular systems, after cardiac arrest, in nervous complaints of the heart, hypertonia; in bronchitis, bronchial asthma and coughs; spasms of the gastrointestinal tract, gallbladder and urinary tract; in disorders of the hepatobiliary system, kidney stones, tendency to form stones after surgery, kidney insufficiency, in the reduction of hormone-based ureter dilation in the second and third trimesters of pregnancy and on taking contraceptives; as a secondary antibacterial treatment of acute and chronic pyelonephritis in therapy-resistant cases; in climacteric complaints, depressions and in the prevention of hardening of the arteries and accompanying symptoms. The efficacy of the drug in the above-named areas has not been sufficiently proven. (Only one therapeutic observation has been reported.)

2. Risks

In rare cases pseudoallergic reactions, reversible cholostatic icterus/jaundice.

The khellin contained in the drug sensitizes the skin to light. For the duration of the treatment, therefore, long periods of exposure to the sun and concentrated ultraviolet radiation should be avoided.

After higher doses of khellin (100 mg daily administered orally), increased activity of the liver transaminases and of the gamma-glutamyltransferase have been observed.

Evaluation

Due to the insufficiently proven efficacy of the drug and its pharmaceutical preparations, as well as the associated risks, therapeutic use cannot be recommended.

How effective any spasmolytic action of the drug is when used in fixed preparations must be tested and proven for each individual preparation.

[**Ed. note:** This monograph was originally published on March 13, 1986, as approved. Due to new information on potential risks, its status changed to unapproved on April 15, 1994. See page 33.]

Bitter Orange flower

Aurantii flos

Pomeranzenblüten

Published July 14, 1993

Name of Drug

Aurantii flos, bitter orange flower.

Aurantii flos aetheroleum, bitter orange flower oil.

Composition of Drug

Bitter orange flower consists of the dried flowers of *Citrus aurantium* L. subspecies *aurantium* (syn. *C. aurantium* L. ssp. *amara* Engler) [Fam. Rutaceae], as well as preparations thereof in effective dosage.

Bitter orange flower oil consists of the volatile oil of *C. aurantium* L. subspecies *aurantium* (syn. *C. aurantium* L. ssp. *amara* Engler), as well as preparations thereof in effective dosage. The oil is obtained by steam distillation of the fresh, fully opened flowers.

Pharmacological Properties, Pharmacokinetics, Toxicology

Not documented.

Clinical Data

1. Uses

Preparations of orange flower and orange flower oil are used as a preventive measure for gastric and nervous complaints, gout, sore throat, as a sedative, for nervous tension and sleeplessness.

In combinations, orange flower and orange flower oil are mainly used for gastrointestinal disturbances, ulcus duodeni et ventriculi, for constipation, regulation of the lipid level in the blood, lowering the blood sugar in diabetics, blood purification, functional disorders of liver and gallbladder, stimulation of the heart and circulation, diseases of the respiratory tract, colds, frost bite, as a sedative for sleep disorders, kidney and bladder diseases, general feebleness, anemia, imbalances of mineral metabolism, impurities of the skin, loss of hair, and externally for inflammations of the eye (lid, conjunctiva, and cornea), retinal hemorrhage, exhaustion accompanying colds, headaches, neuralgia and muscular pain, rheumatic discomforts, bruises, phlebitis, and decubitus.

The effectiveness for the claimed applications has not been validated.

2. Risks

None known.

Evaluation

Since the effectiveness for the claimed uses has not been demonstrated, a therapeutic application cannot be recommended.

There are no concerns about the use of the herb as a taste or flavor additive.

Blackberry root

Rubi fruticosi radix

Brombeerwurzel

Published February 1, 1990

Name of Drug

Rubi fruticosi radix, blackberry root.

Composition of Drug

Blackberry root consists of the underground parts of *Rubus fruticosus* L. [Fam. Rosaceae], as well as preparations thereof.

Uses

Blackberry root is used as a preventative for dropsy.

The claimed efficacy has not been documented.

Risks

None known.

Evaluation

Since the efficacy has not been documented, a therapeutic application cannot be justified.

Blackthorn flower

Pruni spinosae flos
Schlehdornblüten
Published June 1, 1990

Name of Drug

Pruni spinosae flos, blackthorn flower.

Composition of Drug

Blackthorn flower consists of the dried flowers of *Prunus spinosa* L. [Fam. Rosaceae], as well as preparations thereof.

Uses

Preparations of blackthorn flower are used for common colds, diseases and ailments of the respiratory tract, as a laxative, for diarrhea, for prophylaxis and therapy of gastric spasms, bloating, intestinal diseases and dyspepsia, also for dropsy, ailments of the kidneys and bladder, bladder spasms, as a diuretic, diaphoretic, and for general exhaustion, convalescence, and, externally, for rashes, skin impurities and for "blood purification."

Risks

None known.

Evaluation

Since the effectiveness is not sufficiently documented, a therapeutic application cannot be recommended.

There is no concern for the use of the herb as a coloring agent for tea mixtures.

Bladderwrack

Fucus
Tang
Published June 1, 1990

Name of Drug

Fucus, bladderwrack.

Composition of Drug

Bladderwrack consists of the dried thallus of *Fucus vesiculosus* L. [Fam. Fucaceae], of *Ascophyllum nodosum* Le Jolis [Fam. Fucaceae], or of both species, as well as preparations thereof.

Uses

Preparations of bladderwrack are used for diseases of the thyroid, obesity, overweight, arteriosclerosis and digestive disorders, as well as for "cleansing the blood."

The effectiveness for the claimed applications is not verified.

Risks

Preparations containing a maximum daily dosage of 150 µg of iodine:

None known.

Above the dosage of 150 µg of iodine per day, there is danger that hyperthyroidism may be induced or existing hyperthyroidism may be made worse. In rare cases allergic reactions involving serious overall reactions may occur.

Evaluation

Since the efficacy of a dosage below 150 µg iodine/day has not been substantiated for the conditions listed, therapeutic use of the herb cannot be advocated. In view of the risks, the therapeutic use of doses above 150 µg iodine/day cannot be justified on the grounds of lack of activity.

Borage

Borago

Boretsch

Published July 12, 1991

Name of Drug

Boraginis flos, borage flower.
Boraginis herba, borage herb.

Composition of Drug

Borage flower consists of the flowers of *Borago officinalis* L. [Fam. Boraginaceae], as well as preparations thereof.

Borage herb consists of the fresh or dried, above-ground parts of *B. officinalis* L., as well as preparations thereof.

Uses

Preparations of borage flower and herb are used for blood purification and diuresis, as a preventative for inflammation of the lungs and peritoneum, for arthritis of the joints, as an expectorant, antiinflammatory agent, for pain relief, cardiac tonic, sedative, diaphoretic, for increase of circulatory capacity and for phlebitis, and for menopausal disorders.

The effectiveness for the claimed applications is not documented.

Risks

Borage contains variable amounts of toxic pyrrolizidine alkaloids (PA). Organotoxic, particularly hepatotoxic, effects are known for these alkaloids. Animal experiments showed carcinogenic effects for PA, with a mechanism of action genotoxicity.

Evaluation

Considering the risks and the undocumented effectiveness for the claimed uses, a therapeutic application of borage flower and herb cannot be justified.

Bryonia root

Bryoniae radix

Zaunrübenwurzel

Published July 6, 1988

Name of Drug

Bryoniae radix, bryonia root.

Composition of Drug

Bryonia root consists of the dried taproot of *Bryonia cretica* L. ssp. *dioica* (Jacquin) Tutin and/or *B. alba* L. [Fam. Cucurbitaceae], as well as preparations thereof.

Uses

Bryonia root is used as a laxative, emetic,

and diuretic, also in combinations for various diseases of the gastrointestinal tract, the respiratory tract, for all forms of arthritis, for metabolic disorders, for liver diseases, and as prophylaxis and therapy of acute and chronic infections.

The emetic and laxative effectiveness is undisputed.

The effectiveness of the other applications is not verified.

Risks

The following effects have been observed following ingestion of bryonia root preparations: dizziness, vomiting, severe colic, severe watery and sometimes bloody diarrhea, kidney damage, abortion, nervous excitement, and convulsions.

Bryonia contains cucurbitacins, some of which have strong cytotoxic properties.

Evaluation

Since the effectiveness of bryonia preparations for the claimed applications is not documented, and since the use of it as a drastic laxative and emetic is obsolete, a therapeutic administration cannot be justified because of the risks involved.

Buchu leaf

Barosmae folium

Buccoblätter

Published February 1, 1990

Name of Drug

Barosmae folium, buchu leaf.

Composition of Drug

Buchu leaf consists of the dried leaves of *Barosma betulina* Bartl. (syn. *Agathosma betulina* (Berg) Pill.) [Fam. Rutaceae], as well as preparations thereof.

Uses

Buchu leaf is used for inflammation and infection of the kidneys and urinary tract, for bladder irritations, as a disinfectant of the urinary tract, and as a diuretic.

The effectiveness for the claimed applications is not documented.

Risks

Buchu has essential oil that contains diosmin and pulegone, which can cause irritation. There are no reports of cases of poisoning.

Evaluation

Since the claimed effectiveness has not been documented, the application of buchu leaf cannot be recommended.

The use of buchu leaf as an aroma or flavor corrigent in tea mixture is acceptable.

Burdock root

Bardanae radix

Klettenwurzel

Published February 1, 1990

Name of Drug

Bardanae radix, burdock root.

Composition of Drug

Burdock root contains the fresh or dried, underground parts of *Arctium lappa* L., *A. minus* (Hill) Bernhardi and/or *A. tomentosum* Miller [Fam. Asteraceae], as well as preparations thereof.

Uses

Preparations of burdock root are used for ailments and complaints of the gastrointestinal tract, gout, arthritis, as a diaphoretic and diuretic, as well as for "blood purifying," and externally for ichthyosis, psoriasis, impure skin, and skin diseases.

The claimed efficacies have not been documented.

Risks

None known.

Evaluation

Since the claimed efficacies have not been documented, a therapeutic application cannot be recommended.

Calendula herb

Calendulae herba

Ringelblumenkraut

Published July 14, 1993

Name of Drug

Calendulae herba, calendula herb.

Composition of Drug

Calendula herb consists of the fresh or dried above-ground parts of *Calendula officinalis* L. [Fam. Asteraceae], harvested during flowering season, as well as preparations thereof in effective dosage.

Pharmacological Properties, Pharmacokinetics, Toxicology

Not known.

Clinical Data

1. Uses

Preparations of calendula herb are used as a stimulant for circulation, promotion of healing, as a releasing, lancing and purging agent, as well as for gastric hemorrhage, ulcers, spasms, swelling of the glands, jaundice, anemia, spleen disorders. Topically they are used for putrid or cancerous abscesses, wounds, bleeding and eczema.

In combinations, preparations of calendula herb are used for nausea, loss of

appetite, disorders of the gastrointestinal tract and the liver-gallbladder system, as a laxative for metabolic disorders, for stimulation of the liver-gallbladder function, for constitutional abnormalities, blood purification, mobilization of endogenous defense mechanism, for disturbances of the cardiac and circulatory system, arteriosclerosis, heart problems, weakness of the heart muscle, headache, dizziness, tinnitus, conditions of anxiety, abnormal sensation of cold in hands and feet, tiredness, sleeplessness, as support for the bronchial system, preventative for mucous formation and cough, for influenza, stones, hemorrhoids, weak veins, stimulating urination and excretion of uric acid, for dropsy, for prevention of prostatitis, bladder irritation, prostate hypertrophy, ischuria (retention or suppression of urine), epididymitis, gout, rheumatism, abscesses, skin diseases, frostbite, muscular atrophy, dystrophic nervous disturbances, and topically for ulcers of the leg, putrid or slow-to-heal wounds, and for abnormalities of the connective tissue.

The effectiveness for the claimed applications has not been demonstrated.

2. Risks

None known.

Evaluation

Since the effectiveness for the claimed uses has not been demonstrated, a therapeutic application cannot be recommended.

Cat's Foot flower

Antennariae dioicae flos

Katzenpfötchenblüten

Published August 29, 1992

Name of Drug

Antennariae dioicae flos, cat's foot flower (cat's ear flower).

Composition of Drug

Cat's foot flower consists of the fresh or dried flowers of *Antennaria dioica* (L.) Gaertner [Fam. Asteraceae], as well as preparations thereof.

Pharmacological Properties, Pharmacokinetics, Toxicology

None known.

Clinical Data

1. Uses

Preparations of cat's foot flower are used for intestinal diseases. Its effectiveness for the claimed application is not documented.

2. Risks

None known.

Evaluation

Since the effectiveness for the claimed uses is not documented, a therapeutic application cannot be recommended. There is no objection to its use as a brightening agent in teas.

Celery

Apium graveolens
Sellerie
Published July 12, 1991

Name of Drug

Apium graveolens, celery.
Apii radix, celery root.
Apii herba, celery herb.
Apii fructus, celery seed.

Composition of Drug

Celery consists of the fresh, whole plant of *Apium graveolens* L. [Fam. Apiaceae], for the preparation of pressed juice.

Celery root consists of the fresh or dried, underground parts of *A. graveolens* L., as well as preparations thereof.

Celery herb consists of the fresh or dried , above-ground parts of *A. graveolens* L., as well as preparations thereof.

Celery seed consists of the fruits of *A. graveolens* L., as well as preparations thereof.

Uses

Preparations of celery are used as a diuretic, for "blood purification," for regulating elimination of the bowels, for glandular stimulation, rheumatic complaints, gout, stone diseases, for weight loss due to malnutrition, prophylactic for nervous unrest, for loss of appetite and exhaustion.

The effectiveness for the claimed applications is not documented.

Risks

Celery can cause allergic reactions, even ending in anaphylactic shock (celery-carrot-mugwort-syndrome).
Warning: Celery can contain large amounts of phototoxic furanocoumarin.

Evaluation

Since the effectiveness for the claimed uses is not documented, and since an allergic risk exists, a therapeutic application cannot be recommended.

Action

Animal experiments showed indications of a diuretic action.

Chamomile flower, Roman

Chamomillae romanae flos
Römische Kamillenblüten
Published November 25, 1993

Name of Drug

Chamomillae romanae flos, Roman chamomile.

Composition of Drug

Roman chamomile consists of the dried flowers of the cultivated double flowered variety of *Chamaemelum nobile* (L.) Allioni

(syn. *Anthemis nobilis* L.) [Fam. Asteraceae], as well as preparations thereof.

Pharmacological Properties, Pharmacokinetics, Toxicology

Not known.

Clinical Data

1. Uses

a) Uses as a result of evaluation:
None.

b) Claimed uses which have been negatively evaluated:
Preparations of Roman chamomile are used for feeling of fullness, bloating and mild spasmodic gastrointestinal disturbances, inflammation of the oral and pharyngeal cavities, gastritis, nasal catarrh, and sinusitis, as well as externally for eczemas, wounds and inflammations.

In combinations, preparations of Roman chamomile are used for liver and gallbladder diseases, cholelithiasis, fatty liver, chronic heartburn, loss of appetite, feeling of fullness, bloating, upset stomach, digestive disturbances, Roemheld's syndrome, fermentative dyspepsia, dyspepsia of infants, spastic constipation, as a "blood purification remedy," as a general tonic during puberty and menopause, as a preventative for menstrual discomforts, for missed periods, painful, insufficient or irregular periods, as well as steam baths for catarrh of the frontal sinus, hay fever, swellings of the nasal and pharyngeal mucosa, inflammation of the ears, and externally for wounds, burns, frostbite, diaper rash on infants and toddlers, decubitus and hemorrhoids.

The effectiveness of the claimed indications is not documented.

2. Risks

Not to be used if allergies to Roman chamomile and other composites exist.

The sensitization potency is moderate, the frequency rare. There are case reports on allergic reactions. Cross reactions with yarrow, German chamomile, lettuce and chrysanthemum have been experimentally observed. Occasionally, a positive reaction to Roman chamomile has been seen in individuals allergic to composites.

One case of anaphylactic shock after ingestion of Roman chamomile tea has been observed. The occurrence of rhinitis is possible in individuals with atopic allergy to mugwort.

Evaluation

Since the effectiveness for the claimed uses is not documented, a therapeutic application cannot be recommended. There is no concern for the use of the herb as a brightening agent (1 percent) in tea mixtures, if the allergic risk is declared.

Chestnut leaf

Castaneae folium
Kastanienblätter
Published April 23, 1987

Name of Drug

Castaneae folium, chestnut leaf.

Composition of Drug

Chestnut leaf consists of the leaf of *Castanea sativa* Miller (syn. *C. vesca*

Gaertner, C. *vulgaris* Lamarck) [Fam. Fagaceae], as well as preparations thereof.

Uses

Chestnut leaf is used for complaints affecting the respiratory tract, such as bronchitis and whooping cough, and for disorders affecting the legs and the circulation.

Effectiveness for the claimed indications has not been documented.

Risks

None known.

Evaluation

Since the effectiveness for the claimed applications has not been documented, a therapeutic administration cannot be recommended.

Cinnamon flower

Cinnamomi flos

Zimtblüten

Published March 11, 1992

Name of Drug

Cinnamomi flos, cinnamon flower.

Composition of Drug

Cinnamon flower consists of the dried flowers of *Cinnamomum aromaticum* Nees (syn. C. *cassia* Blume) [Fam. Lauraceae], collected after withering, as well as preparations thereof.

Uses

Preparations of cinnamon flower are used for "blood purification." The effectiveness for the claimed application is not documented.

Risks

Frequently allergic reactions in skin and mucosa.

Not to be used in case of sensitivity to cinnamon or Peruvian balsam and during pregnancy.

Evaluation

Since the effectiveness for the claimed use is not documented, and because of the risks involved, a therapeutic application cannot be recommended. There is no objection to its use as a flavor corrigent.

Cocoa

Cacao testes

Kakaoschalen

Published February 27, 1991

Name of Drug

Cacao testes, cocoa.

Composition of Drug

Cocoa consists of the testae of *Theobroma cacao* L. [Fam. Sterculiaceae], as well as preparations thereof.

Uses

Preparations of cocoa are used for liver, bladder, and kidney ailments, diabetes, as a tonic and general remedy, and as an astringent for diarrhea.

The effectiveness for the claimed application is not documented.

Risks

Cocoa and cocoa products can cause allergic skin reactions and migraine headaches.

Evaluation

Since the efficacy has not been documented, a therapeutic application cannot be recommended.

Actions

Cocoa can result in constipation.

Cocoa contains methylxanthine, which acts as a diuretic.

Colocynth

Colocynthidis fructus

Koloquinthen

Published September 1, 1990

Name of Drug

Colocynthidis fructus, colocynth.

Composition of Drug

Colocynth consists of the ripe fruit of *Citrullus colocynthis* L. Schrader [Fam. Cucurbitaceae], freed from the outer shell of the pericarp, as well as preparations thereof.

The drug contains cucurbitacin.

Uses

Preparations of colocynth are used exclusively in fixed combinations for acute and chronic constipation of various origins, also during pregnancy and in case of liver and gallbladder ailments.

Colocynth preparations have a drastic laxative effect.

The effectiveness for the other claimed applications is not documented.

Risks

Colocynth contains up to 3 percent cucurbitacin. For the drug and its preparations, drastic irritations of the gastrointestinal mucosa to the extent of hemorrhagic diarrhea are documented. Partial absorption can lead to kidney damage and hemorrhagic cystitis. An abortive action is not known.

Evaluation

The use of colocynth as a drastic laxative can no longer be justified because of the high risks involved.

For the other claimed uses, the application cannot be justified because of risks and undocumented effectiveness.

Coltsfoot

Farfarae flos/-herba/-radix
Huflattichblüten/-kraut/-wurzel
Published July 27, 1990

Name of Drug

Farfarae flos, coltsfoot flower.
Farfarae herba, coltsfoot herb.
Farfarae radix, coltsfoot root.

Composition of Drug

Coltsfoot flower consists of the fresh or dried flowers of *Tussilago farfara* L. [Fam. Asteraceae], as well as preparations thereof.

Coltsfoot herb consists of the fresh or dried above-ground parts of *T. farfara* L., as well as preparations thereof.

Coltsfoot root consists of the fresh or dried underground parts of *T. farfara* L., as well as preparations thereof.

Uses

Preparations of coltsfoot are used for treatment and prevention of diseases and ailments of the respiratory tract, such as cough, hoarseness, bronchial catarrh, acute and chronic bronchitis, asthma, colds, influenza, inflammation and irritation of the oral and pharyngeal mucosa, sore throat, tonsillitis, rickets, swelling of the glands and tuberculosis of the lymph nodes, catarrhs of the gastrointestinal tract, diarrhea, for the stimulation of the metabolism, for "blood purification," as a diuretic and diaphoretic, and externally for wound treatment.

Coltsfoot is contained in tonics with claims of diverse indications.

The effectiveness for the claimed uses is not documented.

Risks

All plant parts of coltsfoot contain pyrrolizidine alkaloids (PA) in greatly varying amounts. Organotoxic, especially hepatotoxic, effects are known for these compounds. Animal experiments proved PA to be carcinogenic with a genotoxic mechanism of action.

Evaluation

In consideration of the risks and lack of documentation for the effectiveness of this herb for the claimed uses, a therapeutic application of coltsfoot flower, herb and root cannot be justified.

Corn Poppy flower

Rhoeados flos
Klatschmohnblüten
Published May 5, 1988

Name of Drug

Rhoeados flos, corn poppy flower.

Composition of Drug

Corn poppy flower consists of the dried petals of *Papaver rhoeas* L. [Fam. Papaveraceae], as well as preparations thereof.

Uses
Corn poppy flower is used for diseases and discomforts of the respiratory tract, for disturbed sleep and as a sedative, and for the relief of pain.

Effectiveness in the conditions indicated has not been established.

Risks
None known.

Evaluation
Since the efficacy of corn poppy flower for its claimed applications is not documented, therapeutic administration cannot be recommended.

There are no concerns regarding the use of this herb as a brightening agent in tea mixtures.

Cornflower
Centaurea cyanus
Kornblume
Published March 2, 1989

Name of Drug
Centaurea cyanus, cyani flos, cornflower, cyani flower.

Composition of Drug
Cornflower flower consists of the dried flowers of *Centaurea cyanus* L. [Fam. Asteraceae], freed from the receptacles and calyces, as well as preparations thereof.

The whole inflorescence and its preparations are also used.

Uses
Cornflower flowers and their preparations are used for fever, menstrual disorders, vaginal candidiasis, as a laxative, tonic, bitter, also as a diuretic and an expectorant, as well as a stimulant for liver and gallbladder function.

The effectiveness for the claimed applications is not documented.

Risks
None known.

Evaluation
Since the effectiveness for the claimed applications is not documented, a therapeutic use of this herb cannot be recommended.

There is no concern regarding the use as a coloring agent in herbal teas.

Damiana leaf and herb
Turnera diffusa
Damianablätter/-kraut
Published March 2, 1989

Name of Drug
Turnerae diffusae folium, damiana leaf.
Turnerae diffusae herba, damiana herb.

Composition of Drug
Damiana leaf consists of the leaf of *Turnera diffusa* Willdenow [Fam. Turneraceae],

and its variations, as well as preparations of damiana leaves.

Damiana herb consists of the leaf and branch of *T. diffusa* Willdenow [Fam. Turneraceae], and its variations, as well as preparations of damiana herb.

Uses

Damiana preparations are used as an aphrodisiac, for prophylaxis and treatment of sexual disturbances, for strengthening and stimulation during exertion (overwork), also for boosting and maintaining mental and physical capacity.

The effectiveness for the claimed applications is not verified.

Risks

None known.

Evaluation

Since the effectiveness of Damiana preparations for the claimed applications is not documented, a therapeutic administration cannot be recommended.

Delphinium flower

Delphinii flos

Rittersporнblüten

Published April 27, 1989

Name of Drug

Delphinii flos, delphinium flower.

Composition of Drug

Delphinium flower consists of the flowers of *Delphinium consolida* L. [Fam. Ranunculaceae], as well as preparations thereof.

Uses

Preparations of Delphinium flower are used as a diuretic and vermifuge, as a sedative and an appetite-stimulating remedy. The effectiveness for the claimed applications is not documented.

Risks

Warning: The alkaloids of *Delphinium* lead to bradycardia, lowering of blood pressure, and cardiac arrest. Also, they have a central paralyzing and curare-like effect on the respiratory system.

Dependable information on the alkaloid content in the flowers is not available.

Evaluation

Since the effectiveness of Delphinium and its preparations is not documented, a therapeutic administration cannot be recommended.

There are no objections for its use as a brightening agent (under 1 percent) in tea mixtures.

Dill weed

Anethi herba
Dillkraut
Published October 15, 1987

Name of Drug

Anethi herba, dill herb, dill weed.

Composition of Drug

Dill herb consists of the fresh or dried leaf and upper stem of *Anethum graveolens* L. *s.l.* [Fam. Apiaceae], as well as preparations thereof.

Uses

Dill herb is used for prevention and treatment of diseases and disorders of the gastrointestinal tract, kidney and urinary tract, for sleep disorders, and for spasms.

The effectiveness of the claimed indications is not documented.

Risks

None known.

Evaluation

Since the effectiveness for the claimed applications is not documented, the therapeutic administration of this herb cannot be recommended.

Echinacea Angustifolia herb and root/Pallida herb

Echinaceae angustifoliae/pallidae herba
Echinaceae angustifoliae radix
schmalblättriges Sonnenhutkraut/blaßfarbenes Kegelblumenkraut
schmalblättriges Sonnenhutwurzel
Published August 29, 1992

Name of Drug

Echinacea angustifolia/pallidae herba, echinacea angustifoliae/pallidae herb; echinacea angustifolia radix, echinacea augustifolia root.

Composition of Drug

The fresh or dried roots, or the fresh or dried above-ground parts collected at the time of flowering, of *Echinacea angustifolia* D. C. [Fam. Asteraceae], as well as their preparations.

The fresh or dried above-ground parts, collected at the time of flowering, of *E. pallida* (Nutt.) Nutt., as well as their preparations.

On the market, preparations of *E. pallida* are to some extent incorrectly labeled as "*Echinacea angustifolia*."

Pharmacological Properties, Pharmacokinetics, Toxicology

Animal experiment: In the carbon-clearance test, alcoholic root extracts as well as extracts of the above-ground herb show a rate increase in elimination of carbon particles.

In vitro: Alcoholic root extracts show an increase in phagocytic elements of 23 percent when tested in granulocyte smears.

Experiments reported in older publications cannot be definitely assigned to either of these species.

Uses

Preparations of "*Echinacea angustifolia*" are used to support and promote the natural powers of resistance of the body, especially in infectious conditions (influenza and colds, etc.) in the nose and throat, as an alterative in influenza, inflammatory and purulent wounds, abscesses, furuncles, ulcus cruris (indolent leg ulcers), herpes simplex, inflammation of connective tissue, wounds, headaches, metabolic disturbances, diaphoretic, and antiseptic. Activity for the uses listed has not been authenticated.

Risks

Internal use:

Not to be used in systemic diseases such as tuberculosis, leukosis, collagenosis, multiple sclerosis, AIDS, HIV infection, and other autoimmune diseases.

Parenteral use:

Depending upon dosage, chills, short-term fever reactions, nausea and vomiting may occur. In rare cases allergic reactions of the immediate type are possible.

If there is a tendency for allergy, especially against Asteraceae, and during pregnancies, do not apply parenterally.

Warning: The metabolic condition in diabetics can decline upon parenteral application.

Evaluation

Since the activity of the herb for the conditions listed above has not been substantiated, its therapeutic use cannot be recommended. Because of the risks, the use of parenteral preparations is not justified.

[**Ed. note:** *Echinacea pallida* root is an approved herb, as is *E. purpurea* herb. The *E. purpurea* root monograph is in the **Unapproved Component Characteristics** section. See Introduction (page 61) for a discussion of positive and negative evaluations of *Echinacea* preparations.]

Elecampane root

Helenii radix

Alantwurzel

Published May 5, 1988

Name of Drug

Helenii radix, elecampane root.

Composition of Drug

Elecampane consists of the dried, cut root and rhizome of *Inula helenium* L. [Fam. Asteraceae], harvested in autumn from 2 - 3-year-old plants, as well as preparations thereof in effective dosage.

The herb contains essential oil and bitter principles.

Uses

Elecampane preparations are used for diseases of the respiratory tract, gastrointestinal tract, and kidney and lower urinary tract.

The effectiveness for the claimed applications has not been adequately documented.

Risks

The sesquiterpene lactones present in ele-

campane, principally alantolactone, irritate the mucous membranes. These lactones are sensitizing and cause allergic contact dermatitis. Alantolactone is bound as a hapten to the proteins of the skin. The adduct induces hypersensitivity to alantolactone and other compounds with a 2-methylene–γ-lactone (cross-reaction). Large amounts of the herb lead to vomiting, diarrhea, cramps, and symptoms of paralysis.

Evaluation

Since the activity of the herb and its preparations in the areas indicated has not been adequately substantiated, in view of the risks of an allergy its therapeutic use cannot be justified.

Ergot

Secale cornutum

Mutterkorn

Published September 18, 1986

Name of Drug

Secale cornutum, ergot.

Composition of Drug

Ergot consists of the sclerotium of *Claviceps purpurea* (Fries) Tulasne [Fam. Clavicipitaceae], grown on rye, as well as preparations thereof.

Uses

Ergot and ergot preparations are used in gynecology and obstetrics, e.g., hemorrhages, climacteric hemorrhages, menorrhagia and metrorrhagia, before and after abortions, for removal of the placenta. These preparations are also used for secondary bleeding and shortening of the afterbirth period, and for atonia of the uterus.

Risks

The alkaloids contained in the drug and its preparations exhibit an extremely differing action spectrum. The application of the alkaloids as, e.g., total extract is not reasonable. Partially synthetically modified ergot alkaloids show far less toxicity at the same or higher specific effectiveness.

Evaluation

Based on the risks, the therapeutic application of ergot and ergot preparations is not justified.

Eyebright

Euphrasia officinalis

Augentrost

Published August 29, 1992

Name of Drug

Euphrasia officinalis, eyebright.
Euphrasiae herba, eyebright herb.

Composition of Drug

Eyebright consists of the whole plant of *Euphrasia officinalis* L. p. p. [Fam.

Scrophulariaceae] gathered during flowering season, as well as preparations thereof.

Eyebright herb consists of the fresh or dried, above-ground parts of *E. officinalis* L. p. p., as well as preparations thereof.

Pharmacological Properties, Pharmacokinetics, Toxicology

Not known.

Clinical Data

1. Uses

Eyebright preparations are used externally as lotions, poultices, and eye-baths, for eye complaints associated with disorders and inflammation of the blood vessels, inflammation of the eyelids and conjunctiva, as a preventive measure against mucus and catarrh of the eyes, "glued" and inflamed eyes, for coughs, colds, catarrh, and as a stomachic and against skin conditions. Activity for the indications listed has not been substantiated.

The effectiveness of the herb for its claimed uses is not documented.

2. Risks

None known.

Evaluation

Since the effectiveness of the herb for its claimed uses is not documented, a therapeutic application cannot be recommended because of hygienic reasons.

Figs

Caricae fructus

Feigen

Published June 1, 1990

Name of Drug

Caricae fructus, figs.

Composition of Drug

Figs consists of the dried fruits of *Ficus carica* L. [Fam. Moraceae], as well as preparations thereof.

Uses

Fig preparations are used as a laxative.

The claimed efficacy has not been sufficiently documented.

Risks

None known.

Evaluation

Since the claimed efficacy has not been sufficiently documented, a therapeutic application cannot be justified. There are no objections to the use of figs as an additive or flavor corrigent.

Ginkgo Biloba leaf

Ginkgo folium

Ginkgoblätter

Published July 19, 1994

Composition of Drug

Ginkgo leaf, ASK No. 05152 and preparations thereof.

Ginkgo leaf, dry extract without further detail, ASK No. 16640.

Ginkgo leaf, dry extract with ethanol/ethanol-water, ASK No. 19769.

Ginkgo leaf, dry extract with methanol/methanol-water, ASK No. 11837.

Ginkgo leaf, fluidextract with ethanol/ethanol-water, ASK No. 09119.

Ginkgo leaf, fluidextract with ethanol/wine, ASK No 12220.

Pharmacological Properties, Pharmacokinetics, Toxicology

There is no adequate scientific data for the pharmacology and toxicology of these preparations.

Clinical Data

1. Uses

Ginkgo leaf and preparations as specified above in monopreparations are applied in arterial circulatory disturbances, cerebral circulatory disturbances, and for deficiencies of cerebral circulation. They are also applied in:

Vertigo, improved circulation and strengthening of circulatory system, especially veins, as a strengthening and stress-relieving agent for the circulation, as a psychopharmaceutical and neurotropic agent.

In compound preparations these additional following syndromes are addressed:

Strengthening of reduced sexual activity, reduced libido, premature ejaculation, sexual neurasthenia, for increased potency, against premature aging, against psychogenic and body-produced mood disturbances, regulation of the pH value of the stomach and intestine, for liver and gallbladder function, for redox potential, cell poisoning, breakdown of fermentation products, for regulation of bacterial flora, restoration of balance to lymph and collateral circulation, increasing blood pressure in hypotonia, heart and circulatory disorders from low blood pressure, hypertension, heart trouble, circulatory problems, complex symptoms related to senile hypertension, arteriosclerosis, treatment of insufficient circulation in the elderly, strengthening of mental and physical performance deficiencies, amelioration of stress and over-strain, return of performance after illness, stimulation against age-related performance deficiencies and lack of concentration.

The efficacy of the preparations described has not been confirmed for the indications claimed.

2. Risks

Due to the content of ginkgolic acids, which are potent contact allergens, an allergic risk is not ruled out.

[**Ed. note:** This applies to various preparations made from the whole leaf. The approved standardized extract has had the ginkgolic acids reduced. For more on this subject, see Gingko section in the Introduction (pages 62 and 63.)]

Evaluation

Since the efficacy of the above preparations for their listed indications has not

been confirmed, no therapeutic application is approved.

[**Ed. note:** An approved ginkgo leaf extract preparation is listed in the **Approved Herbs** section.]

Goat's Rue herb

Galegae officinalis herba
Geißrautenkraut
Published September 24, 1993

Name of Drug

Galegae officinalis herba, goat's rue herb.

Composition of Drug

Goat's rue herb consists of the dried, above-ground parts of *Galega officinalis* L. [Fam. Fabaceae], harvested during the flowering season, as well as preparations thereof.

Pharmacological Properties, Pharmacokinetics, Toxicology

The herb contains galegin, which affects blood sugar. The blood sugar-lowering effect of goat's rue herb has not been documented.

Clinical Data

1. Uses

a) Uses as result of evaluation:
None.

b) Claimed uses which have been negatively evaluated:
Preparations of goat's rue herb are used as a diuretic, as well as supportive therapy for diabetes.

In combinations, preparations containing goat's rue herb are also used as a stimulant for the adrenal glands and the pancreas, for "glandular disturbances," for "blood purification," as a purifying remedy for the mesenchyma, for disturbances pertaining to the secretion of digestive fluids in the gastrointestinal tract, fermentative dyspepsia, Roemheld syndrome, diarrhea, abnormal bacterial flora in the colon, as a galactogogue, as an alterative, as a liver-protective remedy, for "status lymphaticus," as well as for exudative diathesis.

The effectiveness for the claimed applications is not documented.

2. Risks

The herb contains galegin, which, like the synthetic guanidine derivatives, has a hypoglycemic action. A therapeutic application for diabetes mellitus, however, cannot be justified because of the uncertain effectiveness of the herb, the severity of the disease, and the therapeutic alternatives available.

Poisoning by goat's rue herb has been observed in grazing animals.

Evaluation

Since the effectiveness for the claimed uses is not documented, a therapeutic application cannot be recommended. It cannot be justified for diabetes mellitus because of the severity of the disease and the availability of effective therapeutic alternatives.

Hawthorn berry

Crataegi fructus
Weißdornfrüchte
Published July 19, 1994

Name of Drug
Crataegi fructus, hawthorn berry.

Composition of Drug
Hawthorn berry consists of the dried fruit of *Crataegus monogyna* Jaquin emend. Lindman or C. *laevigata* (Poiret) de Candolle or others in a valid pharmacopeia citing *Crataegus* [Fam. Rosaceae], as well as preparations thereof.

Pharmacological Properties, Pharmacokinetics, Toxicology
There are no scientific data on which to base the pharmacology and toxicology of the herb. Spectrographic analysis of the chemical constituents of the herb distinguishes only quantitative differences between preparations from the fruit and preparations combining leaf and flower. One may assume pharmacodynamics similar to those shown for the preparation containing both leaf and flower.

Clinical Data

1. Claimed Areas of Application
Preparations of hawthorn berry may be applied to the treatment of coronary circulation, coronary complications and weak heart, heart and circulatory disturbances, hypotension, and arteriosclerosis.

2. Risks
None known.

Evaluation
Since the effectiveness of hawthorn berry for its claimed applications has not been documented, therapeutic use cannot be recommended.

The herb as a water extract, water-alcohol extract, wine infusion and fresh juice has been utilized traditionally to strengthen and invigorate heart and circulatory function.

These statements are based exclusively on historical record and long experience. [**Ed. note:** A preparation from Hawthorn leaf with flower is listed in the **Approved Herbs** section.]

Hawthorn flower

Crataegi flos
Weißdornblüten
Published July 19, 1994

Name of Drug
Crataegi flos, hawthorn flower.

Composition of Drug
Hawthorn flower consists of the dried flower of *Crataegus monogyna* Jaquin emend. Lindman or C. *laevigata* (Poiret)

de Candolle or others in a valid pharmacopeia citing *Cratageus* [Fam. Rosaceae], as well as preparations thereof.

Pharmacological Properties, Pharmacokinetics, Toxicology

There are no scientific data on which to base the pharmacology and toxicology of the herb. Spectrographic analysis of the chemical constituents of the herb distinguishes only quantitative differences between leaf and flower preparations. One may assume pharmacodynamics similar to those shown for preparations from leaf.

Clinical Data

1. Claimed Areas of Application

Preparations of hawthorn flowers may be applied to the treatment of coronary circulation, support of the heart muscle and attendant improvement in provision for the coronary artery, autonomic heart trouble, autonomic circulatory disturbances, geriatric heart disease, enhancing activity of myocardium, preventing stress-related heart disease, cardiac boost for the elderly, strengthening the heart and circulatory system, strengthening nerves, for coronary insufficiency, angina pectoris, cardiac neurasthenia, cardiac asthma, and arrhythmia.

2. Risks

None known.

Evaluation

Since the effectiveness of hawthorn flower for its claimed applications has not been documented, therapeutic use cannot be recommended.

The herb as a water extract, water-alcohol extract, wine infusion and fresh juice has been utilized traditionally to strengthen and invigorate heart and circulatory function.

These statements are based exclusively on historical record and experience.

[**Ed. note:** A preparation from Hawthorn leaf with flower is listed in the **Approved Herbs** section.]

Hawthorn leaf

Crataegi folium

Weißdornblätter

Published July 19, 1994

Name of Drug

Crataegi folium, hawthorn leaf.

Composition of Drug

Hawthorn leaf consists of the dried leaf of *Crataegus monogyna* Jaquin emend. Lindman or C. *laevigata* in a valid pharmacopeia citing *Cratageus* [Fam. Rosaceae], as well as preparations thereof.

Pharmacological Properties, Pharmacokinetics, Toxicology

There are no scientific data on which to base the pharmacology and toxicology of the herb. Spectrographic analysis of the chemical constituents of the herb distinguishes only quantitative differences between leaf and flower preparations. One may assume pharmacodynamics similar to those shown for preparations from flower.

Clinical Data

1. Claimed Areas of Application

Hawthorn leaf preparations may be applied prophylactically to impeded circulation in the coronary artery, for psychogenic disturbances of the heart and circulatory system, to improve the perfusion and nutrition of the myocardium, for simple circulatory disorders of the coronary artery not needing treatment with digitalis, beginnings of diminished cardiac output due to hypertension and pulmonary disease during and after infection, chronic disturbance of heart rhythm, to enhance treatment with cardiac glycosides, for hypotension, for heart trouble in menopause and advanced age as well as unregulated cardiac output in children.

2. Risks

None known.

Evaluation

Since the effectiveness of hawthorn leaf for its claimed applications has not been documented, therapeutic use cannot be recommended.

The herb as a water extract, water-alcohol extract, wine infusion and fresh juice has been utilized traditionally to strengthen and invigorate heart and circulatory function.

These statements are based exclusively on historical record and experience.

[**Ed. note:** A preparation from Hawthorn leaf with flower is listed in the **Approved Herbs** section.]

Heather herb and flower

Callunae vulgaris herba/-flos

Heidekraut /Heidekrautblüten

Published June 1, 1990

Name of Drug

Callunae vulgaris herba, heather herb.
Callunae vulgaris flos, heather flower.

Composition of Drug

Heather herb consists of the fresh or dried leaf, flower, and plant top of *Calluna vulgaris* (L.) Hull [Fam. Ericaceae], as well as preparations thereof.

Heather flower consists mainly of the flowers of *C. vulgaris* L., as well as preparations thereof.

Uses

Preparations of heather and/or heather flowers are used for diseases and ailments of the kidneys and the lower urinary tract, enlargement of the prostate, as a diuretic, for prophylaxis of stone ailments, vaginal discharge, diseases and ailments of the gastrointestinal tract, diarrhea, spasms of the stomach and intestines, colic, diseases of the liver and gallbladder, for gout, arthritis, diseases and disorders of the respiratory tract, cough, colds, sleep disorders, restlessness, as eye baths for inflamed eyes, treatment of wounds, for fever, spleen, and as a diaphoretic.

Combinations with heather and/or heather flower are additionally used as an adjuvant for diabetes, menstrual discomforts, menopause, for nervous exhaustion, for stimulation of digestion, and for the regulation of the circulatory system.

The effectiveness for the claimed uses is not documented.

Risks
None known.

Evaluation
Since the effectiveness for the claimed uses is not documented, a therapeutic application cannot be recommended.

There are no objections to the use of this herb as a brightening agent or flavor corrigent.

Hibiscus
Hibisci flos
Hibiscusblüten
Published February 1, 1990

Name of Drug
Hibisci flos, hibiscus flowers.

Composition of Drug
Hibiscus flowers consist of the calyces of *Hibiscus sabdariffa* L. var. *sabdariffa ruber* [Fam. Malvaceae], as well as preparations thereof.

Uses
Hibiscus flowers are used for loss of appetite, for colds, catarrhs of the upper respiratory tract and stomach, to dissolve phlegm, as a gentle laxative, diuretic, and for disorders of circulation.

The claimed efficacies are not substantiated.

Risks
None known.

Evaluation
Since the claimed efficacies of hibiscus flowers have not been documented, a therapeutic use cannot be justified. There are no concerns for the use of this herb for decorative purposes or as a flavor corrigent.

Hollyhock flower
Malvae arboreae flos
Stockrosenblüten
Published March 2, 1989

Name of Drug
Malvae arboreae flos, hollyhock flower.

Composition of Drug
Hollyhock flower consists of the flowers of *Alcea rosea* L. (syn. *Althaea rosea* (L.) Cavanilles) [Fam. Malvaceae], as well as preparations thereof.

Uses
Hollyhock flower is used as mucilage for prophylaxis and therapy of diseases and discomforts of the respiratory tract and the gastrointestinal tract, for urinary complaints and externally for ulcers and inflammations.

The effectiveness for the claimed applications is not verified.

Risks
None known.

Evaluation
Since the effectiveness for the claimed applications is not documented, a therapeutic administration cannot be recommended.

There is no concern for the use as a brightening agent in herbal tea mixtures.

Horse Chestnut leaf

Hippocastani folium

Roßkastanienblätter

Published July 14, 1993

Name of Drug
Hippocastani folium, horse chestnut leaf.

Composition of Drug
Horse chestnut leaf consists of the fresh or dried leaf of *Aesculus hippocastanum* L. [Fam. Hippocastanaceae], as well as preparations thereof.

Pharmacological Properties, Pharmacokinetics, Toxicology
2 ml and 8 ml/kg of an insufficiently defined extract of horse chestnut leaves, if injected intraperitoneally, caused edema inhibition in a model of dextran-induced edema in rat paws.

No data are available for pharmacokinetics.

The LD_{50} of an insufficiently defined horse chestnut extract is 137.6 ml/kg body weight for the Wistar rat and 220 ml/kg body weight for the DD mouse, intraperitoneal administration.

Clinical Data

1. Uses
Preparations of horse chestnut leaf are used for eczema, discomfort due to varicose veins, i.e., pain and feeling of heaviness in the legs, swellings of the legs when static, supportive for medical treatment of varicose ulcers, phlebitis and thrombophlebitis, hemorrhoids, spastic pains before and during menstruation, soft tissue swellings due to bone fractures and sprains, and complaints after concussion.

In combinations, preparations of horse chestnut leaf are used for discomfort due to hemorrhoids, anal fissures and rhagades, follow-up treatment for hemorrhoid surgery, stasis in the colon, prevention of weaknesses of the veins, strengthening of the venous walls, maintenance of normal blood supply in tissue, strengthening of venous blood circulation, prevention of fatigue of legs and feet, for severe disorders of the varicose system, such as varices, phlebitis, phlebectasia, endangiitis obliterans, angioneurosis, postphlebitic syndrome, ulcus cruris, edema, for prevention of thrombo-embolism, arteriosclerosis, arthrosis deformans, arthritis, sciatica, rheumatism, lumbago, neuralgia, accidental injuries, hematoma, bruises, brachialgia, and as a diuretic and purifying remedy.

The effectiveness for the claimed uses has not been demonstrated.

2. Risks
One case is cited in the literature in which an intramuscular injection of an extract of horse chestnut leaf induced cholestatic liver damage. Due to insufficient information, this case cannot be clearly credited to the herb.

Evaluation

Since the effectiveness for the claimed uses is not documented, a therapeutic application cannot be recommended.

[**Ed. note:** A monograph for Horse Chestnut seed extract is listed in the **Approved Herbs** section.]

Hound's Tongue

Cynoglossi herba

Hundszungenkraut

Published March 2, 1989

Name of Drug

Cynoglossi herba, hound's tongue.

Composition of Drug

Hound's Tongue herb consists of the above-ground parts of *Cynoglossum officinale* L. (syn. *C. clandestinum* Desfontaines) [Fam. Boraginaceae], as well as preparations thereof.

Uses

Preparations of Hound's Tongue are used as an antidiarrheal and an expectorant.

Fixed combinations containing Hound's Tongue are used for ailments and complaints of the gastrointestinal tract, infections, skin diseases, and bronchitis; and externally for diseases and painful discomfort of extremities, myalgia, neuralgia, trauma, nervous diseases, and care of scar tissue.

The effectiveness of the herb for the claimed applications is not documented.

Risks

Hound's Tongue contains large amounts of the hepatotoxic pyrrolizidine alkaloids.

Evaluation

Since the effectiveness for the claimed applications is not documented, a therapeutic administration cannot be justified due to the risks.

Hyssop

Hyssopus officinalis

Ysop

Published August 29, 1992

Name of Drug

Hyssopi herba, hyssop herb.

Hyssopi aetheroleum, hyssop oil.

Composition of Drug

Hyssop herb consists of the fresh or dried, above-ground parts of *Hyssopus officinalis* L. [Fam. Lamiaceae], as well as preparations thereof.

Hyssop oil consists of the essential oil of *H. officinalis* L., obtained by water steam distillation, as well as preparations thereof.

Pharmacological Properties, Pharmacokinetics, Toxicology

Hyssop herb:

None known.

Hyssop oil causes, in rats, clonic spasms and toniclonic spasms, using a dosage of 0.13 g/kg intraperitoneally.

Clinical Data

1. Uses

Preparations of hyssop herb are used for the gentle stimulation of circulation, for intestinal catarrhs, for diseases of the respiratory tract, colds, chest and lung ailments, for the prevention of frostbite damage, digestive disorders, intestinal ailments, menstrual complaints, heart problems and eye pain.

The effectiveness for the claimed applications is not documented.

2. Risks

Hyssop herb:

None known.

Hyssop oil:

Three cases of poisoning have been registered resulting in clonic and/or clonic-tonic spasms. In adults a dosage of 10 and 30 drops was used, and, in a 6-year-old child, the dosage was 2 - 3 drops over several days.

Evaluation

Since the effectiveness for the claimed uses is not documented, a therapeutic application cannot be justified.

There is no objection to the use of hyssop herb below 5 percent as a flavor corrigent in tea mixtures.

Jambolan seed

Syzygii cumini semen

Syzygiumsamen

Published April 23, 1987

Name of Drug

Syzygii cumini semen, jambolan seed.

Composition of Drug

Jambolan seed consists of the dried seed of *Syzygium cumini* (L.) Skeels (syn. *S. jambolana* (Lam.) de Candolle) [Fam. Myrtaceae], as well as preparations thereof.

Uses

Jambolan seed is used for diabetes and also in combination preparations for atonic and spastic constipation, diseases of the pancreas, gastric and pancreatic complaints, nervous disorders, depression and exhaustion. It is also used as a carminative, antispasmodic, stomachic, roborant, and aphrodisiac.

The effectiveness for the claimed applications has not been documented.

Risks

The therapeutic use of jambolan seed for the various forms of diabetes cannot be justified because of other established therapeutic possibilities.

Action

The blood sugar-lowering effect of jambolan seed is uncertain and could not be established by several researchers.

Jimsonweed leaf and seed

Stramonii folium/-semen
Stramoniumblätter/-samen
Published February 1, 1990

Name of Drug

Stramonii folium, jimsonweed leaf, thorn apple.
Stramonii semen, jimsonweed seed.

Composition of Drug

Jimsonweed leaf consists of the dried leaf, or the dried leaves and flowering tops of *Datura stramonium* L. [Fam. Solanaceae], as well as preparations thereof.

Jimsonweed seed consists of the ripe seed of *D. stramonium* L., as well as preparations thereof.

Uses

Jimsonweed preparations are used for asthma, spastic or convulsive cough, pertussis during bronchitis and influenza, and as basic therapy for diseases of the autonomic nervous system.

The effectiveness for the claimed applications is not sufficiently documented.

Risks

Jimsonweed leaf and seed contain 0.1 - 0.6 percent alkaloids. Main alkaloids are L-hyoscyamine and L-scopolamine.

Poisonings with fatal consequences are described. The amount of available alkaloids in inhalant therapies, such as fumigations and "asthma cigarettes" cannot be calculated.

Because of the euphoric action of this herb, abuse and dependency occurs.

Evaluation

Since the effectiveness is not sufficiently documented, the application of jimsonweed leaf and seed and their preparations cannot be justified because of their risks.

Kelp

Laminariae stipites
Laminariastiele
Published July 14, 1993

Name of Drug

Laminariae stipites, kelp.

Composition of Drug

Kelp consists of the dried, stem-like parts of the thallus of *Laminaria hyperborea* (Gunn.) Foslie (syn. *L. cloustonii* (Edmondston) Lejolis) [Fam. Laminariaceae], as well as preparations thereof.

Pharmacological Properties, Pharmacokinetics, Toxicology

Not known.

Clinical Data

1. Uses

Preparations of kelp are used for the regulation of thyroid function, as well as in combination for goiter.

The effectiveness for the claimed applications is not verified.

2. Risks

Preparations containing a maximum daily dosage of 150 µg of iodine:

None known.

Above the dosage of 150 µg of iodine per day, there is danger that hyperthyroidism is induced or made worse. In rare cases allergic reactions involving serious overall reactions may occur.

Evaluation

Since the effectiveness for the claimed applications using a dosage below 150 µg iodine per day is not documented, a therapeutic administration cannot be recommended.

Above a dosage of 150 µg iodine per day, a therapeutic application cannot be recommended, because the effectiveness is not verified and the risks cannot be justified.

Lemongrass, Citronella

Cymbopogon species

Cymbopogon-Arten

Published February 1, 1990

Name of Drug

Cymbopoginis nardi herba, Ceylon citronella grass.

Cymbopoginis citrati herba, West Indian lemongrass.

Cymbopoginis citrati aetheroleum, West Indian lemongrass oil.

Cymbopoginis winteriani aetheroleum, Java citronella oil.

Composition of Drug

Ceylon citronella grass consists of the above-ground parts of *Cymbopogon nardus* Rendle [Fam. Poaceae], as well as preparations thereof.

West Indian lemongrass consists of the above-ground parts of *C. citratus* (DC) Stapf, as well as preparations thereof.

West Indian lemongrass oil consists of the essential oil from *C. citratus* (DC) Stapf, as well as preparations thereof.

Java citronella oil consists of the essential oil from *C. winterianus* Jowitt, as well as preparations thereof.

Uses

Lemongrass is used as a mild astringent and a tonic for the stomach.

Lemongrass, lemongrass oil and citronella oil preparations are used almost exclusively in combinations for disorders and discomforts of the gastrointestinal tract, muscle pain and neuralgia, colds, various nervous disturbances, and for conditions of exhaustion. Citronella is also used as an insect repellent. It is ingested orally or applied topically.

The effectiveness for the claimed applications is not documented.

Risks

Allergic reactions are rare, if preparations of the herb are topically applied to the skin. Two cases of toxic alveolitis have been reported after inhalation of an unknown amount of lemongrass oil. After an accidental ingestion of an insect repellent which contained citronella oil, a child was fatally poisoned.

Evaluation

Since the effectiveness of the claimed uses is not documented, a therapeutic application cannot be recommended.

There is no reservation about using citral-pool herbs and essential oils as an aroma or taste corrigent.

Linden Charcoal

Tiliae carbo

Lindenholzkohle

Published September 1, 1990

Name of Drug

Tiliae carbo, linden charcoal.

Composition of Drug

Linden charcoal consists of the charcoal obtained from the wood of *Tilia cordata* Miller and/or *T. platyphyllos* Scopoli [Fam. Tiliaceae], as well as preparations thereof.

Uses

Preparations of linden charcoal are used for intestinal disorders and, externally, for abscesses of the lower leg.

Risks

None known.

Evaluation

Since the effectiveness for the claimed applications is not documented, a therapeutic administration cannot be recommended.

Linden flower, Silver

Tiliae tomentosae flos

Silberlindenblüten

Published September 1, 1990

Name of Drug

Tiliae tomentosae flos, silver linden flower.

Composition of Drug

Silver linden flower consists of the dried flowers of *Tilia tomentosa* Moench (synonym *T. argentea* Desfontaines) [Fam. Tiliaceae], as well as preparations thereof.

Uses

Preparations of silver linden flower are used for catarrhs of the respiratory tract, as an antispasmodic, expectorant, diaphoretic, and a diuretic.

The effectiveness for the claimed applications is not documented.

Risks

None known.

Evaluation

Since the effectiveness for the claimed uses is not documented, a therapeutic application cannot be recommended.

There are no objections to its use as a corrigent for aroma and flavor.

Linden leaf

Tiliae folium
Lindenblätter
Published September 1, 1990

Name of Drug
Tiliae folium, linden leaf.

Composition of Drug
Linden leaf consists of the dried leaf of *Tilia cordata* Miller and/or *T. platyphyllos* Scopoli [Fam. Tiliaceae], as well as preparations thereof.

Uses
Preparations of linden leaf are used as a diaphoretic.

The effectiveness for the claimed application is not documented.

Risks
None known.

Evaluation
Since the effectiveness for the claimed use is not documented, a therapeutic application cannot be recommended. There is no concern for the use of this herb as a filler in tea mixtures.

Linden wood

Tiliae lignum
Lindenholz
Published September 1, 1990

Name of Drug
Tiliae lignum, linden wood, lime tree wood.

Composition of Drug
Linden wood consists of the dried sap wood of *Tilia cordata* Miller and/or *T. platyphyllos* Scopoli [Fam. Tiliaceae], as well as preparations thereof.

Uses
Preparations of linden wood are used for diseases and ailments of the liver-gallbladder system, as well as for cellulitis.

The effectiveness for the claimed applications is not documented.

Risks
None known.

Evaluation
Since the effectiveness for the claimed uses is not documented, a therapeutic application cannot be recommended.

Liverwort herb

Hepatici nobilis herba
Leberblümchenkraut
Published July 14, 1993

Name of Drug
Hepatici nobilis herba, liverwort herb.

Composition of Drug
Liverwort consists of the fresh or dried above-ground parts of *Hepatica nobilis* Gars. [Fam. Ranunculaceae], as well as preparations thereof.

Pharmacological Properties, Pharmacokinetics, Toxicology
None known.

Clinical Data

1. Uses
Preparations of liverwort herb are used for liver ailments, liver diseases of all origins, jaundice, gallstones and gravel, enlargement and congestion of the liver, icterus, portal vein problems, as an auxiliary agent for hepatitis and liver cirrhosis, for gastric and digestive discomforts, for stimulation of appetite, as a general tonic, for sensation of fullness, for the regulation of bowel function, stimulation of pancreatic function, regulation of the blood lipid level, for varicose veins, hemorrhoids, stimulation of circulation, cardiocirculatory stimulation, increase in the blood supply in the myocardium, as a sedative, for strengthening of the nerves, for blood purification and stimulation of the metabolism, and for the relief of menopausal symptoms.

The claimed efficacy has not been documented.

2. Risks
The plant contains protoanemonin. It is known that severe irritations with itching and pustule formation (ranunculus dermatitis) occur on skin and mucous membranes when preparations of fresh protoanemonin-containing plants or protoanemonin are applied. Upon internal use, higher dosages may lead to irritations of the kidneys and urinary tract.

Application is contraindicated during pregnancy.

Protoanemonin is destroyed upon drying.

Evaluation
Since the effectiveness for the claimed uses has not been documented, and considering the risks, a therapeutic application of protoanemonin-containing preparations cannot be justified.

Loofa

Luffa aegyptiaca
Luffaschwamm
Published September 24, 1993

Name of Drug
Luffa aegyptiaca, loofa, sponge cucumber.

Composition of Drug
Loofa sponge consists of the dried fiber structure of the ripe cucumber-like fruits of *Luffa aegyptiaca* Miller [Fam. Cucurbitaceae], as well as preparations thereof.

Pharmacological Properties, Pharmacokinetics, Toxicology
None known.

Uses
a) Uses as result of evaluation:
None.
b) Claimed uses which have been negatively evaluated:
Preparations of loofah sponge are used as a preventive for infections or colds, as a remedy for colds, nasal catarrhs, as well as sinusitis and suppuration of the sinus.
The effectiveness for the claimed applications is not documented.

Risks
None known.

Evaluation
Since the effectiveness for the claimed uses is not documented, a therapeutic application cannot be recommended.

Lungwort
Pulmonariae herba
Lungenkraut
Published October 15, 1987

Name of Drug
Pulmonariae herba, lungwort

Composition of Drug
Lungwort, consisting of the dried plant section of *Pulmonaria officinalis* L. [Fam. Boraginaceae] and effective pharmaceutical preparations of same.

Uses
Lungwort preparations are used in the treatment of illnesses and conditions of the respiratory tract, the gastrointestinal tract, the kidney and urinary tract, and also are used as an astringent and in the treatment of wounds.
Efficacy in the areas of use has not been sufficiently proven.

Risks
None known.

Recommendation
Since the efficacy of the lungwort preparations has not been sufficiently documented in the above-named areas, its therapeutic use cannot be recommended.

Madder root
Rubiae tinctorum radix
Krappwurzel
Published September 18, 1986; Replaced August 29, 1992

Name of Drug
Rubiae tinctorum radix, madder root.

Composition of Drug
Madder root consists of the dried root of *Rubia tinctorum* L. [Fam. Rubiaceae], as

well as preparations thereof in effective dosage. The herb contains lucidin.

Pharmacological Properties, Pharmacokinetics, Toxicology

In rats, oral intake of fresh madder root (10 percent of the food) decreased stone formation in bladder and kidney induced by 3 percent $CaCO_3$. In rabbits, oral intake of madder root extract (150 - 200 mg/kg) caused decreased calcium oxalate crystallization in the kidney.

An increase in death rate was observed with feeding experiments of rats. Furthermore, feeding experiments with rabbits showed hepatotoxic effects. Genotoxic effects were observed in bacterial as well as in mammalian cell test systems.

Clinical Data

1. Uses

a) Application as a result of evaluation: None.
b) Claimed uses with negative evaluation: kidney stones and disintegration of kidney stones.

Because of the risks and the insufficiently documented effectiveness, the risk/benefit evaluation is negative.

2. Risks

Madder root contains lucidin. Lucidin is positive in various bacterial strains using the Ames test. The substance induces concentration-dependent gene mutations and DNA strand cleavage in V79 cells, causes transformation in the C3H/M2 cell transformation test, and is positive in the DNA-repair-test on rat hepatocytes. In vivo, a clear covalent bonding of lucidin to rat liver DNA has been observed. Therefore, there exists a strong indication that lucidin is mutagenic and carcinogenic.

3. Evaluation

Based on the genotoxic risk, combined with the fact that the claimed applications may involve an extended therapy and the insufficiently documented effectiveness, a therapy with madder root is not justified.
Note: After intake of madder root, occasional cases of red coloration of the urine, saliva, perspiration, and milk have been observed.

Male Fern

Filicis maris folium, herba, rhizoma
Wurmfarn
Published September 24, 1993

Name of Drug

Filicis maris folium, male fern leaf.
Filicis maris herba, male fern herb.
Filicis maris rhizoma, male fern rhizome.

Composition of Drug

Male fern leaf consists of the fresh or dried leaf of *Dryopteris filix-mas* (L.) Schott [Fam. Aspleniaceae], as well as preparations thereof.

Male fern herb consists of the fresh or dried above-ground parts of *D. filix-mas* (L.) Schott, as well as preparations thereof.
Male fern rhizome consists of the fresh or dried rhizomes with leaf scars freed from attached roots, harvested in autumn, of *D. filix-mas* (L.) Schott, as well as preparations thereof.

Pharmacological Properties, Pharmacokinetics, Toxicology

Male fern rhizome has an anthelmintic effect and is strongly cytotoxic.

Clinical Data

1. Uses

a) Uses as a result of evaluation:
None.

b) Claimed uses which have been negatively evaluated:
Preparations of male fern herb are used externally for rheumatism, sciatica, muscle pain, neuralgia, earache and toothache, for teething in infants and sleep disorders, as well as internally for tapeworms and flukes.

In combinations, preparations of male fern are used externally for inflamed hallux valgus, painful bunion, pains in the feet and legs, cracks (fissures) of the soles of the feet, paresthesia, frostbite, circulatory disturbances, venectasia, minor ulcers, discogenic consecutive symptoms, lumbar syndrome, cervical syndrome, spondylarthritis, acute and chronic inflammations of the joints, ischialgia, lumbago, rheumatic diseases, arthritis deformans, arthritis, cicatricial keloid, scar tissue contraction, and neuralgia.

For treatment of worm diseases, safer and more effective therapeutic alternatives are available.

The effectiveness for the claimed applications is not documented.

2. Risks

Numerous poisonings, some with fatal consequences, have been reported regarding ingestion of preparations of male fern rhizome in therapeutic dosage. Observed symptoms of poisoning include visual disturbances including blindness, headache, dizziness, nausea, confusion, diarrhea, severe abdominal spasms, dyspnea, respiratory and cardiac insufficiency, arrhythmia, tremor, convulsions, stimulation of the uterus muscle, albuminuria and bilirubinuria. Side effects are supposedly increased by simultaneous intake of fats and oils, as well as of alcohol. A case of poisoning of a child with a decoction of male fern herb has been reported.

Internal use of male fern is obsolete.

Evaluation

Oral administration cannot be justified because of the high risks involved. External application cannot be recommended, since the effectiveness for the claimed uses is not documented.

Marjoram

Majoranae herb, aetheroleum

Majoran

Published December 2, 1992

Name of Drug

Majoranae herba, marjoram herb.
Majoranae aetheroleum, marjoram oil.

Composition of Drug

Marjoram herb consists of the dried leaf and flower of *Origanum majorana* L (synonym *Majorana hortensis* Moench) [Fam. Lamiaceae], gathered during the flowering season and stripped off the stems, as well as preparations thereof.

Marjoram oil consists of the essential oil of *O. majorana* L. (syn. *M. hortensis* Moench), obtained by water steam distilla-

tion of the leaves and flowers freed from the stems and harvested during flowering season, as well as preparations thereof.

Pharmacological Properties, Pharmacokinetics, Toxicology

Marjoram herb and marjoram oil have an antibacterial action.

Clinical Data

1. Uses

Application as a result of evaluation:

None.

Claimed uses with negative evaluation:

Rhinitis and cold in infants; rhinitis in toddlers.

In combinations, marjoram and marjoram oil are used for the stimulation of appetite, to promote digestion, strengthening of the stomach, for acute and chronic gastritis, ulcus ventriculi, as an antispasmodic, for flatulence, for colic-like nervous gastrointestinal disorders, for a diathermic effect in the case of circulatory deficiencies in the abdominal region, for the support of intestinal activity, for purification of the system, supportive for acute inflammatory liver diseases, for functional regulation of diseases involving gallstones, for dry irritative coughs, for swellings of the nasal and pharyngeal mucosa, inflammation of the ears, headaches, for lowering the blood sugar in diabetics, promotion of milk secretion, as a tonic for nerves, heart and circulation system, for the promotion of healthy sleep, for mood swings, as a tonic (especially during convalescence), as a blood builder, for anorexia, sprains, bruises, lumbago, as an astringent, for dysmenorrhea, for climacteric complaints, for strengthening the female organs, as adjuvant for discharge, for beginning adnexitis, menstrual disturbances, for urogenital bleeding and a diuretic.

The effectiveness for the claimed uses is not sufficiently documented. A positive contribution in combinations for "dyspeptic disorders," "liver and gall preparations," for "colds" and for diseases of the urogenital tract, for diabetes, as a tonic, as a tea for the stimulation of milk secretion and for bruises and similar conditions, cannot be determined.

2. Risks

Marjoram herb contains arbutin and hydroxyquinone in low concentrations. Therefore, the herb is not suited for extended use. Hydroxyquinone is carcinogenic as tested in animals. Topical application of hydroxyquinone leads to depigmentation of the skin. There are no reports of similar side effects with marjoram ointment.

Evaluation

Since the effectiveness for the claimed applications is not sufficiently documented, a therapeutic administration of marjoram herb cannot be recommended.

Considering that the risks are not sufficiently clarified, a topical use of ointments containing marjoram extracts should not be used for the claimed indications in infants and small children.

Marsh Tea

Ledi palustris herba
Sumpfporstkraut
Published September 24, 1986

Name of Drug

Ledi palustris herba, marsh tea.

Composition of Drug

Marsh tea consists of the dried herb of *Ledum palustre* L. [Fam. Lamiaceae], as well as preparations thereof.

The herb contains essential oil.

Uses

Marsh tea is used for rheumatic discomforts and whooping cough, also as an emetic, diaphoretic, and diuretic.

The effectiveness for the claimed applications has not been documented.

Risks

Poisonings with marsh tea due to abusive application, e.g., abortion, are frequently reported.

The essential oil, when taken internally, causes severe irritation of the gastrointestinal tract with vomiting and diarrhea, as well as irritation and damage to the kidneys and lower urinary tract.

Described also are heavy perspiration, pain in muscle and joints, excitation of the central nervous system with narcotic intoxication (a "high") followed by paralysis.

No data are available concerning the toxicity of small amounts of marsh tea herb.

Contraindications

Pregnancy.

Evaluation

Since the effectiveness of marsh tea preparations is not documented, a therapeutic application cannot be justified because of the risks.

Actions

Irritation of skin and mucous membranes.
Experimentally:
Inhibited motility
Prolongation of sleeping time after administration of barbiturates and alcohol
Antitussive
Antiinflammatory

Mentzelia

Mentzeliae cordifoliae summitatidis/stipitidis et radix
Mentzelia cordifolia Zweigspitzen, -Stengel und -Wurzel
Published September 24, 1993

Name of Drug

Mentzeliae cordifoliae summitatidis, stipitidis et radix, mentzelia branch tips, stems and roots.

Composition of Drug

Mentzelia branch tips, stems and roots in a mixture of an unknown ratio.

The herb consists of the dried branch tips, stems and roots of *Mentzelia cordifolia* Dombey [Fam. Loasaceae] in an unknown ratio of composition.

Pharmacological Properties, Pharmacokinetics, Toxicology

1. Uses

a) Uses as a result of evaluation:
None.

b) Claimed uses which have been negatively evaluated:
Preparations of mentzelia branch tips, stems, and roots are used for general disturbances of the gastrointestinal system, gastritis, gastrointestinal catarrh, nervous gastric disorders and digestive symptoms, hyperacidity, gastric spasms, feeling of fullness, pressure on the stomach, upset stomach, gastric irritation due to alcohol abuse, innate digestive weakness and gastric pain.
The effectiveness for the claimed applications is not documented.

Risks

None known.

Evaluation

Since the effectiveness for the claimed uses is not documented, a therapeutic application cannot be recommended.

Milk Thistle herb

Cardui mariae herba
Mariendistelkraut
Published March 11, 1992

Name of Drug

Cardui mariae herba, milk thistle herb.

Composition of Drug

Milk thistle herb consists of the fresh or dried, above-ground parts of *Silybum marianum* (L.) Gaertner [Fam. Asteraceae], as well as preparations thereof.

Uses

Preparations of milk thistle herb are used for maintaining health, for stimulation and functional disorders of liver and gallbladder, for jaundice, gallbladder colics, diseases of the spleen and pleurisy.

The effectiveness for the claimed applications is not documented.

Risks

None known.

Evaluation

Since the effectiveness for the claimed uses is not documented, a therapeutic application cannot be recommended.
[**Ed. note:** A standardized preparation of Milk Thistle fruits is listed in the **Approved Herbs** section.]

Monkshood

Aconiti tuber, herba

Blauer Eisenhut

Published October 15, 1987

Name of Drug

Aconiti tuber, monkshood tuber, blue monkshood root, aconite root.

Aconiti herba, monkshood herb, blue monkshood herb, aconite.

Composition of Drug

Monkshood tuber consists of fresh or dried tubers and roots of *Aconitum napellus* L. [Fam. Ranunculaceae] harvested in autumn after flowering, as well as their preparations.

Monkshood herb consists of the dried herb of *A. napellus* L. collected at the beginning of the flowering season, as well as their preparations.

The herb contains alkaloids. The principal alkaloid is aconitine.

Uses

Preparations of Monkshood are used for pain, facial paralysis, ailments of the joints, arthritis, gout, rheumatic complaints, inflammation, pleurisy, pericarditis sicca, fever, skin and mucosal diseases, and for disinfection and wound treatment.

In combinations, preparations of Monkshood are also used as prophylaxis for diseases of the respiratory tract, cardiac and circulatory system and gastrointestinal tract, for loss of appetite, allergic disorders, strengthening of the immune system, for conditions of nervous excitement, sleep disorders, depression, spasms, eclampsia, epilepsy, mood changes, as a remedy to increase circulation after frostbite, for contractions, treatment of scar tissue, insertion into the tooth root canal, anesthesia of mucous membranes, prophylaxis of caries, hair loss and dandruff.

The effectiveness of Monkshood for most of the claimed applications has not been documented. However, Monkshood has been indicated as effective for neuralgia.

Risks

Because of the limited therapeutic range, intoxications can occur within the range of therapeutic dosage. Manifestations of intoxication include paresthesia, vomiting, dizziness, muscle spasms, hypothermia, bradycardia and rhythmic disorders of the heart, and paralysis of the respiratory system.

Evaluation

Because of the existing risks within the therapeutic range of Monkshood, its administration cannot be justified.

Mountain Ash berry

Sorbi aucupariae fructus

Ebereschenbeeren

Published July 6, 1988

Name of Drug

Sorbi aucupariae fructus, mountain ash berry.

Composition of Drug

Mountain ash berry consists of the fresh or dried fruit, or fruit cooked and dried thereafter, of *Sorbus aucuparia* L. *s.l.* [Fam. Rosaceae], as well as preparations thereof.

Uses

Mountain ash berry and its preparations are used for kidney diseases, for diabetes, arthritis, disorders of the uric acid metabolism, for dissolution of uric acid deposits, for catarrh, internal inflammations, vitamin C deficiency, for alkalization of the blood, increase of metabolism, and for "blood purification."

The effectiveness of the claimed applications is not verified.

Risks

None known.

Note: Fresh mountain ash berry contains parasorbic acid, which causes local irritation. During the drying process, the compound is largely degraded. It is fully destroyed upon cooking.

Evaluation

Since the effectiveness of mountain ash berry for the claimed applications is not documented, a therapeutic use cannot be recommended.

Mugwort

Artemisiae vulgaris herba, radix

Beifuß

Published July 6, 1988

Name of Drug

Artemisiae vulgaris herba, mugwort herb.
Artemisiae vulgaris radix, mugwort root.

Composition of Drug

Mugwort herb consists of the above-ground parts of *Artemisia vulgaris* L., as well as preparations thereof.

Mugwort root consists of the underground parts of *A. vulgaris* L. [Fam. Asteraceae], as well as preparations thereof.

Uses

Mugwort herb is used in complaints and problems involving the gastrointestinal tract, such as colic, diarrhea, constipation, cramps, weak digestion, to stimulate secretion of gastric juice and bile, as a laxative in cases of obesity and "for the liver," also against worm infestations, and for hysteria, epilepsy, persistent vomiting, convulsions in children, menstrual problems and irregular periods, to promote circulation and to act as a sedative.

The root is used for asthenic states as a tonic, and in combination with other remedies for psychoneuroses, neurasthenia, depression, hypochondria, autonomic neuroses, general irritability and restlessness, insomnia, and anxiety states.

The efficacy of mugwort for the listed indications has not been substantiated.

Risks

An abortifacient action has been reported. Allergic reactions are possible in previously sensitized subjects.

Evaluation

Since the effectiveness for the claimed applications is not verified, a therapeutic administration is not recommended.

Muira Puama

Ptychopetali lignum

Potenzholz

Published October 15, 1987

Name of Drug

Ptychopetali lignum, muira puama wood.

Composition of Drug

Muira puama consists of the wood from the trunk and/or roots of *Ptychopetalum olacoides* Bentham and/or *P. unicatum* Anselmino [Fam. Olacaceae], as well as preparations thereof.

Uses

Muira puama is used for the prevention of sexual disorders and as an aphrodisiac.

The effectiveness of the claimed applications has not been documented.

Risks

None known.

Evaluation

The administration of muira puama preparations cannot be recommended, since the effectiveness has not been documented.

Night-blooming Cereus

Seleniceri grandiflori flos, herba

Königin der Nacht

Published February 1, 1990

Name of Drug

Selenicerei grandiflori flos, night-blooming cereus flower.

Selenicerei grandiflori herba, night-blooming cereus herb.

Composition of Drug

The fresh or dried flowers or the fresh or dried, above-ground parts of *Selenicereus grandiflorus* (L.) Britton et Rose [Fam. Cactaceae], as well as preparations thereof.

Uses
Preparations of *S. grandiflorus* are used for nervous cardiac disorders, angina pectoris, stenocardia, and urinary ailments.

The effectiveness for the claimed applications is not documented.

Risks
None known.

Evaluation
Since the effectiveness for the claimed uses has not been documented, a therapeutic application cannot be recommended.

Action
Stabilizing arrhythmia on isolated frog heart.

Nutmeg
Myristicae semen, aril
Muskatnußbaum
Published September 18, 1986

Name of Drug
Myristicae semen, nutmeg seed.
Myristicae aril, mace.

Composition of Drug
Nutmeg consists of the dried seed, separated from the aril and coat, of *Myristica fragrans* Houttuyn [Fam. Myristicaceae], as well as preparations thereof. Mace consists of the dried aril of *M. fragrans* Houttuyn, as well as preparations thereof.

The spice contains essential oil.

Uses
Nutmeg and/or Mace is used for ailments and complaints of the gastrointestinal tract, such as diarrhea, gastric spasms, intestinal catarrh and flatulence.

The claimed efficacies have not been sufficiently documented.

Risks
Intake of 5 g causes a series of psychic disturbances manifesting themselves in a range from mild changes of consciousness to intense hallucinations.

With ingestion of 9 teaspoons of Nutmeg powder per day, an atropine-like effect was observed.

When taken in larger amounts, the herb has abortifacient action.

Safrole, contained in the essential oil, shows mutagenic and carcinogenic effects.

No mutagenic effects are known for nutmeg essential oil.

Evaluation
Since the effectiveness of Nutmeg preparations is not sufficiently demonstrated, a therapeutic application cannot be justified because of the risks involved.

There are no concerns for its use as an aroma or flavor corrigent.

Actions
Antispasmodic
MAO inhibition
Inhibits prostaglandin synthesis

Nux Vomica

Strychni semen
Brechnußsamen
Published September 18, 1986

Name of Drug

Strychni semen, nux vomica, strychnos seed, poison nut, Quaker buttons.

Composition of Drug

Nux vomica consists of the seeds of *Strychnos nux-vomica* L. [Fam. Loganiaceae], as well as preparations thereof.

Uses

Nux vomica and its preparations are used in combinations for diseases and conditions of the gastrointestinal tract, organic and functional disorders of the heart and circulatory system, diseases of the eye, nervous conditions, depression, migraine, climacteric complaints, in geriatrics, for Sympatalgien, diseases and conditions of the respiratory tract, Raynaud's disease, secondary anemia, and a tonic and appetite-stimulating remedy.

The effectiveness of most of the claimed actions is not documented.

Risks

Nux vomica alkaloids, especially strychnine, act on the central nervous system as spastic poison. At low dosage, the spinal cord is selectively affected. Strychnine is antagonistic to the inhibitory transmitter glycine, leading to heightened convulsive response of the muscles; external irritations or substances with stimulating actions on the central nervous system can initiate convulsions. A therapeutically useful action exists at sub-convulsive dosage. Strychnine accumulates during extended administration. This occurs especially if liver damage exists.

Evaluation

Since the effectiveness of most claimed applications is not documented, the therapeutic use of nux vomica and its preparations, even as bitter principle and tonic, is not justifiable due to the risks.

Oat herb

Avenae herba
Haferkraut
Published October 15, 1987

Name of Drug

Avenae herba, oat herb, wild oat herb.

Composition of Drug

Oat herb consists of the fresh or dried above-ground parts of *Avena sativa* L. [Fam. Poaceae], harvested during flowering season, as well as preparations thereof.

Uses

Oat herb preparations are used for acute and chronic anxiety, stress and excitation, neurasthenic and pseudoneurasthenic syndromes, skin diseases, connective tissue deficiencies, weakness of the bladder, and as a tonic and roborant.

In combinations, wild oat herb preparations are used also for diseases and

ailments of the heart and circulatory system and the respiratory system, for metabolic diseases and disorders, diseases and discomforts due to old age, various forms of anemia, hypothyroidism, neuralgia and neuritis, hematoma, pulled muscle, sexual disorders, tobacco abuse, spasms, as a lactagogue and to increase performance capacity.

The effectiveness for the claimed applications is not documented.

Risks
None known.

Evaluation
Since the effectiveness of oat herb preparations is not documented, the therapeutic administration cannot be recommended.

Oats
Avenae fructus
Haferfrüchte
Published May 5, 1988

Name of Drug
Avenae fructus, oats.

Composition of Drug
Oats consists of the ripe, dried fruits of *Avena sativa* L. [Fam. Poaceae], as well as preparations thereof.

Uses
Oat preparations are used for diseases and complaints of the gastric intestinal tract and in combination with physical weakness and fatigue; for neurasthenia and syndrome of neurasthenia, diabetes, consequences of nicotine abuse and in tonics.

The claimed effectiveness has not been substantiated.

Risks
Allergic reaction to oat gluten is possible in rare cases.

Evaluation
Since the efficacy for the claimed uses has not been demonstrated, a therapeutic application of oat preparation cannot be justified.

Oleander leaf
Oleandri folium
Oleanderblätter
Published July 6, 1988; Revised March 2, 1989, and February 1, 1990

Name of Drug
Oleandri folium, oleander leaf.

Composition of Drug
Oleander leaf consists of the leaves of *Nerium oleander* L. [Fam. Apocynaceae], as well as preparations thereof.

Uses
Oleander leaf is used for diseases and functional disorders of the heart, as well as for skin diseases. The effectiveness for the claimed applications is not sufficiently proven.

Risks
Accidental intake of parts of Oleander leaf and the consumption of Oleander leaf tea led to poisonings, sometimes with fatal outcome.

Evaluation
Adequate data for the effectiveness, as well as pharmacokinetics and kinetics of efficacy of oleander leaf preparations, are not available.

A correlation is not given for the chemically determined amount of oleandrin and the biological efficacy of the herb. An indication concerning applications and required dosage is, therefore, not possible.

Since the effectiveness of Oleander leaf preparations is not adequately documented, and considering that there is no correlation between the content of individual glycosides and the efficacy of the herb, a therapeutic administration of oleander leaf is not justifiable.

Note: Benefit and risk of fixed combinations of [herbs containing] cardiac glycosides must be documented and examined specifically for each preparation.

Actions
Positively inotropic
Negatively chronotropic

Olive leaf
Oleae folium
Olivenblätter
January 17, 1991

Name of Drug
Oleae folium, olive leaf.

Composition of Drug
Olive leaf consists of the fresh or dried leaf of *Olea europaea* L. *s.l.* [Fam. Oleaceae], as well as preparations thereof.

Uses
Preparations of Olive leaf are used as an antihypertensive and diuretic. The effectiveness of olive leaf for the claimed applications is not sufficiently documented.

Risks
None known.

Evaluation
Since the effectiveness of the drug and its preparations for the claimed uses is not documented, a therapeutic application for hypertonia cannot be justified.

Actions
In animal experiments:
- Antispasmodic
- Bronchodilator
- Coronary dilator
- Hypotensive
- Antiarrhythmic and arrhythmogenic
- Antipyretic
- Hypoglycemic
- Diuretic

Olive oil

Olivae oleum

Olivenöl

Published September 21, 1991

Name of Drug

Olivae oleum, olive oil.

Composition of Drug

Olive oil consists of the fatty oil of the ripe drupes of *Olea europaea* L. *s.l.* [Fam. Oleaceae], obtained by cold-pressed or other suitable mechanical procedures, as well as preparations thereof.

Uses

Preparations of Olive oil are used for cholangiitis, cholecystitis, cholelithiasis, icterus, flatulence, meteorism, lack of bacteria in the intestines, Roemheld syndrome, as a depurative, mild laxative, for spastic constipation, as an intestinal lubricant, as well as externally for wound dressing, and for minor burns and psoriasis.

In combinations, preparations of Olive oil are used for the prevention and therapy of stretch marks due to pregnancy (ointment), for wounds, burns and muscle tears, for firming the breasts (dragee, soft gelatin capsule), for ringing and pain of the ears (ear drops) and as nose drops.

The effectiveness of the claimed applications is not documented.

Risks

In rare cases, applications on the skin can cause allergic reactions.

Evaluation

The therapeutic use of Olive oil for gallstones cannot be justified, because of the risk of triggering gallbladder colic.

Since the effectiveness for the other claimed uses is not documented, a therapeutic application cannot be recommended.

Action

Cholecystokinetic

Oregano

Origani vulgaris herba

Dostenkraut

Published July 6, 1988

Name of Drug

Origani vulgaris herba, oregano.

Composition of Drug

Oregano consists of the above-ground parts of *Origanum vulgare* L. [Fam. Lamiaceae], as well as preparations thereof.

Uses

Oregano is used for ailments and difficulties of the respiratory tract, coughing, bronchial catarrh, as an expectorant and for antispasmodic relief of coughing. It is used for disturbances of the gastrointestinal tract, bloating, stimulation of gall excretion and digestion, and an appetite-stimulating and antispasmodic agent.

Oregano is also used for disorders and afflictions of the urinary tract, abdominal diseases, painful menstruation, as a diuretic, for arthritis, scrofulosis, as a sedative and diaphoretic.

Oregano is also used in gargles and baths.

The claimed efficacy for this herb has not been documented.

Risks

None known.

Evaluation

Since efficacy has not been documented, a therapeutic use of this herb cannot be recommended.

Orris root

Iridis rhizoma

Schwertlilienwurzelstock

Published November 25, 1993

Name of Drug

Iridis rhizoma, orris root.

Composition of Drug

Orris root consists of the carefully peeled and dried rhizome of *Iris germanica* L., *I. pallida* Lamarck (var. *dalmatica*), or *I. florentina* L. [Fam. Iridaceae], as well as preparations thereof.

[**Ed. note:** The herb identified here as *Iris florentina* is more properly identified as the cultivar *I. germanica* var. *florentina* (L.) Dykes.]

Pharmacological Properties, Pharmacokinetics, Toxicology

None known.

Clinical Data

1. Uses

a) Uses as a result of evaluation:

None.

b) Claimed uses that have been negatively evaluated:

Preparations of orris root are used as "blood-purifying," "stomach-strengthening" and "gland-stimulating" remedies, for increased activity of the kidneys, and for skin diseases.

In combinations, preparations of orris root are used internally for headache, toothache, muscle and joint pain, migraine, neuralgia, acute and chronic catarrhs of the respiratory tract, bronchitis, bronchial asthma, cough, mucous congestion, nasal catarrh, hoarseness, for better blood supply of the bronchi and mucous membranes, smoker's catarrh, for interval therapy of asthmatics, for the care of heart, nerves and stomach, as a sedative, for nervous disturbances of cardiovascular function, for difficulties in falling asleep and sleep disorders, loss of appetite, gastrointestinal disturbances, sluggishness of the bowels, feeling of fullness, bloating, ailments of gallbladder, liver and pancreas, diabetes, for the relief of irritations caused by inflammatory diseases of the urinary tract, skin diseases, as well as topically for tumors, swelling of the lymph glands, uric acid sedimentation, kyphosis, keloid formation, for rheumatic discomforts, and for burns and cuts.

The effectiveness for the claimed applications is not documented.

2. Risks
None known.

Evaluation
Since the effectiveness for the claimed uses is not documented, a therapeutic application cannot be recommended. There is no objection to its use as an aroma or flavor corrigent.

Papain
Papainum crudum
Papain
Published August 25, 1994

Name of Drug
Papainum crudum, papain.

Composition of Drug
Raw papain is latex from *Carica papaya* L. (pawpaw) [Fam. Caricaceae] that has been dried using various methods; where necessary it is decontaminated mechanically or by filtration.

Papain is the enzyme mixture extracted using various means from raw papain; it contains, along with papain (EC 3.4.22.2), chymopapain A and B and papaya peptidase A.

Pharmacological Properties, Pharmacokinetics, Toxicology
There is no extensive, satisfactory scientific experimental material available on the effects of raw papain/papain. The results on the analgesic and antiinflammatory effects are contradictory. Experiments have shown that papain has an edema-reducing effect. The fibrinogenous effect has not been sufficiently proven.

On the basis of animal experiments papain is said to demonstrate an absorption rate of 3 - 4 percent when taken orally. There is no research material available on the human pharmacokinetics of the drug. There is no extensive, satisfactory scientific experimental material available on the toxicology of papain/raw papain. Papain is not embryo-toxic or teratogenic; there are positive results in the case of raw papain.

There is no material available on the mutagenicity and carcinogenicity of papain.

Clinical Data

1. Uses
a) Indications established through research: None.
b) Reported indications for therapeutic use and grounds for rejection: Infestation with ascarids, oxyurids, and trichocephalus nematodes.

Papain/raw papain is used in combination in preparations for the treatment of inflammatory conditions of the mouth, throat and pharynx and of the upper respiratory tract; for influenza-type infections; loss of appetite; satiety; flatulence; Roemheld syndrome; putrefying-fermenting dyspepsias; enzyme deficiency; gastrointestinal digestion complaints; inflammations and ulcers in the gastro-duodenal area; pancreas excretion insufficiency; dyskinesia of the liver and of the gallbladder ducts; chronic constipation; congestion of the liver; viral infections; anal thrombosis; concomitant therapy of malignant tumors; metastases; relapse prophylaxis; side effects of radiation treatment; lymphatic congestion following surgery and radiation treatment; palliative treatment of tumor patients; carcinomas, sarcomas, Hodgkin's disease, leukemia; circulatory complaints, arteriosclerosis, vascular disease, thrombophlebitis, thrombosis,

hemorrhoids, varicose ulcers, poorly healing wounds, burns, abscesses, fistulas, traumatory edema, hematoma, acute and chronic inflammations, bronchitis, adnexitis, urethritis, rheumatic and degenerative complaints; conditions of aging, exhaustion, and exhaustion syndrome, in convalescence; vitamin, mineral and metabolic substance deficiency, metabolic illnesses, dyscrasia, neurosthenia, neuritis, physical and mental exhaustion and depression. The efficacy of the drug in the above conditions is insufficiently proven with the exception of some effect of papain in the treatment of traumatory and postoperative edema.

There are other more effective substances available for the treatment of worm infestation.

2. Risks

An increase in the tendency to bleed in people with clotting disorders cannot be excluded. Allergic reactions may occur.

Evaluation

Due to the insufficiently proven efficacy of its use in the treatment of worm infestation and the risks associated, as well as the availability of treatment alternatives, the use of raw papain/papain cannot be recommended.

The efficacy of Papain in combination with other drugs used in the treatment of inflammations, edema and swelling following trauma and surgery needs to be specifically proven. Various experiment-based studies as well as clinical research indicate that Papain may be effective in high doses (daily dose = 1500 mg corresponding to 2520 FIP units).

Papaya leaf

Caricae papayae folium

Melonenbaumblätter

Published October 15, 1987

Name of Drug

Caricae papayae folium, papaya leaf.

Composition of Drug

Papaya leaf consists of fresh or dried leaf of *Carica papaya* L. [Fam. Caricaceae], harvested before fruit development, as well as preparations thereof.

Uses

Papaya leaf preparations are used singly or in combinations for prophylaxis and therapy of diseases and discomforts of the gastrointestinal tract, for infections with intestinal parasites, as an anthelmintic for oxyurids, strongyloides, ascarides, ancylostoma, such as *Necator americanus*, and other nematodes, and also for a sedative and diuretic.

The effectiveness for the claimed applications has not been documented.

Risks

None known.

Evaluation

The therapeutic administration cannot be recommended, since the effectiveness of papaya leaf is not documented, and other, guaranteed herbs are available for the treatment of intestinal infections, particularly those by nematodes.

Paprika (Cayenne) species low in capsaicin

Capsici fructus

capsicinarme Paprika-Arten

Published April 27, 1989

Name of Drug

Capsici fructus, capsaicin-low paprika species.

Composition of Drug

Paprika consists of fresh or dried fruits of various low capsaicin-containing *Capsicum* species [Fam. Solanaceae], as well as preparations thereof.

Uses

Low capsaicin-containing paprika preparations are used internally for disturbances of the digestive system, stomach and intestinal problems, and as a supportive remedy for heart and circulatory functions.

The effectiveness for the claimed application is not documented.

Risks

Rare hypersensitivity reactions (urticaria).

Evaluation

Since efficacy has not been documented, a therapeutic use of low capsaicin-containing paprika preparation cannot be recommended.

Parsley seed

Petroselini fructus

Petersilienfrüchte

Published March 2, 1989

Name of Drug

Petroselini fructus, parsley fruit, parsley seed.

Composition of Drug

Parsley seed consists of the dried ripe fruits of *Petroselinum crispum* (Miller) Nyman ex A. W. Hill [Fam. Apiaceae], as well as preparations thereof.

Uses

Parsley seed is used for ailments and complaints of the gastrointestinal tract, as well as the kidney and lower urinary tract, and for stimulating digestion.

The claimed efficacy has not been sufficiently documented.

Risks

Large doses of parsley seed essential oil and of the phenylpropane derivative it contains, apiol, bring about vascular congestion and increased contractility of the smooth muscle of the bladder, intestines, and especially the uterus.

Parsley seed and oil are therefore often used to bring about abortion.

After taking parsley seed preparations, the renal epithelium becomes irritated or damaged; cardiac arrhythmias have also been described.

Large doses of apiol can lead to fatty liver, emaciation, extensive mucosal bleeding, and inflammatory hemorrhagic infiltration of the gastrointestinal tract, hemoglobulinuria, methemoglobulinuria, and anuria.

In animal experiments, myristicin, present in the essential oil, has been shown to be bound to mouse-liver DNA. No hepatocarcinogenic effects have been observed with either myristicin or apiol.

The toxicological risk of aqueous extracts [i.e., teas] from parsley seeds is less, because of the smaller essential oil content.

Evaluation

Since the efficacy of parsley seed and preparations thereof is not documented, a therapeutic application cannot be justified because of high risks.

Pasque flower

Pulsatillae herba

Küchenschellenkraut

Published November 30, 1985

Name of Drug

Pulsatillae herba, pasque flower, pulsatilla.

Composition of Drug

Pasque flower herb consists of the dried, above-ground parts of *Pulsatilla vulgaris* Miller and/*or P. pratensis* (L.) Miller [Fam. Ranunculaceae], as well as preparations thereof.

The herb contains protoanemonin which is degraded to an unknown extent during the drying process, as well as ranunculin and its degradation products (e.g., anemonin, anemoninic acid, anemonic acid).

Uses

Based on existing evidence, the claimed applications are:

Diseases and functional disorders of genital organs, inflammatory and infectious diseases of skin and mucosa, diseases and functional disorders of the gastrointestinal tract and the urinary tract. Neuralgia, migraine, and general restlessness are not documented from the phytotherapeutic viewpoint.

Risks

Use of preparations from fresh plants, as well as preparations with protoanemonin, produces severe irritations on skin and mucosa with itching, rashes and pustules (ranunculus dermatitis).

Internal use in higher dosages results in irritation to the kidneys and urinary tract.

Use in pregnancy is absolutely contraindicated.

Actions

In animal experiments, after absorption, protoanemonin causes first stimulation, then paralysis of the central nervous system.

Irritations occur in the kidney and the urinary tract. These may be caused by the alkylating action of protoanemonin. This effect may be connected to the observed inhibition of caryokinase and mitosis.

The ingestion of protoanemonin-containing plants by grazing animals has been observed to lead to abortion and teratogenic effects.

The anti-infectious action of the herb is based on protoanemonin.

Peony

Paeoniae flos, radix

Pfingstrose

Published May 5, 1988

Name of Drug

Paeoniae flos, peony flower.
Paeoniae radix, peony root.

Composition of Drug

Peony flower consists of the petals of *Paeonia officinalis* L. emend. Willdenow *s. l.* and/or *P. mascula* (L.) Miller *s.l.* [Fam. Paeoniaceae], as well as preparations thereof.

Peony root consists of the dried secondary roots of *P. officinalis* L. emend. Willdenow *s.l.* and/or *P. mascula* (L.) Miller *s.l.*, as well as preparations thereof.

Uses

Peony flower is used for diseases of the skin and mucous membranes, fissures, anal fissures associated with hemorrhoids, gout, arthritis, also for ailments of the respiratory tract, and in combinations for nervous conditions, heart trouble and gastritis. The effectiveness of peony flower for the claimed applications is not verified.

Peony root is used for spasms of various kinds and origins, in combinations as a supplement for arthritis, diseases of the gastrointestinal tract, for the heart and circulatory system, neurasthenia and neurasthenic symptoms, neuralgia, migraine, allergic complaints, and as a tonic.

The effectiveness of peony root for the claimed applications is not documented.

Risks

None known.

Evaluation

Since the efficacy of peony preparations is not documented, the therapeutic administration cannot be recommended.

There are no objections to the use of peony flower as a brightening agent for tea mixtures.

Periwinkle

Vincae minoris herba

Immergrünkraut

Published September 18, 1986

Name of Drug

Vincae minoris herba, small periwinkle.

Composition of Drug

Periwinkle herb consists of the aboveground parts of *Vinca minor* L. [Fam. Apocynaceae], as well as preparations thereof.

Uses

Periwinkle is used for circulatory disorders, cerebral circulatory impairment, support for the metabolism of the brain and its improved oxygen supply, prophylaxis of memory and concentration impairment, improvement of memory and thinking capacity, mental productivity, prevention

of premature aging of brain cells, for geriatric support, as a sedative and as a blood pressure-lowering remedy, for catarrhs, feebleness, and for improvement of the immune function, for diarrhea, vaginal flux, throat ailments, tonsillitis and angina, sore throat, intestinal inflammation, toothache, dropsy, as a diuretic and blood-purifying remedy, for promotion of wound healing, as a hemostatic remedy, and a bitter principle.

The effectiveness for the claimed applications has not been adequately documented.

Risks

In animal experiments, administration of periwinkle caused destruction of blood components, manifested as leukocytopenia, lymphocytopenia, and lowering of the α, α_2-, and γ-globulin level, all presumably due to a suppression of the immune system.

The vincamine content in the herb is low and fluctuates greatly. Vincamine, as a pure substance, is available for therapeutic administration.

Evaluation

Since the effectiveness of periwinkle for most claimed applications is not sufficiently documented, adequate levels of vincamine in the plasma cannot be obtained with periwinkle herb and its preparations, and the suspicion of blood modifications in humans could not be removed, the therapeutic application of this herb and its preparations is not justifiable.

Petasites leaf

Petasitidis hybridus, Petasitidis folium

Pestwurz, Pestwurzblätter

Published July 27, 1990

Name of Drug

Petasitidis hybridus, petasites.
Petasitidis folium, petasites leaf.

Composition of Drug

Petasites consists of the whole plant of *Petasites* species [Fam. Asteraceae], as well as preparations thereof.

Petasites leaf consists of the leaves of *Petasites* species, as well as preparations thereof.

Uses

Petasites leaf or its preparations are used for nervous cramp-like states and such states associated with pain, colic, headaches, and to stimulate the appetite. Combined with other herbs petasites is used for complaints and disorders of the respiratory tract, chills, for liver, bile, and pancreas disorders, to strengthen the nerves, promote sleep, and to prevent internal restlessness.

The effectiveness for the claimed uses is not documented.

Risks

Petasites contains in all plant parts greatly varying amounts of toxic pyrrolizidine alkaloids (PA), which are known to damage organs, especially the liver. In animal experiments, PA have been shown to have carcinogenic effects brought about by a genotoxic mechanism.

Evaluation

In consideration of the risks, and lack of documentation for the effectiveness of the herb for the claimed applications, a therapeutic application cannot be justified.

Pimpinella herb

Pimpinellae herba
Bibernellkraut
Published June 1, 1990

Name of Drug
Pimpinellae herba, pimpinella herb.

Composition of Drug
Pimpinella herb consists of the above-ground parts of *Pimpinella saxifraga* L. *s.l.* and/or *P. major* (L.) Hudson *s.l.* [Fam. Apiaceae], as well as preparations thereof.

Uses
Preparations of pimpinella herb are used for lung ailments, for stimulation of gastrointestinal activity, and, externally, for varicose veins.

The effectiveness for the claimed applications is not documented.

Risks
None known.

Evaluation
Since the effectiveness for the claimed uses is not documented, a therapeutic application cannot be recommended.

Raspberry leaf

Rubi idaei folium
Himbeerblätter
Published October 15, 1987

Name of Drug
Rubi idaei folium, raspberry leaf.

Composition of Drug
Raspberry leaf consists of the leaf of *Rubus idaeus* L. [Fam. Rosaceae], as well as preparations thereof.

Uses
Raspberry leaf is used for disorders of the gastrointestinal tract, the respiratory tract, the cardiovascular system, and the mouth and throat, and also for skin rashes and inflammation, influenza, fever, menstrual problems, diabetes, vitamin deficiency, as a diaphoretic, diuretic, and choleretic, and also to "purify the skin and blood."

The effectiveness of raspberry leaves for the foregoing indications has not been documented.

Risks
None known.

Evaluation
Since the efficacy has not been documented, a therapeutic application cannot be recommended.

Rhododendron, Rusty-leaved

Rhododendri ferruginei folium

Rostrote Alpenrosenblätter

Published September 1, 1990

Name of Drug

Rhododendri ferruginei folium, rusty-leaved rhododendron.

Composition of Drug

Rusty-leaved rhododendron consists of the dried leaves of *Rhododendron ferrugineum* L. [Fam. Ericaceae] and preparations thereof.

Uses

Rusty-leaved rhododendron leaves are used exclusively in combination preparations in the treatment of hypertonia, muscle and joint rheumatism, arthroses, hardening of muscles; muscular pain, weak connective tissue; neuralgia, sensitivity to weather change, sciatica, trigeminus neuralgia, migraine, headaches, intercostal neuralgia, gout, lithiasis, and in geriatric drugs for disorders and complaints associated with aging.

The efficacy of the drug in the above-named areas has not been proven.

Risks

Rhododendron species can contain toxic diterpene with an andromedic basic structure. There is contradictory evidence on the occurrence of andromeda derivatives in rhododendron. Reports of grazing animals being poisoned by rhododendron indicate that compounds of these groups do occur in the leaves. Symptoms of acute grayanotoxine poisoning are a drop in blood pressure, bradycardia, cramps, cardiac arrest, and cessation of breathing. Chronic toxicity of the compounds in animals is relatively minimal. In humans, the following poisoning symptoms were reported after eating honey (among other foodstuffs) containing grayanotoxine: Vomiting, diarrhea, pains and cramps in the gastrointestinal tract, joint pains, impaired balance, difficulty in breathing, sensitivity of the central nervous system; paralysis, as well as burning and itching of the skin and mucous membrane.

If the drug is taken over a long period there is also danger of intoxication with hydroquinone because of the arbutin contained in the drug. There are no reports of serious instances of poisoning of patients used to taking it as an infusion in folk medicine (daily dose 5 - 6 g).

Evaluation

Due to the insufficiently proven efficacy of the drug and its pharmaceutical preparations as well as the associated risks, therapeutic use cannot be recommended.

Rose Hip

Rosae pseudofructus
Hagebuttenschalen
Published September 1, 1990

Name of Drug

Rosae pseudofructus, rose hip.

Composition of Drug

Rose hip consists of the ripe, fresh or dried seed receptacle of various species of the genus *Rosa* L. [Fam. Rosaceae], freed from seeds and attached trichomes, as well as preparations thereof.

Uses

Preparations of rose hips are used for the prevention and treatment of colds, chills, and influenza-type infections, infectious diseases, for the prevention and treatment of vitamin C deficiencies, to increase resistance, gastric-juice deficiency, bowel disorders, to aid digestion, for gallstones, biliary complaints and colic, complaints and disorders of the lower urinary tract, edema, for "strengthening the kidneys," as a diuretic, for arthritis, rheumatic disorders, and as an eyewash.

The activity in most of the aforementioned indications has not been substantiated. The activity in treating or preventing possible vitamin C deficiency is questionable in view of the herb's low vitamin C content that rapidly declines with storage.

Risks

None known.

Evaluation

Since the effectiveness for some claims is not sufficiently documented and for others not at all, a therapeutic application cannot be recommended, if only because of the rapidly decreasing vitamin C content.

The consumption of rose hip preparations as a vitamin C-containing food is primarily assigned to the food industry. There is no objection to its use as a taste enhancer in tea mixtures.

Rose Hip and seed

Rosae pseudofructus cum fructibus
Hagebutten
Published September 1, 1990

Name of Drug

Rosae pseudofructus cum fructibus, rose hip and seed.

Composition of Drug

Rose hip and seed consist of the ripe, fresh or dried " fruit" of various species of the genus *Rosa* L. [Fam. Rosaceae], freed from seeds and attached trichomes, as well as preparations thereof.

Uses

Preparations of rose hip and seed are used for prevention and treatment of colds and influenza-like infections, infectious diseases, prophylaxis and therapy of vitamin C deficiencies, fever, for increase in the immune mechanism during general exhaustion, gastric spasms, gastric acid deficiency, prevention of inflammation of the gastric mucosa and gastric ulcers, as a

"stomach tonic," for intestinal diseases, for diarrhea, as prophylaxis of intestinal catarrhs, as a laxative, for gallstones, gallbladder discomforts and ailments, diseases and discomforts of the lower urinary tract, dropsy, as a "tonic for the kidneys," as a diuretic, for gout, metabolic disorders of the uric acid metabolism, arthritis, sciatica, diabetes, inadequate peripheral circulation, as an astringent, for lung ailments, and as an eye rinse.

The effectiveness of the herb for most of its claimed applications is not documented. The effectiveness for therapy and prophylaxis of possible vitamin C deficiency is questionable because of the low and rapidly decreasing content of vitamin C.

Risks

None known.

Evaluation

Since the effectiveness of the herb for some claims is not sufficiently documented and, for other claims, not documented at all, a therapeutic application cannot be recommended. The consumption of rose hip preparations as a vitamin C-containing food is primarily assigned to the food industry.

There is no objection to the use of the herb as a flavor corrigent in tea mixtures.

Rose Hip seed

Rosae fructus

Hagebuttenkerne

Published September 1, 1990

Name of Drug

Rosae fructus, rose hip seed.

Composition of Drug

Rose hip consists of the ripe, dried seed of various species of the genus *Rosa* L. [Fam. Rosaceae], as well as preparations thereof.

Uses

Preparations of rose hip seed are used for diseases and ailments of the kidney and lower urinary tract, for dropsy (hydrops), as a diuretic, for arthritic conditions, rheumatism, gout, sciatica, for colds, as a laxative, for diseases with fever, as an astringent, for vitamin C deficiency, and for "blood purification."

The effectiveness for the claimed applications is not documented.

Risks

None known.

Evaluation

Since the effectiveness is not documented, a therapeutic application cannot be recommended.

Rue

Rutae folium, herba

Raute

Published March 2, 1989

Name of Drug

Rutae folium, rue leaf.
Rutae herba, rue herb.

Composition of Drug

Rue leaf consists of the dried leaf of *Ruta graveolens* L. ssp. *vulgaris* Willkomm [Fam. Rutaceae], as well as preparations thereof.

Rue herb consists of the dried, aboveground parts of *R. graveolens* L. ssp. *vulgaris* Willkomm, as well as preparations thereof.

Uses

Preparations of rue herb and/or leaf are used for menstrual disorders and discomforts, as a uterine stimulant and for abortion; furthermore for loss of appetite and dyspeptic complaints, circulatory disorders, arteriosclerosis, palpitation of the heart, for nervousness, hysteria, fever, pleurisy, headache, neuralgic afflictions, toothache, weakness of the eyes and respiratory complaints. It is also used internally and externally for ailments and discomforts of arthritic conditions, for dislocations, sprains, injuries of the bone, for skin diseases, and as an antispasmodic, diuretic and inflammatory agent.

The effectiveness for the claimed applications is not verified.

Risks

Rue oil can cause contact dermatitis in humans.

Furthermore, phototoxic reactions causing dermatoses have been described. Severe liver and kidney damage is also documented.

The herb contains furanocoumarins which have phototoxic and mutagenic actions.

Deaths of pregnant women have been reported upon usage of rue for abortion.

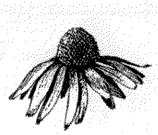
Therapeutic dosages can cause the following side effects:

Melancholic moods, sleep disorders, tiredness, dizziness, and spasms.

The juice of fresh leaves can lead to painful irritations of the stomach and intestines, fainting, sleepiness, low pulse, abortion, swelling of the tongue and clammy skin.

Evaluation

A therapeutic administration must be declined since the effectiveness for the claimed applications is not documented, and because of the unfavorable ratio of benefit to risk.



Rupturewort

Herniariae herba

Bruchkraut

Published September 18, 1986

Name of Drug

Herniariae herba, rupturewort.

Composition of Drug

Rupturewort consists of the dried, above-ground parts of *Herniaria glabra* L. and/or *Herniaria hirsuta* L. [Fam. Caryophyllaceae], as well as preparations thereof.

Uses

Rupturewort is used for the treatment and alleviation of conditions and disorders involving the kidneys and urinary tract or the respiratory tract, and in neuritis and neural catarrh, in arthritis and rheumatism, and for "purifying the blood."

Efficacy in the indicated areas of use has not been adequately demonstrated.

Risks

None known.

Evaluation

Since the effectiveness for the claimed uses is not sufficiently documented, a therapeutic application cannot be recommended.

Action

Mildly antispasmodic

Saffron

Croci stigma

Safran

Published April 23, 1987

Name of Drug

Croci stigma, saffron.

Composition of Drug

Saffron consists of the stigmata, usually connected by a short piece of pistil, of *Crocus sativa* L. [Fam. Iridaceae], as well as preparations thereof.

Uses

Saffron is used as a sedative, for spasms and asthma.

The effectiveness of the herb for its claimed applications has not been documented.

Risks

Presently, no risks have been documented for a maximum daily dosage of 1.5 g. The lethal dosage is 20 g; the abortifacient dosage is 10 g.

From the administration of saffron as an abortifacient, the following effects have been observed:

Severe purpura after ingestion of 5 g of saffron (suspended in milk) with pitch black necrosis of the nose and a thrombocytopenia of 24,000, hypothrobinemia of 41 percent and severe collapse with uremia. **Additionally:** bleeding of the uterus, bloody diarrhea, hematuria, bleeding from the nose, lips and eyelids, vertigo, dizziness, numbness. Yellowing of the sclera, skin and mucous membranes, a condition that may falsely imply icterus.

Sandalwood, Red

Santali lignum rubrum
Rotes Sandelholz
Published October 15, 1987

Name of Drug
Santali lignum rubrum, red sandalwood.

Composition of Drug
Red sandalwood consists of the heartwood of the trunk of *Pterocarpus santalinus* L. f. [Fam. Fabaceae], freed from sapwood, as well as preparations thereof.

Uses
Red sandalwood is used for ailments and complaints of the gastrointestinal tract, as a diuretic, astringent, for "blood purification" and for cough.

Risks
None known.

Evaluation
The therapeutic administration of red sandalwood cannot be recommended, since its effectiveness has not been documented.

Sarsaparilla root

Sarsaparillae radix
Sarsaparillewurzel
Published September 1, 1990

Name of Drug
Sarsaparillae radix, sarsaparilla root.

Composition of Drug
Sarsaparilla root consists of the dried root of *Smilax* species, such as *Smilax aristolochiaefolii* Miller, *S. regelii* Kill. et C.V. Morton and *S. febrifuga* Knuth [Fam. Smilacaceae], as well as preparations thereof.

Uses
Preparations of sarsaparilla root are used for skin diseases, psoriasis and its sequelae, rheumatic complaints, kidney diseases, and as a diuretic and diaphoretic.

The claimed efficacy has not been documented.

Risks
Taking sarsaparilla preparations leads to gastric irritation and temporary kidney impairment [diuresis]. The absorption of simultaneously administered substances, for example digitalis glycosides or bismuth, is increased. The elimination of other substances (e.g., hypnotics) is accelerated. This can cause an uncontrolled condition of increased or decreased action of herbs taken simultaneously.

Evaluation
Since the efficacy for psoriasis has not been documented, a therapeutic application cannot be justified because of the risks.

[**Ed. note:** Contrary to the undocumented claims of gastric irritation due to saponin content of sarsaparilla root, we can find nothing in the scientific literature that substantiates this assertion. It is well known that many commonly consumed vegetables contain saponins and sarsaparilla root is a common ingredient in soft drinks, e.g., root beer and many herbal teas. Therefore, we disagree with the Commission that potential gastric irritation is a problem associated with the ingestion of this herb in normal quantities.]

Sarsaparilla, German

Caricis rhizoma
Sandriedgraswurzelstock
Published June 1, 1990

Name of Drug

Caricis rhizoma, German sarsaparilla.

Composition of Drug

German sarsaparilla consists of the dried, underground parts of *Carex arenaria* L. [Fam. Cyperaceae], as well as preparations thereof.

Uses

Preparations of German sarsaparilla are used for the prevention of gout, arthritis, inflammations of the joints, for skin ailments and as a diaphoretic and diuretic.

The effectiveness of the claimed application is not documented.

Risks

Based on the saponin content, local irritations could occur.

Evaluation

Since the effectiveness for the claimed uses is not documented, a therapeutic application cannot be recommended.

Scotch Broom flower

Cytisi scoparii flos
Besenginsterblüten
Published January 17, 1991

Name of Drug

Cytisi scoparii flos, Scotch broom flower.

Composition of Drug

Scotch Broom flower consists of the blossoms of *Cytisus scoparius* (L.) Link (syn. *Sarothamnus scoparius* (L.) Wimm. ex W.D.J. Koch), as well as preparations thereof.

Pharmacological Properties, Pharmacokinetics, Toxicology

The drug can contain more than 2 percent tyramine. It contains small amounts of alkaloids; the main alkaloid is sparteine. Tyramine acts indirectly as a sympathomimetic drug, a vasoconstrictive and hypertensive effect. Sparteine has a negative inotropic and negative chronotropic

effect. Because of the very small sparteine concentration, certain effects cannot be expected upon administration of the herb.

Clinical Data

Clinical data reported by physicians and other materials of medical experiences concerning the use of Scotch Broom flower are not available.

1. Components of the Following Drug Combinations

Combinations containing up to 5 components:

None.

Combinations containing more than 5 components:

Primary use, cardiovascular system:

a) Scotch broom flower, night-blooming cereus, spigelia anthelmia, lily-of-the-valley, hawthorn leaf and flower, arnica (whole plant).
b) Scotch broom flower, valerian root, hawthorn flower, horsetail, silver weed, lemon balm, hawthorn berry.
c) Scotch broom flower, yarrow herb and flower, hops, mistletoe, sandy everlasting flower, rosemary leaf.
d) Scotch broom flower, camphor, hawthorn berry, lily-of-the-valley, night-blooming cereus flower, pheasant's eye herb, bugleweed herb, bitter candy tuft, american wormseed (*Chenopodium anthelminticum*).
e) Scotch broom flower, arnica flower, valerian root, lovage root, hawthorn flower, yarrow herb, mistletoe, pheasant's eye herb, hedge hyssop, oleander leaf.
f) Scotch broom flower, hawthorn flower, valerian root, pheasant's eye herb, hops, St. John's Wort, 13 homeopathic components.
g) Scotch broom flower, arnica flower, valerian root, lovage root, linden flower, hawthorn flower and leaf, red sandalwood, lemon balm, hops, mistletoe, sandy everlasting flower, calendula flower, rosemary leaf, lavender flower, pheasant's eye herb, sunflower ray flower, yarrow flower.
h) Scotch broom flower, belladonna leaf, valerian root, hawthorn flower, lemon balm, St. John's Wort, mistletoe, arnica root, lily-of-the-valley, strophanthus seed, extracts fermented by yeast.
i) Scotch broom flower, bishop's weed fruit, 8 homeopathic components.

Primary use, kidney:

j) Scotch broom flower, hawthorn flower, birch leaf, seed-free bean shells, horsetail herb, rupturewort, meadowsweet flower.
k) Scotch broom flower, European goldenrod herb, birch leaf, horsetail, restharrow root, white willow bark, boldo leaf, Java tea leaf,spearmint leaf, Tinnevelly senna fruit.
l) Scotch broom flower, European goldenrod herb, birch leaf, horsetail, restharrow root, white willow bark, boldo leaf, Java tea leaf, spearmint leaf, senna fruit.
m) Scotch broom flower, uva ursi leaf, juniper berry, European goldenrod herb, birch leaf, restharrow root, madder root, rupturewort, Java tea leaf, boldo leaf, heather.

Other indications:

n) Scotch broom flower, caraway seed, senna leaf, juniper berry, birch leaf, walnut leaf, horsetail, ground Ivy (*Glechoma hederacea*), stinging nettle leaf, calendula flower, veronica herb.
o) Scotch broom flower, uva ursi leaf, birch leaf, blackberry leaf, yarrow herb and flower, hops, rosemary leaf, lady's woundwort flower (*Anthyllis vulneraria*), stinging nettle leaf, raspberry leaf, strawberry leaf, cowslip flower without calyx.
p) Scotch broom flower and herb, ivy leaf, tormentilla root, marsh tea, rue leaf, pine sprout tips, heart's ease herb, knotweed, hops, meadowsweet flower, peony flower, moneywort, lithium sali-

cylate, magnesium salicylate, rubidium chloride and bromide.

q) Scotch broom flower, uva ursi leaf, buckthorn bark, peppermint leaf, wormwood herb, birch leaf, cornflower blossom, horsetail, sweet flag (*Acorus calamus*), calendula herb, barberry root bark, chicory herb, boldo leaf, oat straw.

r) Scotch broom flower, buckthorn bark, elderberry flower, senna leaf, birch leaf, kelp, watercress herb, bogbean leaf, chicory, small bindweed (*Convolvulus arvense*), parsley root.

s) Scotch broom flower, buckthorn bark, chamomile flower, peppermint leaf, senna leaf, licorice root, thyme, juniper berry, red sandalwood, birch leaf, dandelion, yarrow herb, couch grass, horsetail, restharrow root, mistletoe, rosemary leaf, watercress herb, hawthorn leaf and flower, small bindweed herb, motherwort, parsley root, raspberry leaf, heather blossom, calendula flower, soapwort herb (*Saponaria officinalis*).

2. Claimed Uses of the Above Combinations

a) Coronary insufficiency, arrhythmia, regulation of high blood pressure, geriatric heart, interval and post treatment with digitalis and strophanthus tinctures, functional cardiac disorders.

b) Favorable influence on cardiac action and stimulation of blood circulation, strengthening of the heart muscle and blood vessels, considerably decreases the risk of circulatory disorders and arteriosclerosis.

c) Adjuvant for nervous cardiac disorders.

d) Hypotonic symptomatic complex with dizziness, sensitivity to changes in the weather, delayed convalescence.

e) Supportive therapy for cardiovascular disorders.

f) Cardiac and circulatory remedy with sedative action.

g) Cardiac and circulatory insufficiency.

h) Cardiogenic hypertonia, chronic latent cardiac insufficiency, cardiac support during convalescence.

i) Cardiac irregularity, hypotonia.

j) Supportive therapy for edema.

k) Diseases of the urinary tract, functional stimulation of kidneys, disinfecting, antiinflammatory, gravel and stone formation.

l) Supportive therapy for the function of kidney and bladder.

m) Nephrolithiasis, nephritis, cystitis, pyelitis, dropsy, bacteriuria.

n) Supportive therapy for skin eczema and allergic skin reactions.

o) Stimulation for the self-purification of the skin, due to a better circulation, removal of water from the tissue, purification of the body, for skin blemishes, pimples, pustules, whelk, and blackheads.

p) Arthritis of the muscles and joints, arthritis urica, as a supplement for relieving pain due to spondylosis.

q) Flux of liver and gall, gallstones, gall gravel.

r) Supportive treatment of general obesity.

s) Support of all organic functions.

3. Risks

Contraindication:
Therapy with MAO-inhibitors.
High blood pressure.

Side Effects

None known.

Precautions While Using This Medicine

None known.

Interactions with Other Drugs

The administration of the drug and simultaneous therapy with MAO-inhibitors can cause a blood pressure crisis because of its tyramine content.

Dosage and Mode of Administration
The drug is used in tea mixtures and extract preparations.

Overdosage
None known.

Special Precautions
None known.

Effects on Operators of Vehicles and Machinery
None known.

Evaluation
Based on the insufficiently documented effectiveness and possible interactions, a therapeutic application is not justifiable. There is no objection to using this drug as brightening agent up to 1 percent in tea mixtures.

[**Ed. note:** This herb is an Unapproved Component Characteristic and belongs in Chapter 6. However, this misplacement in the Unapproved Herbs section was discovered only after this book was paginated, just prior to press time.]

Senecio herb

Senecionis herba
Fuchskreuzkraut
Published July 27, 1990

Name of Drug
Senecionis herba, senecio herb.

Composition of Drug
Senecio herb consists of the above-ground parts of *Senecio nemorensis* ssp. *fuchsii* C. Gmelin [Fam. Asteraceae], as well as preparations thereof.

Uses
Senecio herb is used for diabetes mellitus, hemorrhage, high blood pressure, for spasms, and as a uterine stimulant.

The effectiveness for diffuse mucosal hemorrhages is not sufficiently verified.

The effectiveness for the other claimed uses is not documented.

Risks
Senecio herb contains varying amounts of toxic pyrrolizidine alkaloids (PA) which are known to have organotoxic, in particular hepatotoxic, effects. Carcinogenic activity, operating through a genotoxic mechanism, has been demonstrated in animal experiments.

In addition to being an ineffective remedy for diabetes mellitus, use of the herb represents a considerable health risk.

Evaluation
The therapeutic administration of senecio herb is not justifiable because of its insufficient or undocumented effectiveness and the presence of toxic pyrrolizidine alkaloids.

Action
Shortening of hemorrhage.

Soapwort herb, Red

Saponariae rubrae herba

Seifenkraut

Published April 27, 1989

Name of Drug

Saponariae rubrae herba, soapwort herb.

Composition of Drug

Soapwort herb consists of the dried, above-ground parts of *Saponaria officinalis* L. [Fam. Caryophyllaceae], as well as preparations thereof.

Uses

Red soapwort preparations are used as an expectorant for cough and other diseases of the respiratory tract, as an emetic, laxative, for ailments of the gastrointestinal tract, for liver and kidney diseases, as a diuretic, a diaphoretic, for metabolic modifications.

Externally, soapwort preparations are used for compresses, baths and washing of lichen, skin rashes and other afflictions of the skin.

The effectiveness for the claimed applications is not sufficiently substantiated.

Risks

At higher concentrations, triterpene saponins from *S. officinalis* cause irritation of mucous membranes. Higher dosages used for external application may also lead to irritations.

Evaluation

Since the effectiveness for the claimed applications is not sufficiently documented, and especially since the dosage indications are missing, a therapeutic administration for the respiratory tract and skin cannot be recommended.

The use for the other applications is not justifiable.

Spinach leaf

Spinaciae folium

Spinatblätter

Published May 5, 1988

Name of Drug

Spinaciae folium, spinach.

Composition of Drug

Spinach consists of the fresh or dried leaf of *Spinacia oleracea* L. [Fam. Chenopodiaceae], as well as preparations thereof.

Uses

Spinach preparations are used for ailments and complaints of the gastrointestinal tract, as a blood-generating remedy, to stimulate growth in children, as an appetite stimulant, for fatigue, and for supporting convalescence.

The claimed applications have not been sufficiently documented.

Risks
None known.

Evaluation
Since the efficacy has not been documented, a therapeutic application cannot be recommended.

Strawberry leaf

Fragariae folium
Erdbeerblätter
Published February 1, 1990

Name of Drug
Fragariae folium, strawberry leaf.

Composition of Drug
Strawberry leaf consists of the dried leaf of *Fragaria* species, mainly *F. vesca* L. *s.l.* and *F. viridis* Duchesne [Fam. Rosaceae], as well as preparations thereof.

Uses
Preparations of strawberry leaf are used externally as compresses for rashes, and internally for catarrhs of the gastrointestinal tract, diarrhea, intestinal sluggishness, liver disease, jaundice, catarrhs of the respiratory tract, gout, arthritis, nervous tension, kidney ailments involving gravel and stones, as a diuretic, supportive for heart and circulatory ailments, for fever, for night perspiration, as well as for blood purification, for stimulation of the metabolism, for anemia, as a tonic, as an inhibitor of menstruation, and a support for "natural weight loss."

Activity in the indications listed has not been adequately demonstrated.

Risks
Strawberry leaf can cause allergic reactions in persons with a sensitivity to strawberries.

Evaluation
Since the effectiveness for the claimed applications has not been sufficiently documented, a therapeutic application cannot be recommended. The use of the herb as a filler in tea mixtures is acceptable. In fact, the use of strawberry leaf for teas or tea-like products is to be considered a food additive.

Sweet Woodruff

Galii odorati herba
Waldmeisterkraut
Published October 15, 1987

Name of Drug
Galii odorati herba, sweet woodruff herb.

Composition of Drug
Sweet woodruff herb consists of fresh or dried above-ground parts of *Galium odoratum* (L.) Scopoli [Fam. Rubiaceae], as well as preparations thereof.

Uses

Sweet woodruff herb is used for prophylaxis and therapy of diseases and discomforts of the respiratory tract, gastrointestinal tract, liver and gallbladder, as well as the kidney and urinary tract, also for circulatory disorders, venous complaints, weak veins, hemorrhoids, as an antiinflammatory and for dilation of the blood vessels. Furthermore, as sedative for sleep disorders, for inducing sleep, for spasms, abdominal discomforts, skin diseases, for wound treatment, as a diaphoretic, as a remedy for strengthening the nervous system and heart function, and for blood purification.

The effectiveness for the claimed applications has not been documented.

Risks

None known.

Evaluation

The therapeutic administration of sweet woodruff herb cannot be recommended, since the effectiveness is not documented.

Tansy flower and herb

Chrysanthemi vulgaris flos/herba

Rainfarn

Published July 6, 1988

Name of Drug

Chrysanthemi vulgaris flos, tansy flower.
Chrysanthemi vulgaris herba, tansy herb.

Composition of Drug

Tansy flower consists of the inflorescence of *Chrysanthemum vulgare* (L.) Bernhardi ([preferred] syn. *Tanacetum vulgare* L.) [Fam. Asteraceae], well as preparations thereof in effective dosage.

Tansy herb consists of the above-ground parts of C. *vulgare* (L.) Bernhardi ([preferred] syn. *T. vulgare* L.), as well as preparations thereof in effective dosage.

Uses

Tansy preparations are used as an anthelmintic, for migraine, neuralgia, rheumatism, meteorism and loss of appetite.

The effectiveness for the claimed applications has not been demonstrated.

Risks

Tansy contains an essential oil which usually includes thujone. Thujone possesses neurotoxic properties.

Abuse of large amounts of this herb or its essential oil to induce abortion caused the following symptoms of intoxication: vomiting, abdominal pain, gastroenteritis, reddening of the face, severe clonic-tonic spasms after loss of consciousness, greatly accelerated breathing, and irregular heart beat. Mydriasis and pupillary rigidity, bleeding of the uterus, under certain circumstances abortion, kidney damage, liver damage.

The lethal dosage of the essential oil for humans is 15 - 30 g.

Uncontrolled usage of tansy, depending on the quality of the herb, can result in the absorption of thujone in toxic amounts, even at normal dosages.

Studies of the toxicity of thujone-free chemotypes are not available.

Evaluation

Since the effectiveness of tansy preparations for the claimed uses has not been documented, a therapeutic application cannot be justified because of the risks involved.

Verbena herb

Verbenae herba

Eisenkraut

Published February 1, 1990

Name of Drug

Verbenae herba, verbena herb.

Composition of Drug

Verbena herb consists of the above -ground parts of *Verbena officinalis* L. [Fam. Verbenaceae], as well as preparations thereof.

Uses

Preparations of verbena are used for diseases and ailments of the oral and pharyngeal mucosa, such as angina, sore throats, diseases of the respiratory tract, such as cough, asthma, and whooping cough, also pain, spasms, exhaustion, nervous conditions, digestive disorders, liver and gallbladder diseases, jaundice, diseases and ailments of the kidneys and lower urinary tract, menopausal complaints, irregular menstruation, for lactation during nursing, furthermore, for arthritic conditions, gout, metabolic disorders, anemia, dropsy, and externally for poorly healing wounds, abscesses and burns.

The effectiveness for the claimed applications is not documented.

Risks

None known.

Evaluation

Since effectiveness of the claimed applications has not been documented, therapeutic application of the herb cannot be recommended.

Because of its secretolytic action, it is possible that the herb can contribute positively to the activity of established combinations for use in catarrhs of the upper respiratory tract. However, the contribution to such preparations must be specifically determined.

Action

Secretolytic

Veronica herb

Veronicae herba

Ehrenpreiskraut

Published June 1, 1990

Name of Drug

Veronicae herba, veronica herb, speedwell.

Constituents of Drug

Veronica herb consists of the aboveground parts of *Veronica officinalis* L. [Fam.

Scrophulariaceae], as well as preparations thereof.

Uses

Veronica herb preparations are used for diseases and discomforts of the respiratory tract, gastrointestinal tract, liver, kidney and lower urinary tract, for gout, arthritis and rheumatic complaints, diseases of the spleen, scrofulosis, nervous irritation, for "blood purification," promotion of metabolism, as an appetite stimulant and tonic, also as a diaphoretic. In addition, veronica herb preparations are used externally for perspiration of the feet, stimulation of wound healing, chronic skin conditions, and itching.

The effectiveness for the claimed applications is not verified.

Risks

None known.

Evaluation

Since the effectiveness for the claimed applications is not documented, a therapeutic administration cannot be recommended.

Walnut hull

Juglandis fructus cortex

Walnußfrüchtschalen

Published June 1, 1990

Name of Drug

Juglandis fructus cortex, walnut hull.

Composition of Drug

Walnut hull consists of the pericarps of *Juglans regia* L. [Fam. Juglandaceae], as well as preparations thereof.

Uses

Walnut hull preparations are used for catarrhs of the gastrointestinal tract, skin diseases, abscesses, inflammation of the eyes, in combinations for diabetes, gastritis, for "blood purification," blood poisoning, and anemia.

The effectiveness for the claimed applications is not documented.

Risks

Fresh walnut hull contains the napthoquinone derivative juglone. The juglone content of the dried walnut hulls has been insufficiently investigated. Juglone acts as a mutagen in various model systems. Application of juglone-containing walnut preparations onto the skin and mucous membranes leads to yellow to brown discoloration. The topical, daily use of juglone-containing preparations of walnut bark is tied to an increased occurrence of cancer of the tongue and leukoplakia of the lips.

Evaluation

Since the effectiveness for the claimed uses is not documented and risks are known, the application of walnut hull preparations cannot be justified.

White Dead Nettle herb

Lamii albi herba
Weißes Taubnesselkraut
Published July 14, 1993

Name of Drug
Lamii albi herba, white dead nettle herb.

Composition of Drug
White dead nettle herb consists of the dried above-ground parts of *Lamium album* L. [Fam. Lamiaceae], gathered during flowering season, as well as preparations thereof.

Pharmacological Properties, Pharmacokinetics, Toxicology
Not known.

Clinical Data

1. Uses
Preparations of white dead nettle herb are used as supporting treatment for gastrointestinal discomforts, such as irritation of the gastric mucosa, feeling of fullness, flatulence, and for strengthening the intestines.

In combinations, preparations of white dead nettle herb are used for nervousness, nervous unrest and irritation, for sleep disorders, as a tonic, for relaxation and stimulation, during menopause, for all kinds of female ailments, menstrual disorders, "blood purification," metabolic stimulation, support of gallbladder and liver function, tendency to gallbladder gravel, as an appetite stimulant, for neutralization of gastric hyperacidity, stimulation of digestion, flatulence, stimulation of pancreatic function, regulation of the blood lipid level, irrigation therapy for inflammatory and spastic bladder trouble, functioning capacity of the prostate, stimulation of cardiovascular system and blood circulation, dizziness, flickering of the eyes, tinnitus, increased blood supply to the heart, increased heart capacity, improvement of lymph flow and stimulation of lymph production, strengthening of the respiratory tract, dissolution of mucus, improvement in vitality and general weakness, especially after diseases and surgery.

2. Risks
None known.

Evaluation
Since the effectiveness for the claimed uses is not documented, a therapeutic application cannot be recommended.

Yohimbe bark

Yohimbehe cortex
Yohimbeherinde
Published October 15, 1987; Revised February 1, 1990

Name of Drug
Yohimbehe cortex, yohimbe bark.

Composition of Drug
Yohimbe bark consists of the dried bark of the trunk and/or branches of *Pausinystalia yohimbe* (K. Schumann) Pierre ex Beille

[syn. *Corynanthe yohimbi* Schumann] [Fam. Rubiaceae], as well as preparations thereof.

The bark contains alkaloids. The main alkaloid is yohimbine.

Uses

Yohimbe bark is used for sexual disorders, as an aphrodisiac, and for feebleness and exhaustion.

The effectiveness of this herb and its preparations for the claimed applications is not documented.

Risks

Therapeutic administration of yohimbine can cause nervous excitation, tremor, sleeplessness, anxiety, increased blood pressure, and tachycardia, as well as nausea and vomiting. In case of existing liver and kidney diseases, yohimbe preparations should not be used.

Interactions with psychopharmacological herbs have been reported. Corresponding observations for preparations are not documented.

Evaluation

The therapeutic administration of yohimbe bark and its preparations is not recommended because of insufficient proof of efficacy and the unforeseeable correlation between risk and benefit.

Zedoary rhizome

Zedoariae rhizoma

Zitwerwurzelstock

Published July 6, 1988

Name of Drug

Zedoariae rhizoma, zedoary rhizome.

Composition of Drug

Zedoary rhizome consists of the dried rhizome of *Curcuma zedoaria* (Christmann) Roscoe [Fam. Zingiberaceae], as well as preparations thereof.

Uses

Zedoary rhizome is used as a stomachic for digestive debility, colic and spasms.

The effectiveness for the claimed applications is not documented.

Risks

None known.

Evaluation

Since the effectiveness for the claimed applications is not documented, a therapeutic use of this herb cannot be recommended.

CHAPTER 6

UNAPPROVED COMPONENT CHARACTERISTICS

Aspen bark and leaf

Populi cortex/-folium
Pappelrinde/-blätter
Published August 29, 1992

Name of Drug

Populi cortes, folium. Aspen bark leaf.

Composition of Drug

Aspen bark consists of the fresh or dried bark of *Populus* species [Fam. Salicaceae], rich in salicin, particularly *P. tremula* or *P. tremuloides*, as well as preparations thereof.

Aspen leaf consists of the fresh or dried leaf of *Populus* species, rich in salicin, particularly *P. tremula* or *P. tremuloides*, as well as preparations thereof.

Pharmacological Properties, Pharmacokinetics, Toxicology

There are no pharmacological data available for the single drugs.

The following results are documented for extracts made from a mixture of aspen bark and aspen leaf (1:2).

[In herb preparations] the extract ratio is not always given:

The "phenylchinon writhing-test" in mice was initiated by administration of 6.3 ml aspen extract/kg of body weight through a stomach tube, an average latency of 8.7 minutes and a 42.8 percent inhibition of writhing was observed.

The "brewer's yeast inflammation-pain test" in rats, initiated by administration of 6.34 ml aspen extract/kg body weight through a stomach tube, resulted in a 45 percent increase of the pain wave after 4 hours.

In the dextran-edema test and the carrageenan-edema test in rats, after administration of 3.15 and 6 ml aspen extract/kg body weight through a stomach tube, no significant differences from the control animals were observed. Following administration of 360 mg of aspen dry extract/kg of body weight, the carrageenan-edema-test showed a 12.3 and 13.5 percent volume reduction of the paws after 6 and 8 hours, respectively.

The cotton-pellet test in rats, initiated by administration of 3 ml aspen extract/kg body weight through a stomach tube, showed no significant differences from the control.

Compared to the control, significant inhibition of the synthesis of prostaglandin E2, I2 and D2 in the perfused rabbit ear was observed after administration of 2 ml and 10 ml of aspen extract/ml.

In the sensitized, perfused lung of guinea pig, 0.997 mg aspen dry extract/g and 0.334 mg fluidextract/ml inhibited the release of histamine by 43 percent and 76 per-

cent, of leukotrienes by 83 percent and 78.25 percent, and of prostaglandin E2 by 77 percent and 55 percent, respectively.

Clinical Data

Clinical experiments are available only for rheumatic disorders. In clinical experiments the reduction of pain and swelling due to inflammation is demonstrated by a combination product containing aspen bark and leaf, goldenrod and ash bark.

1. Component of the Following Drug Combinations

a) Aspen leaf, aspen bark, saw palmetto fruit, stinging nettle root.
b) Aspen leaf, aspen bark, stinging nettle root.
c) Aspen leaf, pumpkin seed flour, globulin from pumpkin seed flour, goldenrod herb.
d) Aspen bark and leaf, goldenrod herb, ash bark.

2. Claimed Uses of the Above Combinations

a) Early state of benign prostate enlargement, geriatric prostate with difficulties of voiding the bladder, pre- and post-operative treatment of prostatectomy, chronic inflammation of the prostate, prostate disorders with congestion, nervous prostate disorders, nervous bladder and atony of the bladder sphincter without organic reason for both men and women.
b) Early state of benign prostate enlargement, geriatric prostate with difficulties of voiding the bladder, pre- and post-treatment of prostatectomy, chronic inflammation of the prostate, prostate disorders with congestion, nervous prostate disorders, nervous bladder and atony of the bladder sphincter without organic reason for both men and women.
c) Therapeutic agent for prostate diseases, prostate hypertrophy with difficulty with urination disorders and formation of residual urine in the bladder, nervous bladder.
d) Acute and sub-acute rheumatic ailments, lumbago, sciatica, neuralgia.

3. Risks

None known.

4. Contraindications

Hypersensitivity to salicylate.

5. Side Effects

In very rare cases, allergic reactions may occur.

6. Precautions

Use for prostate discomforts:

Note: This medication relieves only the discomfort of an enlarged prostate, without eliminating the enlargement.

A physician should be consulted at regular intervals.

7. Use During Pregnancy and Lactation

None known.

8. Interaction with Other Drugs

None known.

9. Dosage and Mode of Administration

The dosage depends on the respective amount of the drugs in the specific combinations; this amount must be documented for each preparation. No scientific knowledge is available to document the necessary dosage for the effectiveness of the drug.

For the two combinations for rheumatic ailments the dosage is given as 130 mg 3 - 4 times daily. The dosage for the combi-

nations for prostate discomfort is 60 mg 2 - 4 times daily . The dosage in other preparations cannot be ascertained, because the drug/extract ratio is not known.

10. Overdosage
None known.

11. Special Precautions
None known.

12. Effects on Drivers and Operators of Machinery
None known.

Evaluation
Because of the pharmacological properties of the salicylate-containing drug, a positive contribution for the effectiveness in the combinations cannot be assumed, since the effective dosage cannot be attained with the extract. Empirical observations by physicians prescribing the single drug are not available.

Basil oil

Basilici aetheroleum
Basilikumöl
Published March 18, 1992

Name of Drug
Basilici aetheroleum, basil oil.

Composition of Drug
Basil oil is the essential oil of the dried, above-ground parts of *Ocimum basilicum* L. [Fam. Lamiaceae], obtained by water steam distillation, as well as preparations thereof.

Pharmacological Properties, Pharmacokinetics, Toxicology
In vitro antimicrobial.

Clinical Data
Medicinal and/or clinical reports and other material of empirical medicine for the use of basil oil are not available.

1. Component of the Following Drug Combinations
Combinations containing up to 5 components:

a) Basil oil, rosemary oil, cinnamon oil, peppermint oil.
b) Basil oil, rosemary oil, cinnamon oil, peppermint oil, 1 homeopathic component.

Combinations containing more than 5 components:

c) Basil oil, juniper berry oil, licorice root, glycyrrhizic acid, horsetail herb, restharrow root, angelica oil, echinacea root, uva ursi leaf, white willow bark, birch leaf, couch grass, Virginian wild black cherry herb.
d) Basil oil, anise oil, lemon oil, eucalyptus oil, fennel oil, clove oil, peppermint oil, juniper berry oil, citronella oil, guaiazulene, bergamot oil, Siberian pine oil, rosemary oil, mugo pine oil, orange peel oil, thyme oil, sage oil, Maltese orange oil, Chinese cinnamon oil, wintergreen oil, sassafras root oil, spearmint oil, absinthe oil, nutmeg oil, wild thyme oil, mint oil, 1 homeopathic component.
e) Basil oil, camphor, lemon oil, eucalyptus oil, lavender oil, menthol, peppermint oil, citronella oil, bergamot oil, rosemary oil, mugo pine oil,

white spruce oil, cineol, thyme oil, sage oil, spearmint oil, terpineol, myrrh oil, garlic oil, castor oil, orange oil.

2. Claimed Uses of the Above Combinations

a) Wound treatment, rheumatic discomforts, colds, bruises, painful joints, irrigation therapy.
b) Maintenance and stimulation of sexual capacity, prevention of sexual fatigue in male and female, prevention of frigidity in male and female.
c) Supportive treatment for infections of the lower urinary tract, as well as inflammations of kidneys, bladder and urethra.
d) Nasal catarrh, temporary shortness of breath, fatigue, cough, congestion, muscle pain, nerve pain, pain in the limbs (neuralgia), lumbago, sprains, dislocations, contusions, heartburn, flatulence, bad breath, insect bites, body odor, headaches, travel fatigue, inflammation, oral hygiene, air quality improvement, foot baths, bath additive.
e) Supportive therapy for massages used as warm-up procedures of the muscles before sports activities and particularly exertions in order to prevent muscle sprains and muscle spasms and their consequences, and for massages of hardened muscle parts.

3. Risks

Basil oil contains up to 85 percent estragole. Estragole, after metabolic activation, shows a mutagenic effect. Animal experiments point to a carcinogenic effect, which needs further investigation.

4. Contraindications

Due to the high estragole content, basil oil preparations should not be used during pregnancy, nursing, by infants and small children, or over extended periods of time.

5. Side Effects

None known.

6. Precautions While Using this Medicine

None known.

7. Use During Pregnancy

Not to be used during pregnancy and lactation.

8. Interactions with Other Drugs

None known.

9. Dosage and Mode of Administration

None known.

10. Overdosage

None known.

11. Special Precautions

None known.

12. Effects on Operators of Vehicles and Machinery

None known.

Evaluation

Since the effectiveness for the claimed uses is not documented, and because of the risks, a therapeutic application cannot be justified.

California Poppy

Eschscholziae californica

Kalifornischer Goldmohn

Published September 21, 1991

Name of Drug

Eschscholziae californica, California Poppy.

Composition of Drug

California Poppy consists of the above-ground parts of *Eschscholzia californica* Chamisso [Fam. Papaveraceae], as well as preparations thereof.

Pharmacological Properties, Pharmacokinetics, Toxicology

The drug contains alkaloids. Its principal alkaloid is cryptopine. Cryptopine, at a concentration of 1:1,000,000, should have a stimulating action on the uterus in guinea pigs.

In mice, an intraperitoneal application of tincture (equivalent to 130 mg drug/kg of body weight) produces a reduction in spontaneous motility, as well as a prolongation of pentobarbital-induced sleep.

Using the jejunum of the rat as testing system, the addition of tincture (equivalent to 1.75 mg of drug/ml) prevents spasms induced by administration of $BaCl_2$.

Clinical Data

1. Component of the Following Drug Combinations

Combinations containing up to 5 components:

a) California Poppy herb, valerian root, St. John's Wort, passionflower herb, hollowroot-birthwort.

Combinations containing more than 5 components:

b) California Poppy herb, lemon balm leaf, night-blooming cereus, yohimbe bark, horned poppy herb, 2 homeopathic drugs.

c) California Poppy herb, valerian root, buckthorn bark, mallow flower, peppermint leaf, garden sage leaf, cornflower flower, lemon balm leaf, hibiscus leaf, hops, squill, sweet clover, rosemary leaf, lavender flower, passionflower herb, hawthorn leaf with flower, rose flower, oat straw.

2. Claimed Uses of the Above Combinations

a) Reactive, agitated and masked depressions, melancholy, neurasthenia, neuropathy, organ neurosis.

b) Vegetative-dystonic disturbances, imbalances, foehn illness, vasomotor dysfunction, vegetative-endocrine syndrome, constitutional lability of the nervous system, vasomotor cephalgia, sensitivity to changes of the weather.

c) Sleep-inducing and sedating tea.

3. Risks

Use during pregnancy and lactation:

Experiments pertaining to the use during pregnancy are not available. Based on its pharmacological activity, this drug should be avoided during pregnancy.

Evaluation

Medical and/or clinical reports and other material of empirical medicine concerning the phytotherapeutic application of California Poppy is not available. Since the effectiveness for the claimed uses is not documented, a therapeutic application cannot be recommended.

Cocoa seed

Cacao semen
Kakaosamen
Published February 27, 1991

Name of Drug
Cacao semen, cocoa seed.

Composition of Drug
Cocoa seed consists of the seeds of *Theobroma cacao* L. [Fam. Sterculiaceae], as well as preparations thereof. The seeds are freed from the testae, fermented and lightly roasted.

Pharmacological Properties, Pharmacokinetics, Toxicology
Cocoa seed can cause constipation due to its tannin content. The seeds contain methylxanthines, primarily theobromine. The action of methylxanthines is diuretic, broncholytic, vasodilator, stimulatory to the heart muscle action, mildly muscle relaxing.

Clinical Data
Medical and clinical reports and various other empirical information on the application of cocoa seeds are not available.

1. Component in the Following Drug Combinations
Combinations with up to 5 ingredients:

a) Cocoa seed, white clay, oak bark, apple.

Combinations with more than 5 ingredients:

b) Cocoa seed, fennel, colt's foot leaf, linden flower, peppermint leaf, licorice root, thyme, rose hip, cornflower, sunflower ray florets.

c) Cocoa seed, arnica flower, colt's foot leaf, salvia leaf, plantain leaf, quebracho bark, cornflower, horsetail herb, cat's foot flower, calendula flower, Iceland moss, horehound herb, eucalyptus leaf, woundwort flower, elecampane root, red poppy petal, flores acaciae robiniae, star anise fruit, flores althaeae, flores malvae arboreae, sassafras root bark.

d) Cocoa seed, licorice root, cornflower, bladderwrack, horsetail herb, cat's foot bark, marshmallow leaf, woundwort flower, red poppy petal, flores acaciae robiniae, carrageenan, flores althaeae, red clover flower.

2. Claimed Uses of the Above Combinations
a) Infectious disease in the intestine, diarrhea.

b) Bronchial expectorant, diaphoretic.

c) Asthma, bronchial asthma, breathing difficulties, asthmatic symptoms, irritating cough, pulmonary congestion.

d) For goiter and struma, regulates the function of endocrine glands, especially the thyroid, ease of breathing.

Risks
None known.

Contraindications
Allergic disposition to cocoa products.

Side Effects
Cocoa and cocoa products can cause allergic skin reactions and migraine headaches.

Use During Pregnancy and Lactation
Methylxanthines enter into the milk ducts; the concentration of methylxanthines in the mother's milk equals that of blood

plasma levels. Effects and side effects in nursed infants have not been studied.

Dosage
No dosage information is available.

Mode of Administration
Ground drug used for infusions as well as other galenical forms for oral use.

Evaluation
Since the effectiveness for the claimed uses has not been documented, a therapeutic application cannot be recommended.

There is no concern for its use as additive ingredient, e.g., as a flavor corrigent.

Echinacea Purpurea root

Echinaceae purpureae radix

Purpursonnenhutwurzel

Published August 29, 1992

Name of Drug
Echinaceae purpureae radix, echinacea purpurea root, purple coneflower root.

Composition of Drug
Echinacea purpurea root, consisting of fresh or dried root of *Echinacea purpurea* (L.) Moench [Fam. Asteraceae], as well as preparations thereof.

Pharmacological Properties, Pharmacokinetics, Toxicology
Animal Experiment: In the carbon clearance test, alcoholic root extracts show a rate increase in the elimination of carbon particles.

In vitro:

Alcoholic extracts show an increase in phagocytic elements when tested in granulocyte smears.

Acute toxicity of *E. purpurea* root extract was measured on NMRI-mice using oral application. The toxicity was greater than 3000 mg/kg body weight. More information concerning the kind of extract is not given. Extrapolation to the herb [i.e., above-ground parts] or other preparations is not possible.

Clinical Data

1. Component in the Following Drug Combinations
Combinations with up to 5 components:

a) Echinacea purpurea root, coneflower root, arborvitae tips, indigo weed rhizome.
b) Echinacea purpurea root, ß-sitosterol, α-tocopherol acetate.
c) Echinacea purpurea root, witch hazel leaves, horse chestnut seeds, esculin.
d) Echinacea purpurea root, 1 homeopathic preparation.
e) Echinacea purpurea root, onion, pumpkin seed, poplar buds, pareira root.
f) Echinacea purpurea root, onion, pumpkin seed, poplar buds, pareira root.

Combinations with more than 5 components:

g) Echinacea purpurea root, peppermint leaves, turmeric root, buckthorn bark, milk thistle fruit, dandelion whole plant, tetterwort, madder root.
h) Echinacea purpurea root, fennel, caraway, coriander fruit, hawthorn leaves, hawthorn flowers, hawthorn herb, mistletoe, melissa, eleuthero ginseng root.

i) Echinacea purpurea root, hawthorn flowers, valerian root, lily-of-the-valley herb, arnica flowers, large-flowered cereus flowers, arborvitae tips.

2. Claimed Uses of Above Combinations

a) Nonspecific irrigation therapy, prophylaxis and therapy for infectious diseases, common infections (virus, influenza), leukopenia after radiation therapy or cytostatic therapy, support of anti-infectious chemotherapy.
b) Prostatic syndrome (hypertrophy, adenoma), disturbances of bladder functions, disturbances of micturition, chronic inflammation of bladder lining.
c) Varicose symptoms, ulcus cruris, thrombophlebitis, varicose veins, edema, hemorrhoids, varicose stasis, paresthesia, dysmenorrhea.
d) Disturbances of hair growth, loss of hair, hair damage, for improved sheen and elasticity of the hair, seborrhea, brittleness of nails.
e) Prostatitis syndrome, irritated bladder condition in men and women, abacterial chronic and recurrent prostatitis, bacterial chronic and recurrent prostatitis–needed in combination with a targeted antibacterial therapy, vegetatively fixed prostatitis, catarrhal adnexitis, symptomatic therapy for radiation-damaged bladder, support of antibiotic therapy of acute bacterial prostatitis by removal of inflamed and vegetative components of this disease form, and by its additive antibacterial effect.
f) Functional, hormonal, radiogenic micturition disturbances, cystitis, infections of the bladder, prophylaxis and therapy of infections in the urinary system after urologic and gynecologic surgery.
g) Diseases of the liver-gall-system, recidivous prophylaxis for gallstones, cholecystitis, cholangiitis, gall spasms, postcystectomic syndrome, posthepatic syndrome, hypotonic-asthenic dyskinesia.
h) For stress symptoms, fatigue, unrest, tiredness, exhaustion, convalescence.
i) For coronary circulation problems, inflammation of the peri- and endocardium, neurosis of the circulatory system.

3. Risks

In case of tendency for allergies, especially from *Asteraceae*, and during pregnancy, no parenteral application to be used.
Warning: The metabolic condition of diabetics can decline upon parenteral application.

Contraindications

External:

None known.

Oral use:

Progressive systemic diseases such as tuberculosis, leukosis, collagenosis, multiple sclerosis, AIDS, HIV infection, and other autoimmune diseases.

Side Effects

Oral and External:

None known.

Parenteral use:

Depending upon dosage, chills, short-term fever reactions, nausea and vomiting may occur. In single cases, allergic reactions of the immediate type are possible.

Special Precautions for Use

None known.

Usage During Pregnancy and Lactation

No parenteral application during pregnancy.

Interference with Other Drugs
None known.

Dosage and Form of Administration
No dosage information submitted.
Form of application: cut or ground herb for tea or other galenical preparations.

Overdosage
None known.

Special Warnings
None.

Effects on Operators of Vehicles and Machinery
None.

Evaluation
Since the effectiveness for the claimed: applications is not documented, therapeutic use cannot be recommended. The application of parenteral preparations is not justifiable because of various risks.
[**Ed. note:** *Echinacea purpurea* leaf is an approved herb. See Introduction page 61 for a discussion of the approvals and rejections of *Echinacea* preparations.]

Horse Chestnut bark and flower

Hippocastani cortex/-flos
Roßkastanienrinde/-blüten
Published November 25, 1993

Name of Drug
Hippocastani cortex, horse chestnut bark.
Hippocastani flos, horse chestnut flower.

Composition of Drug
Horse chestnut bark consists of the fresh or dried bark of *Aesculus hippocastanum* L. [Fam. Hippocastanaceae], harvested in the spring or autumn from 3 - 5-year-old branches, as well as preparations thereof.
Horse chestnut flower consists of the fresh or dried flowers of *A. hippocastanum* L., as well as preparations thereof.

Pharmacological Properties, Pharmacokinetics, Toxicology
Not known.

Clinical Data

1. Combination Partner
Preparations of horse chestnut bark/flower are combined with the following ingredients:

yarrow, pheasant's eye herb, aesculin, aloe, mandrake root, horehound herb, arnica flower and root, arnica, Artemisia abrotanum e foliis, eyebright herb, uva ursi leaf, blessed thistle herb, Scotch broom herb, birch leaf, stinging nettle, blackberry leaf, rupturewort, watercress herb, calcium fluoratum, calcium sulfuricum, calendula, camphor, carrageen, citron peel, Collinsonia canadensis, echinacea, echinacea angustifolia herb , strawberry leaf, fumatory herb, buckthorn bark, fennel, ferrum phosphoricum, psyllium seed, silverweed herb, ginkgo leaf, goldenrod herb, guaiac wood, rose hip, witch hazel leaf/bark, heparin, motherwort herb, shepherd's purse herb, elderberry flower, hops, Indian nard root*, St. John's Wort, chamomile, cleavers, night-blooming cereus flower, mullein leaf/flower, cornflower flower, buckthorn berries, lavender flower, linseed, lemon grass, lovage root, linden flower, dandelion flower/whole plant,

lycopodium clavatum, meadowsweet flower, lily-of-the-valley leaf, mallow flower, milk thistle seed, wall pepper (sedum), scilla bulb (squill), lemon balm leaf, masterwort root, mistletoe herb/fruit, oleander leaf, Java tea leaf, parsley seed, peppermint leaf/herb, peony petals/root, Jamaican dogwood root bark, bitter orange fruit, pyridoxine hydrochloride, couch grass root, rhatany tincture, rue leaf, calendula petals/whole flower, rosemary leaf, horse chestnut leaf/seed, sandy everlasting flower, rutosid, brewer's yeast, seed-free bean pods, horsetail herb, yarrow flower/herb, blackthorn flower, Chinese pagoda tree flower buds, ergot, celery root, senna leaf/fruit, sunflower ray flower/whole flower stands, sweet clover herb, viola herb, strychnos seed, licorice root, sulfur, centaury herb, thiamine chloride hydrochloride, tormentil root, knotweed herb, walnut leaf, white willow bark, hawthorn berry, hawthorn leaf, hawthorn leaf with flower, hawthorn flower, white dead nettle flower, elderberry fruit, sweet woodruff herb, mullein, zincum aceticum, zinc oxide.

2. Claimed Uses for the Above Named Combinations

Hemorrhoids, ease of defecation, anal fissures, anal eczema, for progressive shrinking of hemorrhoidal nodes, proctitis, pruritus ani, prevention of embolism of varices and thrombosis, strengthening of the veins, stimulation of blood circulation, improvement of circulatory functions, promotion and support of cardiac function, circulation and blood flow, ringing in the ears, for a more active balance of heart and circulation stress, low and high blood pressure, circulatory disturbances in feet and legs, varicose veins, phlebectasia, angioneurosis, endoangiitis obliterans, leg edema, brachyalgia, ulcus cruris, relief of discomforts of varicose veins, supportive for thrombosis, thrombophlebitis, paresthesia, prophylaxis of thrombosis, static edema, mild cardiac insufficiency, especially in old age after infectious diseases, dizziness, psychogenic disturbances of blood flow through the heart muscle.

Also, stimulant, foehn discomforts, fatigue, disinclination for work, conditions of anxiety, sleeplessness, overweight, immobility, uric acid diathesis, supportive therapy for acute and chronic kidney or bladder diseases, dropsy, atherosclerosis, supportive for mild hemorrhages, especially of the gums, congestion in the liver, cholangiitis, cholecystitis, pancreatitis, blockage of the portal circulation.

3. Risks

None known.

Evaluation

Since the effectiveness for the claimed uses is not documented, a therapeutic application cannot be recommended.

*[**Ed. note:**"Indian nard root" is mentioned with reference to three different plants:

1. *Nardostachys jatamansi* [Fam. Valerianaceae].
2. *Vetiveria zizanioides* [Fam. Poaceae].
3. *Cymbopogon jwarancusa* [Fam. Poaceae].]

[**Ed. note:** There is an approved monograph for Horse Chestnut seed extract in the **Approved Herbs** section.]

Mistletoe berry

Visci albi fructus

Mistelfrüchte

Published July 14, 1993

Name of Drug

Visci albi fructus, mistletoe berry.

Composition of Drug

Mistletoe berry consists of the fresh or dried fruit of *Viscum album* L. [Fam. Viscaceae], as well as preparations thereof.

Pharmacological Properties, Pharmacokinetics, Toxicology

None known.

Clinical Data

1. Components of the Following Drug Combinations

Combinations containing up to 5 components:

1) Mistletoe berry, mistletoe herb.
2) Mistletoe berry, mistletoe herb.
3) Mistletoe berry, mistletoe herb.
4) Mistletoe berry, mistletoe herb, hawthorn berry, garlic, rutoside.
5) Mistletoe berry, mistletoe herb, 3 chemically defined components.

Combinations containing more than 5 components:

6) Mistletoe berry, mistletoe herb, valerian root, chamomile, peppermint leaf, blackberry leaf, yarrow herb, lemon balm leaf, hops, lavender flower, rose hip seed, heather, ripe poppy seed capsules.
7) Mistletoe berry, mistletoe herb, valerian root, silver weed, rosemary, wormwood, oregano, cleavers, wood betony.
8) Mistletoe berry, mistletoe herb, walnut leaf, couch grass, white willow bark, silver weed, rosemary, shepherd's purse, tormentil root, fumatory, masterwort, meadowsweet flower, horse chestnut flower.
9) Mistletoe berry, mistletoe herb, hawthorn flower, hawthorn leaf, lemon balm leaf, rosemary.
10) Mistletoe berry, mistletoe herb, birch leaf, horsetail herb, Indian snakeroot, rutoside, three homeopathic components.
11) Mistletoe berry, mistletoe herb, hawthorn flower, berry and leaf, blackberry leaf, yarrow, St. John's Wort, silver weed, lemon balm leaf.
12) Mistletoe berry, mistletoe herb, hawthorn flower, cola nut, ginseng root, royal jelly, 2 chemically defined components.
13) Mistletoe berry, mistletoe herb, valerian root, licorice, birch leaf, cornflower, restharrow root, parsley fruit, cat's foot flower, calendula flower, maté leaf, hawthorn leaf with flower, motherwort, woundwort flower, red poppy petals, acaciae robiniae flos, marshmallow flower, red clover flower.
14) Mistletoe berry, mistletoe herb, buckthorn bark, senna leaf, chamomile, licorice root, cornflower flower, dandelion root and herb, yarrow herb, stinging nettle, cat's foot flower, calendula flower, shepherd's purse, witch hazel leaf, yarrow flower, woundwort flower, red poppy petals, acaciae robiniae flos, marshmallow flower, red clover flower.
15) Mistletoe berry, mistletoe herb, valerian root, chamomile, senna leaf, birch leaf, cornflower flower, yarrow herb, rue leaf (ruta graveolens), cat's foot flower, calendula flower, shepherd's purse, heather, hawthorn leaf with

flower, witch hazel leaf, yarrow flower, woundwort flower, absinthe herb, red poppy petals, acaciae robiniae flos, marshmallow flower, red clover flower.

16) Mistletoe berry, mistletoe herb, uva ursi leaf, gentian root, fennel seed, caraway seed, sage leaf, thyme, juniper berry, dandelion herb with root, lemon balm leaf, rosemary, lavender flower, sweet flag rhizome, marjoram herb, chamomile, arnica root, agrimony, peppermint herb, elderberry, eyebright herb, cloves, nutmeg, wood betony.

17) Mistletoe berry, mistletoe herb, sage leaf, mullein, plantain leaf, St. John's Wort, horsetail grass, lemon balm leaf, calendula flower, rosemary, lavender flower, cowslip flower, watercress, eyebright herb, wild thyme, oregano, wood sanicle.

2. Claimed Uses of the Above Combinations

1) Blood pressure regulation.
2) Internal bleeding, epilepsy, arteriosclerosis, pulmonary bleeding, infantile convulsions, gout, hysteria, circulatory system regulation, elimination, blood purification, for massive loss of blood.
3) High blood pressure, circulatory disorders, improvement of vitality.
4) Prophylaxis for the care of the cardiovascular and nervous systems.
5) Mild to moderate high blood pressure, arteriosclerosis.
6) Sedating.
7) Epilepsy, sedating, antispasmodic.
8) Tonic for the blood circulatory system.
9) Tonic for the blood circulatory system and general arteriosclerosis.
10) Hypertension, essential hypertonia, supportive for renal hypertonia, arteriosclerosis, vertigo, neurasthenia, depression.
11) Tonic for the cardiovascular system.
12) Increase in physical and mental stamina.
13) Cardiotonic.
14) Constipation, intestinal fermentation, hemorrhoids, itching of the anus, varices, circulatory disorders.
15) Female disorders, such as menstrual disorders, poor blood circulation, menopausal discomforts, stagnation of blood, hot flashes, headaches.
16) Purification of the body, prevention of progressive aging.
17) Nervous heart trouble, headaches, sleep disorders.

3. Risks

Poisonings of children after consumption of mistletoe berry have been observed.

Dosage and Mode of Administration

There are no data available for dosage of this herb in combination.

Evaluation

Since the effectiveness for the claimed uses is not documented, a therapeutic application cannot be recommended.

Mistletoe stem

Visci albi stipites

Mistelstengel

Published June 29, 1994

Name of Drug

Visci albi stipites, mistletoe stem

Composition of Drug

Mistletoe stem consists of the fresh or dried stems of *Viscum album* L. [Fam. Viscaceae] and preparations thereof.

Pharmacological Properties, Pharmacokinetics, Toxicology

None known.

Clinical Data

1. Combination Partners

The drug and its preparations are combined with the following drugs or substances:

disodium salt, aloe, ammi visnaga berries (bishop's weed), angelica root, anise, arnica flowers, belladonna (potencies)*, valerian root, barium carbonate (potencies), barium chlorate (potencies), blessed thistle, berberis root, broom, birch leaves, bladderwrack, stinging nettle, calcium lactate-pentahydrate, cola seed, hawthorn (potencies), cyanocobalamin, foxglove (potencies), carline thistle, marshmallow, gentian root, frangula, fennel, dried magnesium sulphate, glycerol-1(2) dihydrogen phosphate mixture from iron (iii) salts, witch hazel bark, motherwort (herba leonuri cardiacae), hop cones, hyperoside, St. John's Wort, potassium- sodium (r,r)-tartrate times 4 H_2O, potassium-hydroaspartate, potassium sulphate, calamus root, poppy flowers, garlic, coriander, cornflower petals, lavender flowers, dandelion plant, magnesium-hydroaspartate dihydrite, magnesium peroxide, fructus cardui mariae, masterwort stem, balm leaves, mistletoe, nicotinamide, agrimonia, parsley root, peppermint leaves, phenobarbital, rue, *vomitoria* (potencies), rauvolfia root, retinol, rhubarb root, marigold flowers, robinia flowers, rosemary leaves, horse chestnut seeds, cudweeds, rutin, seedless garden bean pods, horsetail, yarrow, pagoda tree flower buds, celandine, sulphur, *selenicereus grandiflorus* (potencies), senna leaves, senna pods, *spigelia anthelmia* (potencies), centaury, aneurin (vitamin B1), dried brewer's yeast, troxerutin, mistletoe (potencies), whitethorn berries, whitethorn leaves with flowers, whitethorn flowers, meadow clover leaves, anthyllis flowers, cinnamon bark.

[**Ed. note:** "Potencies" refers to homeopathic preparations of a substance.]

2. Reported Indications for Therapeutic Use in the Above Combinations

For its calming effect; in the treatment of mental and physical exhaustion; as a tranquilizer against nervous conditions such as agitation, anxiety and increased excitability; for menopausal symptoms; sleeplessness; exam nerves; stage fright; hot flashes; blood rushes to the head; inner nervousness; to calm and strengthen the heart in the case of nervous heart irregularities; in the treatment of high and low blood pressure; in the early stages of treatment of arteriosclerosis, for muzziness, headaches, buzzing in the ears, dizziness, mood swings; latent cardiac insufficiency, presbycardia, functional heart and circulatory complaints, cor nervosa; prophylaxis and treatment of arteriosclerosis, vascular disease, circulatory disorders, hypertonia,

hardening of the arteries, circulatory and metabolic disorders of the heart, myocardial insufficiency, cardiac arrhythmia, cardiasthenia during and after infectious diseases, prophylaxis and treatment after cardiac arrest, nervous heart conditions, heart palpitations during states of agitation, anxiety, apprehension and tension; heart complaints during menopause; weather-dependent heart complaints, unstable blood pressure, nervousness, tendency to dizzy spells, pressure headaches, shortness of breath, weak spells, circulatory complaints, varicose veins, hemorrhoids, venous congestion, lazy bowel, cholelithiasis, cholecystitis, icterus, hepatitis, dyspepsia, constipation.

There is no evidence of the efficacy of mistletoe stem in any of the given combinations.

3. Risks

None known.

Evaluation

Since the efficacy of combinations has not been sufficiently documented in the above-named areas, therapeutic use of mistletoe stem cannot be recommended.

[**Ed. note:** Scotch Broom flower on page 373 belongs here.]

Sweet Violet root and herb

Violae odoratae rhizoma/herba

Märzveilchen

Published June 17, 1994

Name of Drug

Violae odoratae rhizoma; sweet violet root.
Violae odoratae herba; sweet violet herb.

Composition of Drug

Sweet violet root, consisting of the dried root of *Viola odorata* L. [Fam. Violaceae] and pharmaceutical preparations thereof.

Sweet violet herb, consisting of the dried above-ground parts of *V. odorata* L. and pharmaceutical preparations thereof.

Pharmacological Characteristics, Pharmacokinetics, Toxicology

The drug is said to contain saponins. Saponins can have an expectorant effect and irritate the mucous membrane when used in higher doses. There are no studies available on preparations of the drug.

Clinical Data

1. Combination Partners

The drug and preparations thereof are combined with the following drugs and substances:

acidum arsenicosum (potencies)*, ambra grisca (potencies), white horehound (herba marrubi), angelica root, anise, arnica, arnica root, *avena sativa* (potencies), valerian root, base bismuth nitrate, mugwort, erigeron, pimpernel root, bitter milkwort (complete plant), fenugreek seeds, stinging nettle, butetamat dihydrogencitrate, *caulophyllum thalictroides* (potencies), *chamaelirium luteum* (potencies), *chelidonium majus* (potencies), quinine bark, *cimicifuga racemosa* (potencies), condurango bark,

convallaria majalis (potencies), *crataegus* (potencies), *crocus sativus* (potencies), cyclamen (potencies), *delphinium staphisagria*, marshmallow root, gentian root, ephedrine hydrochloride, fumaria, eucalyptus leaves, frangula, fennel, lady's mantle, galanga stem, *tormentilla anserina*, garden sorrel, woodbine, smooth sumach, goldenrod, grindelia, lignum vitae, oat straw, heather flowers, autumn-Helen flower, elderflower, hop cones, *hydrastis canadensis* (potencies), carob, St. John's Wort, potassium monohydrophosphate, calamus root, chamomile flowers, chestnut leaves, burdock root, coriander berries, caraway, lavender flowers, toadflax, *lilium lancifolium* (potencies), lungwort, filipendula, magnesium- hydrophosphate trihydrate, magnesium peroxide, balm leaves, nutmeg seeds, naja naja (potencies), cloves, agrimony, passionflower plant, pepsin, peppermint leaves, dogwood, bitter orange peel/flowers, quassia wood, rhubarb root, rosemary, sage leaves, wood sage, seedless garden bean pods, sand sedge, sarsaparilla root, sassafras root wood, sour cherry stems, horsetail, yarrow plant/flowers, cowslip flowers, black currant leaves, *senecio aureus* (potencies), senna leaves, sundew, star anise, pansy plant, *strychnos nux-vomica* (potencies), licorice root, *centaurium erythraea*, thyme, turnera diffusa (potencies), *vitex agnus castus* (potencies), juniper berries, woodruff plant, walnut leaves, water fennel berries, willow bark, white dead nettle flowers, wormwood, yohimbe bark, cedar wood, stachys, cinnamon bark, aspen leaves.

*[**Ed.note:** "Potencies" refers to homeopathic preparations made of the particular ingredient.]

2. Claimed Uses of the Above Combinations

Acute and chronic bronchitis, bronchial asthma, acute and chronic catarrh of the respiratory organs, cold symptoms of the upper respiratory tract: hoarseness, coughing, mucous congestion, bronchial inflammation, late "flu" symptoms, chesty cough, spastic cough, whooping cough, emphysema, dust-damaged lung. It is said to strengthen the bronchi and to soothe coughs and the respiratory organs.

Urinary incontinence with various causes: senile incontinence, irritable bladder, enuresis nocturna, prostate conditions. In the treatment of insomnia, to improve deep sleep; to calm and relax nerves, in the treatment of physical and mental exhaustion; in the treatment of climacteric complaints such as hot flashes, metabolic imbalances, insomnia, depressions, irritability, anxiety states; gastrointestinal complaints, abdominal pain, gallbladder complaints, gastric catarrh, intestinal catarrh, enteritis, duodenitis, digestion problems caused by incorrect diet, flatulence, heartburn, loss of appetite.

Supports metabolism, detoxifies the blood.

Is used in the treatment of skin impurities and skin disorders.

3. Risks

None known.

Evaluation

Due to the insufficiently proven efficacy of the drug and its pharmaceutical preparations as well as the associated risks, therapeutic use cannot be recommended.

The traditional use of sweet violet root as an expectorant for the respiratory tract is well documented.

Yellow Jessamine root

Gelsemii rhizoma

Gelsemiumwurzelstock

Published September 21, 1991

Name of Drug

Gelsemii rhizoma, yellow jessamine root.

Composition of Drug

Yellow Jessamine root consists of the rhizome with roots of *Gelsemium sempervirens* (L.) Aiton [Fam. Loganiaceae], as well as preparations thereof.

Pharmacological Properties, Pharmacokinetics, Toxicology

Animal experiments showed the following effects:

Gelsemium tincture/fluidextract:

vasodilating, blood pressure lowering, bronchodilating; decreasing the vagus tone with resulting increase of heart frequency; paralyzing to the central nervous system, first the motor, then the sensory centers; curare-like effects on the voluntary nerves; atropine-like effect on the nervous system; elevated reflex irritability; inhibiting the absorption of dopamine, nor-adrenalin and serotonin in synaptic-somatic preparations of the rat brain and in a chloralized dog; an ECG showed bradycardia and conductivity disorders, potentiation of the analgesic effect of salicylamide and phenacetin. Pharmacological experiments for the total extract are not available.

Toxicology

see **Overdosage**.

Clinical Data

Clinical data reported by physicians and other material of medicinal experiences concerning the use of yellow jessamine root for phytotherapy are not available.

1. Component of the Following Drug Combinations

Combinations containing up to 5 components:

a) Yellow jessamine root, monkshood tuber, elderberry juice.

b) Yellow jessamine root, atropine sulfate, colloidal silver, angelica root, linseed.

c) Yellow jessamine root, hawthorn, oleander, Scotch broom herb.

d) Yellow jessamine root, papaverine hydrochloride, propyl phenazone, inositol nicotinate, ergotamine tartrate.

e) Yellow jessamine root, St. John's Wort, dehydrocholic acid, phenazone-citric acid-caffeine mixture.

Combinations with more than 5 components:

f) Yellow jessamine root, deadly nightshade extract, magnesium peroxide, sodium hydrogen carbonate, bismuth subnitrate, precipitated calcium carbonate.

g) Yellow jessamine root, sodium bromide, lavender flower, hops, angelica herb, American crampbark, sweet woodruff, wormwood herb.

h) Yellow jessamine root, St. John's Wort, valerian root, silverweed herb, rosemary leaf, hops, lavender flower, lemon balm herb.

i) Yellow jessamine root, fennel oil, caraway oil, peppermint oil, citronella oil, L-sparteine sulfate, night-blooming cereus flower, pheasant's eye herb, squill.

j) Yellow jessamine root, fennel oil, caraway oil, peppermint oil, citronella oil, L-sparteine sulfate, night-blooming cereus flower, pheasant's eye herb.

k) Yellow jessamine root, foxglove, phosphorus, hawthorn flower, hops,

night-blooming cereus flower, pheasant's eye herb, squill, West Indian lemongrass oil, lily-of-the-valley herb, valerian root.

l) Yellow jessamine root, *Silybum marianum, Kalmia latifolia, Selenicerus grandiflorus, Strychnos nux vomica, Veratrum album*, squill.

m) Yellow jessamine root, St. John's Wort, hawthorn berry, ginseng root, blessed thistle, arnica root, lily-of-the-valley herb, lemon balm herb.

n) Yellow jessamine root, sage leaf, thyme fluidextract, mullein, plantain herb, greater pimpernel root, white willow bark, bitter milkwort–entire plant, chestnut leaf, sundew herb, heart's ease herb, red soapwort root, hempnettle, elecampane root, cowslip flower without calyx, eryngo, anise, codeine phosphate hemi-hydrate, licorice juice.

o) Yellow jessamine root, allyl-mustard oil, *Chamomilla recutita, Citrullus colocynthis, Aconitum napellus*, ammonium bromatum, *Veratrum album*, atropinum sulfuricum, cuprum sulfuricum, *Passiflora incarnata*, St. John's Wort flower oil, cayenne, *Laricifomes officinalis.*

2. Claimed Applications of the Above Combinations

a) Neuralgic pain, particularly headache, migraine and sensitivity to weather changes.

b) Gastric disorders, nervous gastric irritations, sensation of fullness, burning, pressure in the stomach area, supportive treatment for gastric and duodenal ulcers, pylorospasm in infants.

c) Sedating cardiac and circulatory agent.

d) Migraine, migraine-like headaches, spasms of the intestinal tract, spasms of the gallbladder area, menstrual discomforts.

e) Migraine, migraine-like headaches, spasms of the gallbladder and intestinal area, menstrual discomforts.

f) Gastritis, gastroenteritis, colitis, hyperacidity, gastric and duodenal ulcers.

g) Neurasthenia, anxiety neurosis, insomnia.

h) Nervous ailments, nervousness, neurasthenia, depression.

i) Extrasystole, stenocardia, tachycardia, geriatric heart, thyrotoxicosis, spastic migraine, sedative, Roemheld symptoms.

j) Influence on heart function, palpitation, prophylaxis for overexertion, care of geriatric heart condition.

k) Coronary and circulatory disorders, arrhythmia, elevated blood pressure, heart tonic.

l) Heart remedy, circulatory agent, for minor heart therapy.

m) Low blood pressure, variations in blood pressure.

n) Cough, influenza infections, colds.

o) Muscular pain, sports injuries, spasmodic conditions.

3. Risks

Because of the narrow therapeutic range, numerous intoxications have occurred, some with fatal consequences.

Contraindications

Cardiac insufficiency.

Use During Pregnancy and Lactation

Information not available.

Interaction with Other Drugs

Animal experiments show that in combination with salicylamide and phenacetin, analgesic effects are potentiated.

Dosage and Mode of Administration

No data are available for the dosage of the combination products. For the prescription of yellow jessamine tincture or fluidextract the following information is given:

Yellow jessamine tincture (*Erg. B. 6*):

mean single dosage:
0.3 g (=18 drops)

maximum single dosage: 1 g
maximum daily dosage: 3 g
Yellow jessamine fluidextract:
single dosage: 1 - 3 drops

Overdosage

Described characteristic symptoms of overdosage are:

Dizziness, loss of speech, inability to move the tongue and to swallow, dryness of the mouth, paralysis of the eyelids, visual disturbances or double vision, enlargement of the pupils, tremor of the limbs, weakness or rigidity of the muscles, dropping of the lower jaw.

Evaluation

A therapeutic administration is not justifiable because of insufficiently documented effectiveness, narrow therapeutic range and frequently reported poisonings with occasional fatal results.

CHAPTER 7

UNAPPROVED FIXED COMBINATIONS

Fixed combinations of Belladonna with drugs in homeopathic preparations

Published September 24, 1993

Name of Drug

Fixed combinations of Belladonna, *Atropa belladonna* L. [Fam. Solanaceae], with drugs in homeopathic preparations.

Composition of Drug

Fixed combinations of Belladonna are available with the following compounds prepared according to homeopathic regulations:

Apis mellifica	(*B. Anz.* No. 190a of October 10, 1985)
Arnica montana	(*B. Anz.* No. 217a of November 22, 1985)
Calcium carbonicum	(*B. Anz.* No. 44 of March 3, 1990)
Chamomilla recutita	(*B. Anz.* No. 217a of November 22, 1985)
Chelidonium majus	(*B. Anz.* No. 190a of October 10, 1985)
Gelsemium sempervirens	(*B. Anz.* No. 217a of November 22, 1985)
Hamamelis virginiana	(*B. Anz.* No. 29a of February 12, 1986)
Lycopus virginicus	(*B. Anz.* No. 29a of February 12, 1986)

This list of components will be supplemented according to the development of preparations.

Pharmacological Properties, Pharmacokinetics, Toxicology

For Belladonna (*Atropa belladonna*) and the drugs of homeopathic preparations, refer to the respective monographs.
[**Ed. note:** Homeopathic preparations are regulated in Germany by Commission D, not Commission E. Thus, they are not included in this publication.]

Clinical Data

1. Uses

The following indications are claimed for combination preparations:

Hemorrhoids.

Disturbances of gall production and gall secretion, disturbances of liver function, spasms in the area of the

bile ducts, gastritis, duodenitis, supportive therapy for ulcus ventriculi and duodeni, gastroenteritis, colitis, digestive problems, especially constipation caused by liver insufficiency.

Angina, stomatitis, periarthritis, conservative treatment and pre-treatment of abscesses, panaritium, furuncles, adjuvant for pleurisy.

Sleeping disorders, vegetative dystonia, psychosexual disturbances, climacteric complaints, thyrotoxicosis, neurasthenia.

The effectiveness of the combinations for the claimed uses has not been documented.

2. Risks

The harmlessness of these combination products is specified by the data given for the homeopathic preparations in the individual monographs.

The following risks are valid for Belladonna:

Do not use in case of tachycardiac arrhythmia, prostate edema with residual urine, narrow-angle glaucoma, acute edema of the lungs, mechanical stenoses of the gastrointestinal tract, megacolon.

3. Side Effects

Dry mouth, decrease of perspiration gland function, accommodation disturbances, reddening and dryness of the skin, hyperthermia, tachycardia, difficulties in urination, hallucinations and spastic conditions, especially when overdosed.

The anticholinergic action of the drug can be enhanced by tricyclic antidepressants, amantadine and quinidine.

Evaluation

The indicated uses of the components are listed in their respective monographs. Concerning the combinations of Belladonna with homeopathically prepared drugs, no data are available from which a positive contribution to the effectiveness of these drug combinations can be deduced. According to the evaluation results of the homeopathic preparations, these neither contribute to the effectiveness nor to the tolerance of Belladonna-containing medicines.

The combination of Belladonna, an alkaloid drug with narrow dosage limitations and high toxicity, with other compounds is not recommended. The therapeutic principle of homeopathy generally does not agree with that of phytotherapy. Therefore, fixed combinations of homeopathic and phytotherapeutic preparations are not sensible.

Approval of such combination products cannot be recommended.

Fixed combinations of Belladonna with other drugs

Published September 24, 1993

Name of Drug	Composition of Drug
Fixed combinations of Belladonna [*Atropa belladonna*] with other drugs.	Fixed combinations of Belladonna are available with the following drugs:
Pheasant's Eye herb	(*B. Anz.* No. 85 of May 5, 1988)
Aloe	(*B. Anz.* No. 154 of August 21, 1985)
Horehound herb	(*B. Anz.* No. 22a of February 1, 1990)
Arnica flower	(*B. Anz.* No. 228 of December 5, 1984)
Valerian root	(*B. Anz.* No. 90 of May 15, 1985)
Pimpinella root	(*B. Anz.* No. 101 of June 1, 1990)
Monkshood	(*B. Anz.* No. 193a of October 15, 1987)
Stinging Nettle root	(*B. Anz.* No. 173 of September 18,1986)
Nux Vomica	(*B. Anz.* No. 173 of September 18,1986)
Camphor	(*B. Anz.* No. 228 of December 5, 1984)
Turmeric root	(*B. Anz.* No. 223 of November 30, 1985)
Ivy leaf	(*B. Anz.* No. 122 of July 6, 1988)
Gentian root	(*B. Anz.* No. 223 of November 30, 1985)
Eucalyptus leaf	(*B. Anz.* No. 177a of September 24,1986)
Eucalyptus oil	(*B. Anz.* No. 177a of September 24,1986)
Buckthorn bark	(*B. Anz.* No. 228 of December 5, 1984)
Witch Hazel leaf and bark	(*B. Anz.* No. 154 of August 21, 1985)
Henbane leaf	(*B. Anz.* No. 85 of May 5, 1988)
St. John's Wort	(*B. Anz.* No. 228 of December 5, 1984)
Coffee Charcoal	(*B. Anz.* No. 85 of May 5, 1988)
Chamomile flower, German	(*B. Anz.* No. 228 of December 5, 1984)
Caraway seed	(*B. Anz.* No. 22a of February 1, 1990)
Blessed Thistle fruit	(*B. Anz.* No. 50 of March 13, 1986)
Mistletoe herb	(*B. Anz.* No. 228 of December 5, 1984)
Agrimony	(*B. Anz.* No. 50 of March 13, 1986)
Paprika (Cayenne)	(*B. Anz.* No. 22a of February 1, 1990)
Peppermint leaf	(*B. Anz.* No. 223 of November 30, 1985)
Peppermint oil	(*B. Anz.* No. 50 of March 30, 1986)
Bitter Orange peel	(*B. Anz.* No. 193a of October 15, 1987)
Primrose root	(*B. Anz.* No. 122 of July 6, 1988)
Rhubarb root	(*B. Anz.* No. 228 of December 5, 1984)
Horse Chestnut seed	(*B. Anz.* No. 228 of December 5, 1984)
Sandy Everlasting	(*B. Anz.* No. 122 of July 6, 1988)
Saw Palmetto Berry	(*B. Anz.* No. 43 of March 2, 1989)
Sage leaf	(*B. Anz.* No. 90 of May 15, 1985)
Yarrow	(*B. Anz.* No. 22a of February 1, 1990)
Celandine herb	(*B. Anz.* No. 90 of May 15, 1985)
Senna leaf	(*B. Anz.* No. 228 of December 5, 1984)
Jimsonweed leaf and seed	(*B. Anz.* No. 22a of February 1, 1990)

Plantain	(*B. Anz.* No. 223 of November 30, 1985)
Licorice root	(*B. Anz.* No. 90 of May 15, 1985)
Thyme	(*B. Anz.* No. 228 of December 5, 1984)
Uzara root	(*B. Anz.* No. 164 of September 1, 1990)
Hawthorn	(*B. Anz.* No. 1 of January 3, 1984)
Soapwort root, White	(*B. Anz.* No. 101 of June 1, 1990)
Wormwood	(*B. Anz.* No. 228 of December 5, 1984)

This list of components will be supplemented according to the development of preparations.

Pharmacological Properties, Pharmacokinetics, Toxicology

For Belladonna and the other herbs, refer to the respective monographs.

Clinical Data

1. Uses

The following indications are claimed for the combination preparations:

a) Bronchitis, asthma, acute and chronic diseases of the respiratory tract and lung, emphysema of the lung, tuberculosis of the lung, influenza-like infections, dust lung, whooping cough, smoker's cough, fever with eruptive children's diseases, and as an antitussive and expectorant.

b) Hemorrhoids, anal fissures, spasms of the anal sphincter, cryptitis, mucosal prolapse, and for pre-and post-operative treatment of surgery in the anal area.

c) Disturbances of gall production and gall secretion, disturbances of liver functions, icterus, spasms in the area of the bile ducts, cholangiitis, cholelithiasis, dyspepsia, hyperacidity of the stomach, severe spasms of acute and chronic gastric disorders, gastritis, duodenitis, supportive in the treatment of ulcus ventriculi et duodeni, gastroenteritis, colitis, digestive disorders, bloating and feeling of fullness, especially constipation caused by liver insufficiency, loss of appetite, acute and chronic constipation, reconstitution of damaged intestinal flora with concurrently desired laxative effect, colic, and gastrocardiac symptomatic complex.

d) Angina, stomatitis, periarthritis, conservative treatment and pre-treatment of abscesses, panaritium, furuncles, and as an adjuvant for pleurisy.

e) Sleeping disorders, vegetative dystonia, psychosexual disturbances, discomforts due to foehn, neurovegetative misregulations of all origins, especially disorders of the cardiovascular system and the digestive organs, hormonal based difficulties during puberty, menopause, for hyperfunction of the thyroid during the course of infectious diseases, conditions of anxiety and stress, depression, thyrotoxicosis, neurasthenia, migraine, as a day-time sedative, in preparation for surgery, for hyperhydrosis, enuresis nocturna, vegetative neuroses, cardiac and vascular neuroses, Ménière's disease, dizziness, nausea and vomiting of various origins, headaches, and difficulty in concentrating.

f) Tachycardia, over-excitability of the conduction system, extrasystole, vascular spasms, functional problems at hypertonia, angina pectoris, geriatric heart.

g) Arteriosclerosis.

h) Prostate edema, prostatitis, nervous bladder, residual urine, difficulties in urination, increased frequency in urination, cystitis, tenesmus, parametritis, adnexitis.

i) Rheumatic ailments, sciatica, lumbago, gout, neuralgia, muscle strain, sprains,

pain in the limbs and joints, hallux valgus, swelling of the big toe joint.

The effectiveness of the combinations for the claimed uses has not been documented.

2. Risks

The safety of these combination products is specified by the data given in the individual monographs.

The following risks are valid for Belladonna:

Do not use in case of tachycardiac arrhythmia, prostate edema with residual urine, narrow-angle glaucoma, acute edema of the lungs, mechanical stenoses of the gastrointestinal tract, and megacolon.

3. Side Effects

Dry mouth, decrease of perspiratory gland function, accommodation disturbances, reddening and dryness of the skin, hyperthermia, tachycardia, difficulties in urination, hallucinations and spastic conditions, especially when overdosed.

The anticholinergic action of the drug can be enhanced by tricyclic anti-depressants, amantadine and quinidine.

Evaluation

The uses of the individual components are listed in their respective monographs.

Concerning the combinations of Belladonna with other drugs, no data are available from which a positive contribution to the effectiveness of these drug combinations can be deduced. According to the evaluation results of the other mentioned drugs, these neither contribute to the effectiveness nor to the tolerance of deadly nightshade-containing medicines.

The combination of Belladonna, an alkaloid drug with narrow dosage limitations and high toxicity, with other compounds is not recommended. Poisonings with this herb have been reported. There is no rationale for the additions in the fixed combinations. The risks of side effects and overdosing must be rated higher than the usefulness. Some of the combinations claim uses such as tachycardia and prostate edema with residual urine, which are contraindications for Belladonna. There are neither clinical nor pharmacological data available for the evaluation of fixed combinations with Belladonna for spasms and colic-like pain in the area of the gastrointestinal tract and bile ducts. Furthermore, there are respective monopreparations of Belladonna available as therapy for these symptoms.

Approval for such combination products cannot be recommended.

Fixed combinations of Lily-of-the-valley herb and Squill

Published July 14, 1993

Name of Drug

Fixed combinations of lily-of-the-valley herb and squill.

Composition of Drug

Fixed combinations consisting of:

Lily-of-the-valley herb corresponding to *DAB* 10; squill corresponding to *DAB* 10;

as well as their preparations.

Pharmacological Properties, Pharmacokinetics, Toxicology

The leading glycoside of lily-of-the-valley leaf is convallatoxin; of squill, proscillaridin A.

The actions of cardiac glycosides on the heart are:

a) positive inotropic (increasing contractile strength and velocity while delaying relaxation);
b) negative chronotropic (decreasing the time or rate of contraction);
c) negative dromotropic (decreasing stimulus conduction);
d) positive bathmotropic (increasing stimulation of the ventricular muscle).

Pharmacokinetics

Convallatoxin:

For convallatoxin an absorption rate of 10 percent and a subsidence rate of 40 - 50 percent are given. The absorption rate is believed to be increased by saponins contained in the herb. No information is available concerning its metabolism in humans. A renal/biliary excretion is assumed. Binding to plasma proteins lies between 16 and 23 percent.

Recent investigations, particularly for the substance reacting in combination, are not available.

Proscillaridin A:

Proscillaridin A is absorbed at a rate of 20 - 30 percent; the half-life value is 45 - 50 hours. The plasma protein binding is about 85 percent.

Proscillaridin A is eliminated after biliary conjugation with glucuronic and sulfuric acid. There is evidence for an entero-hepatic circulation. Recent information pertaining to the substance in the combination is not available. Pharmacodynamic and pharmacokinetic studies with the fixed combination of lily-of-the-valley herb and squill are not available.

A "sub-additive" effect on guinea pigs is described for the toxicity of proscillaridin A and convallatoxin. The transferability of these data to the herbs is not clear.

Pertaining to the cumulative effect and pharmacokinetics affecting patients at risk, e.g., patients with kidney insufficiency, there are no data available for the herbs and their fixed combination.

Clinical Data

1. Uses

Preparations of the fixed combination of lily-of-the-valley and squill are used for mild and moderate forms of heart insufficiency, also for diminished kidney capacity, geriatric heart, chronic cor pulmonale, continuation of digitalis therapy (interval treatment), hypertonia, neurocirculatory disturbances, such as tachycardia, feeling of oppression, as a diuretic with mainly cardiac target, and for functional heart symptoms.

There is no useful information available for the claimed uses. The effectiveness for the claimed applications is not documented.

2. Risks

Not to be used in case of therapy with digitalis glycosides, digitalis intoxication, hypercalcemia, potassium deficiency, bradycardia, ventricular tachycardia.

Since no investigations for the use by children are available, the application is contraindicated.

Caution if conduction disturbances exist and i.v. calcium therapy is applied.

Side effects that may occur: nausea, vomiting, gastric disturbances, irregular pulse and cardiac dysrhythmia.

Increase in effectiveness, and thus also side effects, occurs with simultaneous administration of quinidine, calcium, saluretics, laxatives and long-term therapy

with glucocorticoids. One case report exists of an Adam-Stokes seizure. More information is not available.

Evaluation

Positive monographs are available for the individual herbs.

Sufficiently validated information concerning the dosage of the herb in the combination products, as well as the ratio of the herbs to each other, is not available. Because of the inadequate pharmacodynamic and pharmacokinetic study, as well as inadequate clinical study pertaining to the fixed combination, effectiveness and safety of preparations of lily-of-the-valley herb and squill cannot be evaluated.

Without further investigation, the risk of the combination cannot be evaluated. Cardiac glycosides have a comparatively narrow therapeutic range, making respective investigations necessary, especially if a prolonged therapy is required. The risks are not biased to the fixed combination as compared to the individual herbs. No scientific information is available for the effectiveness of this medicinal combination.

Fixed combinations of Pheasant's Eye herb and Lily-of-the-valley herb

Published July 14, 1993

Name of Drug

Fixed combinations of pheasant's eye herb and lily-of-the-valley herb.

Composition of Drug

Fixed combinations consisting of:

Pheasant's eye corresponding to *DAB* 10;

Lily-of-the-valley herb corresponding to *DAB* 10; as well as their preparations.

Pharmacological Properties, Pharmacokinetics, Toxicology

The leading glycoside of pheasant's eye herb is cymarin, of lily-of-the-valley leaf is convallatoxin.

The actions of cardiac glycosides on the heart are:

a) positive inotropic (increasing contractile strength and velocity while delaying relaxation);
b) negative chronotropic (decreasing the time or rate of contraction);
c) negative dromotropic (decreasing stimulus conduction);
d) positive bathmotropic (increasing stimulation of the ventricular muscle).

Pharmacokinetics

Cymarin:

The indication for the absorption of cymarin lies between 15 and 47 percent. The half-life of elimination is given as 13 - 23 hours. Elimination of cymarin occurs mainly by renal discharge. The subsidence rate is 50 percent.

Recent investigations, particularly of cymarin's actions in combinations, are not available.

Convallatoxin:

For convallatoxin an absorption rate of 10 percent and a subsidence rate of 40 - 50 percent are given. The absorption rate is supposedly increased by saponins contained in the herb. No information is available concerning its metabolism in humans. A

renal/biliary excretion is assumed. The binding to plasma proteins lies between 16 and 23 percent.

Pharmacodynamic and pharmacokinetic studies with the fixed combination of pheasant's eye herb and lily-of-the-valley herb are not available. Pertaining to the cumulative effect and pharmacokinetics affecting patients at risk, e.g., patients with kidney insufficiency, there are no data available for the herbs and their fixed combinations.

Clinical Data

1. Uses

Preparations of the fixed combinations of pheasant's eye herb and lily-of-the-valley herb are used for heart problems, vascular problems, circulatory ailments, decompensated geriatric heart function, stress and hypertonic heart function, mild to moderate heart muscle insufficiency, for myocardia, as a tonic for the cardiovascular system after coronary infarction, continuation treatment after digitalis therapy, for functional heart and circulatory disturbances, nervous heart (cardiac neurosis), mild irregular heart action, support of the cardiovascular system prior to and after surgery, treatment of pressure and sensation of constriction in the heart area, improvement of blood and oxygen supply of the heart, for declining heart capacity, strengthening of the heart muscle and for a more efficient cardiac capacity.

There is no useful information available for the claimed uses.

The effectiveness for the claimed applications is not documented.

2. Risks

Not to be used in case of therapy with digitalis glycosides, digitalis intoxication, hypercalcemia, potassium deficiency, bradycardia, ventricular tachycardia.

Since no investigations for the use by children are available, the application is contraindicated.

Caution if nervous conduction disturbances exist and i.v. calcium therapy is applied.

Side effects which may occur: nausea, vomiting, gastric disturbances, irregular pulse and cardiac dysrhythmia.

Increase in effectiveness, and thus also side effects, occur with simultaneous administration of quinidine, calcium, saluretics, laxatives and long-term therapy with glucocorticoids.

Evaluation

Positive monographs are available for the individual herbs.

Sufficient validated information concerning the dosage of the herb in the combination products, as well as the ratio of the herbs to each other, is not available.

Because of the inadequate pharmacodynamic and pharmacokinetic study, as well as inadequate clinical study pertaining to the fixed combination, effectiveness and safety of preparations of pheasant's eye herb and lily-of-the-valley herb cannot be evaluated.

Without further study, the risks of the combination cannot be evaluated. Cardiac glycosides have a comparatively narrow therapeutic range, making respective investigations necessary, especially if a prolonged therapy is demanded. The risks are not biased to the fixed combination as compared to the individual herbs. No scientific information is available for the effectiveness of this medicinal combination.

Fixed combinations of Pheasant's Eye herb and/or Lily-of-the-valley herb and/or Squill and/or Oleander leaf with herbs that do not contain cardiac glycosides

Published July 14, 1993

Name of Drug

Fixed combinations of Pheasant's Eye herb and/or Lily-of-the-valley herb and/or Squill and/or Oleander leaf with herbs which do not contain cardiac glycosides.

Components of Drug

Fixed combinations of Pheasant's Eye and/or Lily-of-the-valley herb and/or Squill and/or Oleander leaf are available with the following herbs not containing cardiac glycosides:

Elecampane root	(*B. Anz.* No. 85 of May 5, 1988)
Anise seed	(*B. Anz.* No. 122 of July 6, 1988)
Arnica flower	(*B. Anz.* No. 228 of December 5, 1984)
Uva Ursi leaf	(*B. Anz.* No. 228 of December 5, 1984)
Valerian root	(*B. Anz.* No. 90 of May 15, 1985)
Blessed Thistle herb	(*B. Anz.* No. 193a of October 15, 1987)
Scotch Broom herb	(*B. Anz.* No. 11 of January 17, 1991)
Pimpinella root	(*B. Anz.* No. 101 of June 1, 1990)
Birch leaf	(*B. Anz.* No. 50 of March 13, 1986)
Bogbean leaf	(*B. Anz.* No. 22a of February 1, 1990)
Monkshood	(*B. Anz.* No. 193a of October 15, 1987)
Boldo leaf	(*B. Anz.* No. 76 of April 23, 1987)
Stinging Nettle herb and leaf	(*B. Anz.* No. 76 of April 23, 1987)
Blackberry leaf	(*B. Anz.* No. 22a of February 1, 1990)
Rupturewort	(*B. Anz.* No. 173 of September 18, 1986)
Cola nut	(*B. Anz.* No. 127 of July 12, 1991)
Dill seed	(*B. Anz.* No. 193a of October 15, 1987)
Verbena	(*B. Anz.* No. 22a of February 1, 1990)
Ephedra	(*B. Anz.* No. 11 of January 17, 1991)
Buckthorn bark	(*B. Anz.* No. 228 of December 5, 1984)
Fennel seed	(*B. Anz.* No. 74 of April 19, 1991)
Silverweed	(*B. Anz.* No. 223 of November 30, 1985)
Yellow Jessamine root	(*B. Anz.* No. 178 of September 21, 1991)
Ginseng root	(*B. Anz.* No. 11 of January 17, 1991)
Goldenrod	(*B. Anz.* No. 193a of October 15, 1987)
Guaiac wood	(*B. Anz.* No. 76 of April 23, 1987)
Rose Hip	(*B. Anz.* No. 164 of September 1, 1990)
Rose Hip seed	(*B. Anz.* No. 164 of September 1, 1990)
Witch Hazel leaf and bark	(*B. Anz.* No. 154 of August 21, 1985)
Spiny Restharrow root	(*B. Anz.* No. 76 of April 23, 1987)
Motherwort herb	(*B. Anz.* No. 50 of March 13, 1985)
Elder flower	(*B. Anz.* No. 50 of March 13, 1985)

Hops	(*B. Anz.* No. 228 of December 5, 1984)
St. John's Wort	(*B. Anz.* No. 228 of December 5, 1984)
Chamomile flower, German	(*B. Anz.* No. 228 of December 5, 1984)
Pine sprouts	(*B. Anz.* No. 173 of September 18, 1986)
Night-blooming Cereus	(*B. Anz.* No. 22a of February 1, 1990)
Cornflower	(*B. Anz.* No. 43 of March 2, 1989)
Madder root	(*B. Anz.* No. 173 of September 18, 1986)
Caraway seed	(*B. Anz.* No. 22a of February 1, 1990)
Pumpkin seed	(*B. Anz.* No. 223 of November 30, 1985)
Lavender flower	(*B. Anz.* No. 228 of December 5, 1984)
Lovage root	(*B. Anz.* No. 101 of June 1, 1990)
Dandelion root and herb	(*B. Anz.* No. 228 of December 5, 1984)
Meadowsweet	(*B. Anz.* No. 43 of March 2, 1989)
Marjoram	(*B. Anz.* No. 226 of December 2, 1992)
Mallow flower	(*B. Anz.* No. 43 of March 2, 1989)
Milk Thistle seed	(*B. Anz.* No. 50 of March 13, 1986)
Maté	(*B. Anz.* No. 85 of May 15, 1988)
Lemon Balm	(*B. Anz.* No. 228 of December 5, 1984)
Mistletoe herb	(*B. Anz.* No. 228 of December 5, 1984)
Java Tea	(*B. Anz.* No. 50 of March 13, 1986)
Passionflower herb	(*B. Anz.* No. 223 of November 30, 1985)
Parsley seed	(*B. Anz.* No. 43 of March 2, 1989)
Parsley herb and root	(*B. Anz.* No. 43 of March 2, 1989)
Peppermint leaf	(*B. Anz.* No. 223 of November 30, 1985)
Primrose root	(*B. Anz.* No. 122 of July 6, 1988)
Rue	(*B. Anz.* No. 43 of March 2, 1989)
Serpent wood root	(*B. Anz.* No. 173 of September 18, 1986)
Rosemary leaf	(*B. Anz.* No. 223 of November 30, 1985)
Horse Chestnut seed	(*B. Anz.* No. 228 of December 5, 1984)
Saw Palmetto berry	(*B. Anz.* No. 43 of March 2, 1989)
Sage leaf	(*B. Anz.* No. 90 of May 15, 1985)
Kidney bean pods (without seeds)	(*B. Anz.* No. 50 of March 13, 1990)
Sandalwood, Red	(*B. Anz.* No. 193a of October 15, 1987)
Horsetail herb	(*B. Anz.* No. 173 of September 18, 1986)
Yarrow	(*B. Anz.* No. 22a of February 1, 1990)
Celandine, herb	(*B. Anz.* No. 90 of May 15, 1985)
Senna	(*B. Anz.* No. 228 of December 5, 1984)
Echinacea Angustifolia root	(*B. Anz.* No. 162 of August 29, 1992)
Asparagus root	(*B. Anz.* No. 127 of July 12, 1991)
Heart's Ease herb	(*B. Anz.* No. 50 of March 13, 1986)
Licorice root	(*B. Anz.* No. 90 of May 15, 1985)
Kelp	(*B. Anz.* No. 101 of June 1, 1990)
Tormentil root	(*B. Anz.* No. 85 of May 5, 1988)
Juniper berry	(*B. Anz.* No. 228 of December 5, 1984)
Walnut leaf	(*B. Anz.* No. 101 of June 1, 1990)
White Willow bark	(*B. Anz.* No. 228 of December 5, 1984)
Wormwood	(*B. Anz.* No. 228 of December 5, 1984)
Bugleweed	(*B. Anz.* No. 22a of February 1, 1990)

This list of components will be supplemented according to the progress of the Commission's work.

Pharmacological Properties, Pharmacokinetics, Toxicology

For pheasant's eye herb, lily-of-the-valley-herb, squill, oleander and the other herbs that do not contain cardiac glycosides, refer to the respective monographs.

Clinical Data

1. Uses

The following indications are claimed for these combination preparations:

a) Mild forms of heart insufficiency, even with diminished kidney capacity, geriatric heart, athletic heart, cardiac dropsy, chronic cor pulmonale, myodegeneration of the heart, nervous heart, cardiac- and vasoneurosis, as a tonic for the heart during starvation (hunger) or fasting cures, as a tonic for the cardiac and circulatory system, for heart damage caused by tobacco, anginal discomforts, improvement of coronary blood supply, rhythmic disturbances, as a supplement to digitalis and strophanthin therapies, and for inflammation of the heart muscle and heart lining.

b) Feeling of ill health due to low blood pressure (dizziness, disturbances of sight, decrease in physical and mental capacity, vegetative dystonia, depression), hypotonic regulatory disorders, during and after infectious diseases, circulatory disturbances, and high blood pressure, especially during menopause.

c) Varicose symptoms, phlebectasia, angioneurosis, brachyalgia, endangiitis obliterans, ulcer of the leg, hemorrhoids.

d) Stimulation of kidney function, fluid removal during heart and kidney ailments, disturbances of the metabolism, e.g., high values of uric acid and overweight, dropsy, supporting treatment of catarrhs of the bladder and renal pelvis, cystitis, pyelonephritis, prevention of urinary gravel and urinary calculi, for renal, cardiac, hepatogenic or static edema, ascites, "bladder and kidney congestion," liver congestion, urine retention, reduction of residual urine, urination disorders, prostatitis, and hypertrophy of the prostate.

e) Supportive to treatment of obesity.

f) Arteriosclerosis.

g) Anxiety, sleeping disorders due to nervous palpitation, symptoms of "manager disease," vegetative dystonia.

h) Neuralgia, skin diseases, allergies, "disorders of secretions."

No useful information is available pertaining to the claimed applications.

The effectiveness of the combinations for the claimed uses has not been documented.

2. Risks

The harmlessness of these combination preparations pertains to the herbs without cardiac glycosides, as specified by the data given in the individual monographs. Interactions between the herbs containing cardiac glycosides and the other herbs have not been investigated.

Pheasant's eye herb, lily-of-the-valley herb, squill, and oleander leaf contain cardiac glycosides.

The following risks apply:

Not to be used during therapy with digitalis glycosides, digitalis intoxication, hypercalcemia, potassium deficiency, bradycardia, ventricular tachycardia. Since studies regarding the use by children are not available, the administration is contraindicated.

Caution in cases of conduction disturbances and during i.v. calcium therapy. Side effects that may occur: nausea, vomiting and cardiac dysrhythmia.

Increased effectiveness, and thus also of side effects, occurs with simultaneous administration of quinidine, calcium, saluretics, laxatives, and, during long-term therapy, with glucocorticoids.

Evaluation

The indicated uses of the component herbs are listed in their respective monographs.

Concerning the combinations of pheasant's eye herb and/or lily-of-the-valley herb and/or squill and/or oleander leaf with herbs which do not contain cardiac glycosides, no data are available from which a positive contribution to the effectiveness of these drug combinations can be deduced. According to the evaluation results [of investigations] of the herbs not containing cardiac glycosides, these neither contribute to the effectiveness nor to the tolerance of pheasant's eye herb and/or lily-of-the-valley herb and/or squill and/or oleander leaf-containing medicines.

The combination of pheasant's eye herb and/or lily-of-the-valley herb and/or squill and/or oleander leaf, being drugs containing cardiac glycosides with narrow dosage ranges and high toxicity, with other compounds is not to be recommended. Permission of such combination products cannot be recommended.

Fixed combinations of Pheasant's Eye herb and/or Lily-of-the-valley herb and/or Squill and/or Oleander leaf with chemically defined drugs

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Name of Drug

Fixed combinations of Pheasant's Eye herb and/or Lily-of-the-valley herb and/or Squill and/or Oleander leaf with chemically defined drugs.

Composition of Drug

Fixed combinations of Pheasant's Eye herb and/or Lily-of-the-valley herb and/or Squill and/or Oleander leaf are available with the following chemically defined compounds:

Thiamine hydrochloride	(*B. Anz.* No. 131 of July 21, 1987)
Ascorbic acid	(*B. Anz.* No. 18 of January 28, 1992)
Camphor	(*B. Anz.* No. 228 of December 5, 1984)
Camylofine	(*B. Anz.* No. 149 of August 11, 1989)
Caffeine	(*B. Anz.* No. 209 of November 8, 1988)
Vitamin D3	(*B. Anz.* No. 147 of August 10, 1988)
Dehydrocholic acid	(*B. Anz.* No. 147 of August 10, 1988)
Dehydroxypropyl theophyllin (Diprophyllin)	Prepublication
Ephedrine hydrochloride	Prepublication
Folic acid	(*B. Anz.* No. 45 of March, 1987)
Nitroglycerin	(*B. Anz.* No. 43 of March 2, 1990)

Guaiazulene	(*B. Anz.* No. 128 of July 13, 1990)
Potassium chloride	(*B. Anz.* No. 103 of June 8, 1991)
Potassium citrate	(*B. Anz.* No. 103 of June 8, 1991)
Magnesium sulfate	(*B. Anz.* No. 118 of June 29, 1990)
Nicotinamide	(*B. Anz.* No. 148 of August 10, 1989)
Antipyrine (Phenazone)	(*B. Anz.* No. 145 of August 5, 1989)
Procaine	(*B. Anz.* No. 198 of October 23, 1991)
Proscillaridin	(*B. Anz.* No. 43 of March 2, 1990)
Proxyphylline	Prepublication
Theobromine-Na-salicylate	(*B. Anz.* No. 30 of February 13, 1993)
Verapamil	(*B. Anz.* No. 43 of March 2, 1990)
Vitamin B2	(*B. Anz.* No. 46 of March 8, 1988)
Vitamin B12	(*B. Anz.* No. 59 of March 29, 1989)

This list of components will be supplemented according to the progress of the Commission's work.

Pharmacological Properties, Pharmacokinetics, Toxicology

For pheasant's eye herb, lily-of-the-valley herb, squill, oleander leaf, and chemically defined drugs refer to the respective individual monographs.

Clinical Data

1. Uses

For the combination preparations, the following indications are claimed:

a) Cardiac and circulatory insufficiency, even with diminished kidney output, angina pectoris, coronary insufficiency, rhythmic disturbances of the heart, extrasystole, tachycardia, mild forms of bradycardia, endocarditis, myodegeneration of the heart, functional disorders of the heart, especially with added nervous overtones, such as of old age, after infectious diseases, during menopause, weather changes, delayed convalescence, by uncommon physical and psychological stress, geriatric heart, increased demand on the heart muscle, e.g., balneological treatments, hypotonic symptoms with dizziness, tendency to collapse, cardiac stenosis, acute cardiac neuralgia, nocturnal tachycardia, especially after abuse of alcohol and tobacco, as a tonic and stimulant for heart and circulation, peripheral and cerebral disturbances of blood flow, for interval treatment and as an adjuvant of digitalis and strophanthin therapy, digitalis intolerance, thyrotoxicosis, chronic cor pulmonale, prevention of arteriosclerosis, high blood pressure, post-treatment of severe high blood pressure with cardiac decompensation, for prevention and post-treatment of coronary infarction.

b) For treatment of symptoms of chronic venous insufficiency, varicosis, syndromes occurring after thrombosis, concomitant treatment of trophic changes, e.g., varicose ulcers.

c) Potassium and magnesium deficiency.

d) Bronchial asthma, cardiac asthma, acute, chronic bronchitis, especially with severe spasms of the bronchial muscles, spasms connected with emphysema of the lungs, allergic reactions, congestion of the respiratory tract, adjuvant for pertussis.

e) Edema, as a diuretic, acute and chronic diseases of the kidneys and the efferent urinary tract, such as acute and

chronic interstitial nephritis, nephrosis, nephrosclerosis, pyelonephritis, nephrolithiasis, cystitis, difficulties of urination, for the ease of the discharge of stones, for the prevention of ascending infections of users of catheters, treatment of infections resistant to antibiotics and sulfonamide.

f) For gastrointestinal discomforts, such as pressure, spasms of unknown origin, feeling of fullness, bloating, heartburn, Roemheld's syndrome, as a laxative, for loss of appetite.

g) Gallbladder and liver ailments.

h) For spasms of the muscles and organs.

i) For conditions of anxiety and excitation, depression, mental stress, vegetative dystonia, spastic migraine, as a sedative, sleeplessness due to nervously caused circulatory disturbances, difficulty in falling asleep and staying asleep, nervousness, "vaso- and psychoneurosis", menopausal disorders, and decrease in vitality.

j) Impaired function of the glands, disturbances of development and growth, disinterest in school, and difficulty in learning.

There is no worthwhile information available for the support of the claimed applications.

The effectiveness of the combinations for the claimed uses is not documented.

2. Risks

For the safety of these combination preparations, the information given in the individual monographs of the chemically defined compounds is adequate.

Interactions between the cardiac glycosides and the chemically defined substances have not been studied.

Pheasant's eye herb, lily-of-the-valley herb, squill and oleander leaf are classified under the cardiac glycosides. The following risks apply:

Not to be used during therapy with digitalis glycosides, digitalis intoxication, hypercalcemia, potassium deficiency, bradycardia, ventricular tachycardia.

Since there are no investigations for the application in children, the use is contraindicated.

Caution in cases of disturbances of conduction and during i.v. calcium therapy.

Side effects which may occur:

nausea, vomiting, and cardiac arrhythmia.

Effectiveness and, therefore, also side effects are increased with simultaneous administration of quinidine, calcium, saluretics, laxatives and long-term therapy with glucocorticoids.

Evaluation

Effectiveness for the individual components of the above-mentioned fixed combinations is documented for the indications specified in the respective monographs for the individual herbs and chemically defined drugs.

Regarding the combination of pheasant's eye herb and/or lily-of-the-valley herb and/or squill and/or oleander leaf with chemically defined drugs, no information is available from which a positive contribution to the effectiveness of this medicinal combination can be deduced. According to the results of the investigation by the Commission, the listed drugs neither contribute to the effectiveness, nor to the tolerance of the pheasant's eye herb and/or lily-of-the-valley herb and/or squill and/or oleander leaf containing medicines.

The combination of pheasant's eye herb and/or lily-of-the-valley herb and/or squill and/or oleander leaf as cardiac glycoside medication cannot be recommended because of the narrow dosage range and high toxicity. Fixed combinations of plant pharmaceutics with cardiac glycosides and chemically defined substances, especially those with a narrow therapeutic range, are not reasonable. Permission of such combinations cannot be recommended.

PART THREE

THERAPEUTIC INDEXES

CHAPTER 8

USES AND INDICATIONS OF APPROVED HERBS

This chapter, condensed from the monographs, provides information on the appropriate use of herbs. It links medical indications and uses cited in the text and the approved herbs found to be effective in their treatment. However, some of the herbs listed here may have been found effective for treatment of minor symptoms or for prevention of a condition of disease, or in some cases as adjuvant (secondary) therapy. For example, Psyllium seed husk is used as an adjuvant therapy for anal fissures – a mild laxative to soften the stool but not directly beneficial to the anal fissures themselves. Herbs in approved fixed combinations are abbreviated as F.C.

The information is prepared as a guide for health professionals, researchers and consumers but should not be considered as a suggestion for self-medication. It is essential to refer to the complete monograph in order to view the role the herb may provide for each indication as well as any contraindications and side effects.

A guide of indications by medical category is included to help identify the types of indications listed in this chapter. Immediately following this guide, the herbs are listed alphabetically under each indication.

INDICATION GUIDE BY MEDICAL CATEGORY

CARDIOVASCULAR

- Arterial Occlusive Disease
- Atherosclerosis
- Cardiac Insufficiency
- Cardiac Symptoms
- Circulatory Disorders
- Cor pulmonale
- Geriatric Vascular Changes
- Hypercholesteremia
- Hyperemia
- Hypertension
- Phlebitis
- Post-thrombic Syndrome
- Tachycardia

DERMATOLOGICAL

- Acne
- Ano-genital Irritation
- Burns
- Eczema
- Frostbite
- Furunculosis
- Gums, Inflamed
- Insect Bites
- Irrigation, Mouth
- Itching
- Milk Scall
- Rubefacient
- Seborrhea
- Skin, Bacterial Infections
- Skin Injury or Irritation

Endocrinology, Reproductive System, Obstetrics/ Gynecology, Prostate

- Breast Pain
- Dysmenorrhea
- Fatigue
- Lactation, Poor
- Leukorrhea
- Menorrhagia
- Menopausal Symptoms
- Menstrual Disorders
- Metrorrhagia
- Pancreas, Exocrine Insufficiency
- Pelvic Cramps
- Premenstrual Syndrome (PMS)
- Prostatitis
- Urination, Diminished, Associated with BPH Stages 1 and 2

Gastrointestinal

- Anal fissures
- Appetite, Loss of
- Bloating, Feeling of Abdominal Fullness
- Bowel, Irritable (see Colon, Irritable)
- Colon, Irritable (Irritable Bowel Syndrome)
- Constipation
- Diarrhea
- Diverticulitis
- Dyspepsia
- Flatulence
- Emetic
- Gargle/Mouthwash
- Gastric Mucosa, Inflammation of
- Gastrointestinal Disorders
- Hemorrhoids
- Inflammation, Gastrointestinal Tract
- Nervous Stomach
- Pain, Gastrointestinal
- Purgative
- Rectum, Post-surgical Care of

Hematology, Lymphatic, Cancer

- Blood, Superficial Effusion of
- Condyloma
- Familial Mediterranean Fever
- Hematoma
- Malignant Tumors

Immunology, AIDS, Infectious Diseases

- Convalescence
- Debility
- Fever
- Free Radical Deactivation

Liver and Gallbladder

- Biliary Dyskinesia
- Biliary Spasm
- Cholelithiasis
- Gallbladder Disorders
- Hepatitis
- Liver Cirrhosis
- Liver Disease

Neurology, Psychiatry

- Anesthesia, Topical
- Anxiety
- Depression
- Headache
- Insomnia (see Sleep Disturbances)
- Locomotor System, Degenerative Disorders of
- Memory
- Mental Concentration
- Mood Disturbance
- Motion Sickness
- Nervous System Disorder
- Neuralgia
- Perspiration, Excessive
- Restlessness
- Sleep Disturbances

Respiratory
(Lower and Upper Respiratory Tract Including Ears, Nose, Throat, Sinuses)

- Asthma
- Bronchial Secretion, Excessive
- Bronchospasm
- Catarrh, Upper Respiratory Tract
- Colds and Flu
- Cough
- Inflammation, Oral or Pharyngeal
- Influenza
- Mucous Membrane, Irritation
- Nose Bleed
- Respiratory Catarrh
  - (see Catarrh, Upper Respiratory Tract)
- Respiratory Infection, Chronic
- Sinusitis

Rheumatological, Orthopedic, Muscles, Contusions

- Arthrosis
- Arthritis
- Bruises, Contusions
- Dislocations, Bone
- Edema, Post-traumatic
- Gout
- Injuries
- Joint Pain
- Leg Cramps
- Ligaments, Pulled
- Muscle Pain
- Muscle Spasm
- Prostheses, Bruises Caused by
- Rheumatism

Urinary Tract System
(Kidney, Ureter, Bladder)

- Bladder Irritation
- Diuretic
- Dysuria
- Kidney Capacity, Diminished
- Kidney Stones and Gravel

HERB GUIDE BY INDICATION

Acne
- Yeast, Medicinal

Anal Fissures
- Manna
- Psyllium seed, Blonde (secondary)
- Psyllium seed husk, Blonde (secondary)

Anesthesia, Topical
- Cloves

Ano-genital Irritation
- Chamomile flower, German
- Oak bark

Anxiety
- Hops
- Indian snakeroot
- Kava Kava
- Passionflower herb
- St. John's Wort
- Valerian root

Appetite, Loss of
- Angelica root
- Bitter Orange peel
- Blessed Thistle herb
- Bogbean leaf
- Centaury herb
- Chicory
- Cinchona bark
- Cinnamon bark
- Cinnamon bark, Chinese
- Condurango bark
- Coriander seed
- Dandelion herb
- Dandelion root with herb
- Devil's Claw root
- F.C. of Angelica root, Gentian root, and Bitter Orange peel
- F.C. of Angelica root, Gentian root, and Fennel
- F.C. of Angelica root, Gentian root, and Wormwood
- F.C. of Angelica root, Gentian root, Wormwood, and Peppermint oil
- F.C. of Ginger root, Gentian root, and Wormwood
- F.C. of Peppermint leaf, Caraway seed, Chamomile flower, and
- Fenugreek seed
- Galangal
- Gentian root
- Horehound herb
- Iceland Moss
- Onion
- Orange peel
- Pollen
- Soy Phospholipid
- Wormwood
- Yarrow
- Yeast, Medicinal

Arterial Occlusive Disease
- Ginkgo Biloba Leaf Extract

Arthrosis
- White Mustard seed

Arthritis
- Hay flower
- Mistletoe herb
- White Mustard seed

Asthma
- Ephedra

Atherosclerosis
- Onion

Biliary Dyskinesia
- Absinth
- Dandelion root with herb
- Radish
- Wormwood

Biliary Spasm
- Belladonna
- Celandine herb

Fumitory
Peppermint leaf
Peppermint oil
Scopolia root

Bladder Irritation
Pumpkin seed

Bloating, Feeling of Abdominal Fullness
Angelica root
Caraway oil
Caraway seed
Cinnamon bark
Cinnamon bark, Chinese
Dandelion herb
F.C. of Peppermint leaf and Caraway seed
F.C. of Peppermint leaf and Fennel seed
F.C. of Peppermint leaf, Caraway seed, and Chamomile flower
F.C. of Peppermint leaf, Caraway seed, and Fennel seed
F.C. of Peppermint leaf, Caraway seed, Chamomile flower, and Bitter Orange peel
F.C. of Peppermint leaf, Caraway seed, Fennel seed, and Chamomile flower
F.C. of Peppermint leaf, Fennel seed, and Chamomile flower
F.C. of Peppermint oil and Caraway oil
F.C. of Peppermint oil and Fennel oil
F.C. of Peppermint oil, Caraway oil, and Chamomile flower
F.C. of Peppermint oil, Caraway oil, and Fennel oil
F.C. of Peppermint oil, Caraway oil, Fennel oil, and Chamomile flower
F.C. of Peppermint oil, Fennel oil, and Chamomile flower
Fennel oil
Fennel seed
Gentian root

Blood, Superficial Effusion of
Sweet Clover

Bowel, Irritable
(see Colon, Irritable)

Breast Pain
Bugleweed

Bronchial Secretion, Excessive
Turpentine oil, Purified

Bronchitis
Ivy leaf
Thyme

Bronchospasm
Ephedra

Bruises, Contusions
Arnica flower (external)
Comfrey herb and leaf (external)
Comfrey root (external)
Peruvian Balsam (external)
St. John's Wort (external)
Sweet Clover (external)

Burns
Peruvian Balsam
St. John's Wort (external)

Cardiac Insufficiency
Hawthorn leaf with flower
Lily-of-the-valley herb
Pheasant's Eye herb
Squill

Cardiac Symptoms
Motherwort herb

Catarrh, Upper Respiratory Tract
Anise seed
Camphor
Coltsfoot leaf
Eucalyptus leaf
Eucalyptus oil
F.C. of Anise oil and Iceland Moss
F.C. of Anise seed, Linden flower, and Thyme
F.C. of Anise seed, Marshmallow root, Iceland Moss, and Licorice root
F.C. of Anise seed, Marshmallow root, Primrose root, and Sundew
F.C. of Camphor, Eucalyptus oil, and Purified Turpentine
F.C. of Eucalyptus oil, Primrose root and Thyme

F.C. of Gumweed herb, Primrose root and Thyme
F.C. of Ivy leaf, Licorice root, and Thyme
F.C. of Licorice root, Primrose root, Marshmallow root, and Anise seed
F.C. of Marshmallow root, Fennel seed, Iceland Moss, and Thyme
F.C. of Marshmallow root, Primrose root, Licorice root, and Thyme oil
F.C. of Primrose root and Thyme
F.C. of Primrose root, Marshmallow root, and Anise seed
F.C. of Primrose root, Sundew, and Thyme
F.C. of Sundew and Thyme
Fennel oil
Fennel seed
Fir Needle oil
Fir Shoots, Fresh
Gumweed herb
Hempnettle herb
Horseradish
Ivy leaf
Knotweed herb
Larch Turpentine
Licorice root
Mint oil
Mullein flower
Nasturtium
Niauli oil
Peppermint oil
Pimpinella root
Pine needle oil
Pine sprout
Plantain
Primrose flower
Primrose root
Radish
Sanicle herb
Senega Snakeroot
Soapwort root, Red
Soapwort root, White
Star Anise seed
Thyme
Thyme, Wild
Tolu Balsam
Turpentine oil, Purified
Watercress
White Dead Nettle flower
White Mustard seed (external)

Cholelithiasis
Bishop's Weed fruit (secondary)
Petasites root
Radish

Circulatory Disorders
Butcher's Broom
Camphor
Ginkgo Biloba Leaf Extract
Lavender flower
Pheasant's Eye herb
Rosemary leaf
Scotch Broom herb

Cirrhosis, Hepatic
Milk Thistle fruit

Colds and Flu
Echinacea Pallida root
Echinacea Purpurea herb
Elder flower
Ephedra
F.C. of Anise oil, Fennel oil, Licorice root, and Thyme
F.C. of Anise oil, Primrose root, and Thyme
F.C. of Anise seed, Ivy leaf, Fennel seed and Licorice root
F.C. of Anise seed, Marshmallow root, Eucalyptus oil, and Licorice root
F.C. of Eucalyptus oil, Primrose root and Thyme
F.C. of Gumweed herb, Primrose root and Thyme
F.C. of Ivy leaf, Licorice root, and Thyme
F.C. of Marshmallow root, Fennel seed, Iceland Moss, and Thyme
F.C. of Primrose root and Thyme
F.C. of Star Anise seed and Thyme
F.C. of Thyme and White Soapwort root
Linden flower
Meadowsweet

Colon, Irritable (Irritable Bowel Syndrome)
- Flaxseed
- Peppermint oil
- Psyllium seed husk, Blonde
- Psyllium seed, Black
- Psyllium seed, Blonde

Condyloma
- Mayapple root and resin (external)

Constipation
- Aloe
- Buckthorn bark
- Buckthorn berry
- Cascara Sagrada bark
- F.C. of Senna leaf and Blonde Psyllium seed husk
- F.C. of Senna leaf, Peppermint oil, and Caraway oil
- Flaxseed
- Manna
- Psyllium seed husk, Blonde
- Psyllium seed, Black
- Psyllium seed, Blonde
- Rhubarb root
- Senna leaf
- Senna pod

Convalescence
- Eleuthero (Siberian Ginseng) root
- Ginseng root

Cor pulmonale
- Lily-of-the-valley herb

Cough
- Coltsfoot leaf
- F.C. of licorice root, Primrose root, Marshmallow root, and Anise seed
- F.C. of Primrose root, Marshmallow root, and Anise seed
- Iceland Moss
- Linden flower
- Mallow flower
- Mallow leaf
- Marshmallow leaf
- Marshmallow root
- Sundew

Debility
- Eleuthero (Siberian Ginseng) root
- Ginseng root
- Pollen

Depression
- Ginkgo Biloba Leaf Extract (secondary)
- St. John's Wort

Diarrhea
- Agrimony
- Bilberry fruit
- Blackberry leaf
- Coffee Charcoal
- Jambolan bark
- Lady's Mantle
- Oak bark
- Potentilla
- Psyllium seed husk, Blonde
- Psyllium seed, Blonde (secondary)
- Tormentil root
- Uzara root

Dislocations, Bone
- Arnica flower

Diuretic
- Dandelion root with herb

Diverticulitis
- Flaxseed

Dysmenorrhea
- Black Cohosh root
- Potentilla

Dyspepsia
- Angelica root
- Anise seed
- Artichoke leaf
- Bitter Orange peel
- Blessed Thistle herb
- Bogbean leaf
- Boldo leaf
- Caraway oil
- Caraway seed
- Cardamom seed
- Centaury herb
- Chicory
- Cinchona bark
- Cinnamon bark

Cinnamon bark, Chinese
Cloves
Coriander seed
Dandelion herb
Dandelion root with herb
Devil's Claw root
Dill seed
F.C. of Angelica root, Gentian root and Bitter Orange peel
F.C. of Angelica root, Gentian root, and Caraway seed
F.C. of Angelica root, Gentian root, and Wormwood
F.C. of Angelica root, Gentian root, Wormwood, and Peppermint oil
F.C. of Anise oil, Fennel oil, and Caraway oil
F.C. of Anise seed, Fennel seed, and Caraway seed
F.C. of Caraway oil and Fennel oil
F.C. of Caraway oil, Fennel oil and Chamomile flower
F.C. of Caraway seed and Fennel seed
F.C. of Caraway seed, Fennel seed, and Chamomile flower
F.C. of Dandelion root with herb, Celandine herb, and Wormwood
F.C. of Dandelion root with herb, Peppermint leaf, and Artichoke leaf
F.C. of Ginger root, Gentian root, and Wormwood
F.C. of Javanese Turmeric root, Celandine herb, and Wormwood
F.C. of Javanese Turmeric root, Peppermint leaf, and Wormwood
F.C. of Milk Thistle fruit, Peppermint leaf, and Wormwood
F.C. of Peppermint leaf and Caraway seed
F.C. of Peppermint leaf and Fennel seed
F.C. of Peppermint leaf, Caraway seed, and Chamomile flower
F.C. of Peppermint leaf, Caraway seed, and Fennel seed
F.C. of Peppermint leaf, Caraway seed, Chamomile flower, and Bitter Orange peel
F.C. of Peppermint leaf, Caraway seed, Fennel seed, and Chamomile flower
F.C. of Peppermint leaf, Chamomile flower, and Caraway seed
F.C. of Peppermint leaf, Fennel seed, and Chamomile flower
F.C. of Peppermint oil and Caraway oil
F.C. of Peppermint oil and Fennel oil
F.C. of Peppermint oil, Caraway oil, and Chamomile flower
F.C. of Peppermint oil, Caraway oil, and Fennel oil
F.C. of Peppermint oil, Caraway oil, Fennel oil, and Chamomile flower
F.C. of Peppermint oil, Fennel oil, and Chamomile flower
F.C. of Turmeric root and Celandine herb
Fennel oil
Fennel seed
Galangal
Gentian root
Ginger root
Haronga bark and leaf
Horehound herb
Juniper berry
Lemon Balm
Milk thistle
Mistletoe herb
Radish
Rosemary leaf
Sage leaf
Sandy Everlasting
St. John's Wort
Star Anise seed
Turmeric root
Turmeric root, Javanese
Wormwood
Yarrow

Dysuria

Kidney Bean pods (without seeds)

Eczema

Woody Nightshade stem

Edema, Post-traumatic

Arnica flower
Horsetail herb

Emetic
Bryonia root

Familial Mediterranean Fever
Autumn Crocus

Fatigue
Cola nut
Eleuthero (Siberian Ginseng) root
Ginseng root
Maté

Fever
White Willow bark

Flatulence
Angelica root
Caraway oil
Cinnamon bark
Cinnamon bark, Chinese
Dandelion herb
F.C. of Angelica root, Gentian root, and Wormwood
F.C. of Peppermint leaf and Caraway seed
F.C. of Peppermint leaf and Fennel seed
F.C. of Peppermint leaf, Caraway seed, and Chamomile flower
F.C. of Peppermint leaf, Caraway seed, and Fennel seed
F.C. of Peppermint leaf, Caraway seed, Chamomile flower, and Bitter Orange peel
F.C. of Peppermint leaf, Caraway seed, Fennel seed, and Chamomile flower
F.C. of Peppermint leaf, Fennel seed, and Chamomile flower
F.C. of Peppermint oil and Caraway oil
F.C. of Peppermint oil and Fennel oil
F.C. of Peppermint oil, Caraway oil, and Chamomile flower
F.C. of Peppermint oil, Caraway oil, and Fennel oil
F.C. of Peppermint oil, Caraway oil, Fennel oil, and Chamomile flower
F.C. of Peppermint oil, Fennel oil, and Chamomile flower
Fennel oil
Fennel seed
Gentian root
Horehound herb
Mint oil
Poplar bud

Free Radical Deactivation
Ginkgo Biloba Leaf Extract

Frostbite
Peruvian Balsam
Poplar bud

Furunculosis
Arnica flower
Larch turpentine
Yeast, Medicinal

Gallbladder Disorders
F.C. of Dandelion root with herb, Celandine herb, and Wormwood
Fumitory
Mint oil
Peppermint leaf

Gargle/Mouthwash
Chamomile flower, German

Gastric Mucosa, Inflammation of
Marshmallow root

Gastrointestinal Disorders
F.C. of Dandelion root with herb, Celandine herb, and Artichoke leaf
Lavender flower
Mint oil
Peppermint oil

Geriatric Vascular Changes
Garlic
Hawthorn leaf with flower
Onion

Gout
Autumn Crocus

Gums, Inflamed
Chamomile flower, German

Headache
White Willow bark

Hematoma
Arnica flower
Sweet Clover

Hemorrhoids
- Butcher's Broom
- Manna
- Peruvian Balsam
- Poplar bud
- Psyllium seed husk, Blonde (secondary)
- Psyllium seed, Blonde (secondary)
- Senna leaf
- Sweet Clover
- Witch Hazel leaf and bark

Hepatitis
- Soy Phospholipid

High Cholesterol/Hypercholesteremia
- Garlic
- Soy Lecithin
- Soy Phospholipid

Hoarseness
- Coltsfoot leaf

Hyperemia
- Horseradish

Hyperlipidemia
- Garlic

Hypertension
- Camphor
- Indian Snakeroot

Inflammation, Gastrointestinal Tract
- Chamomile flower, German
- Marshmallow root

Inflammation, Oral or Pharyngeal
- Agrimony
- Arnica flower
- Bilberry fruit
- Blackberry leaf
- Blackthorn berry
- Calendula flower
- Chamomile flower, German
- Cloves
- Coffee Charcoal
- Coltsfoot leaf
- Iceland Moss
- Jambolan bark
- Knotweed herb
- Mallow flower
- Mallow leaf
- Marshmallow leaf
- Marshmallow root
- Myrrh
- Oak bark
- Peppermint oil
- Plantain
- Potentilla
- Rhatany root (external)
- Rose flower
- Sage leaf (external)
- Tormentil root
- Usnea
- White Dead Nettle flower (external)

Influenza
- Echinacea Pallida root
- Echinacea Purpurea herb

Injuries
- Arnica flower (external)
- St. John's Wort (external)

Insect Bites
- Arnica flower

Insomnia
(see Sleep Disturbances)

Irrigation Therapy
- Asparagus root
- Birch leaf
- Couch Grass
- Goldenrod
- Horsetail herb
- Java Tea
- Lovage root
- Spiny Restharrow root
- Stinging Nettle herb and leaf

Irrigation, Mouth
- Mallow flower

Itching
- Butcher's Broom
- Horse Chestnut seed
- Oat straw
- Sweet Clover

Joint Inflammation, Degenerative
- Mistletoe herb

Joint Pain
- Arnica flower (external)
- F.C. of Camphor, Eucalyptus oil, and Purified Turpentine oil (external)

Kidney Capacity, Diminished
- Squill

Kidney Stones and Gravel
- Asparagus root
- Birch leaf
- Bishop's Weed fruit
- Couch Grass leaf
- F.C. of Birch, Goldenrod, and Java tea
- Goldenrod
- Horsetail herb
- Java tea
- Lovage root
- Parsley herb and root
- Petasites root
- Spiny restharrow root
- Stinging Nettle herb and leaf

Lactation, Poor
- Chaste Tree fruit

Leg Cramps
- Butcher's Broom
- Horse Chestnut seed
- Sweet Clover

Leukorrhea
- White Dead Nettle flower

Ligaments, Pulled
- Comfrey root

Liver Cirrhosis
- Milk Thistle fruit

Liver Disease
- Milk Thistle fruit
- Soy Phospholipid

Locomotor System, Degenerative Disorders of
- Devil's Claw root

Lymphatic Congestion
- Sweet Clover

Malignant Tumors
- Mistletoe herb

Memory
- Ginkgo Biloba Leaf Extract

Menopausal Symptoms
- Black Cohosh root
- Chaste Tree fruit

Menorrhagia
- Shepherd's Purse

Menstrual Disorders
- Chaste Tree fruit

Mental Concentration
- Eleuthero (Siberian Ginseng) root
- Ginkgo Biloba Leaf Extract
- Ginseng root

Metrorrhagia
- Shepherd's Purse

Milk Scall
- Heart's Ease herb

Mood Disturbance
- Hops
- Lavender flower

Motion Sickness
- Ginger root

Mucous Membrane, Irritation
- Chamomile flower, German
- Jambolan bark
- Mallow flower
- Mallow leaf
- Marshmallow leaf
- Marshmallow root
- Peppermint oil
- Plantain
- Witch Hazel leaf and bark

Muscle Pain
- Camphor
- Fir Needle oil
- F.C. of Camphor, Eucalyptus oil, and Purified Turpentine
- Kava Kava
- Nasturtium
- Peppermint oil (external)
- Pine Sprouts (external)
- St. John's Wort (external)

Muscle, Pulled
Comfrey root

Muscle Spasm
Paprika

Nervous Stomach
F.C. of Licorice root and German Chamomile flower
Lavender flower

Nervous System Disorder
Bugleweed

Neuralgia
Cajeput oil
Fir Needle oil (external)
Fir shoots, Fresh
Larch Turpentine
Mint oil (external)
Monkshood
Peppermint oil (external)
Pine needle oil (external)
Pine Sprouts (external)
Turpentine oil, Purified

Nose Bleed
Shepherd's Purse (external)

Pain, Gastrointestinal
Belladonna

Pancreas, Insufficiency
Haronga bark and leaf

Pelvic Cramps
Yarrow

Perspiration, Excessive
Sage leaf
Walnut leaf

Phlebitis
Arnica flower
Sweet Clover

Post-thrombic Syndrome
Horse Chestnut seed
Sweet Clover

Premenstrual Syndrome (PMS)
Black Cohosh root
Chaste Tree fruit
Yarrow

Prostatitis
Aspen bark and leaf

Prostheses, Bruises Caused by
Peruvian Balsam (external)

Purgative
F.C. of Senna leaf, Peppermint oil, and Caraway oil
Senna

Rectum, Post-surgical Care of
Manna (secondary)
Psyllium seed, Blonde (secondary)

Respiratory Catarrh
(see Catarrh, Upper Respiratory Tract)

Respiratory Infection, Chronic
Chamomile flower, German
Echinacea Purpurea herb

Restlessness
F.C. of Passionflower herb, Valerian root, and Lemon Balm
F.C. of Valerian root, Hops, and Lemon Balm
F.C. of Valerian root, Hops, and Passionflower herb
Hops
Kava Kava
Lavender flower
Passionflower herb
Valerian root

Retinal Lesion and Edema
Ginkgo Biloba Leaf Extract

Rheumatism
Arnica flower
Birch leaf (secondary)
Cajeput oil
Camphor
Eucalyptus oil
Fir Needle oil
Guaiac wood
Larch Turpentine

Pine Needle oil (external)
Rosemary leaf
Stinging Nettle herb and leaf
Turpentine oil, Purified
White Willow bark

Roborant
Pollen

Rubefacient
Cajeput oil

Seborrhea
Heart's Ease herb (external)
Oat straw

Sinusitis
Bromelain

Skin, Bacterial Infections
Chamomile flower, German

Skin Injury or Irritation
Agrimony
Bryonia root
Chamomile flower, German
Jambolan bark
Oak bark (external)
Oat straw
Plantain (external)
Poplar bud
Shepherd's Purse
Walnut leaf
White Dead Nettle flower
Witch Hazel leaf and bark

Sleep Disturbances
F.C. of Passionflower herb, Valerian root, and Lemon Balm
F.C. of Valerian root and Hops
F.C. of Valerian root, Hops, and Lemon Balm
F.C. of Valerian root, Hops, and Passionflower herb
Hops
Lavender flower
Lemon Balm
Valerian root

Sore Throat
Agrimony
Arnica flower
Bilberry fruit
Blackberry leaf
Blackthorn berry
Calendula flower
Cloves
Coffee Charcoal
Coltsfoot leaf
Iceland Moss
Jambolan bark
Knotweed herb
Mallow flower
Mallow leaf
Marshmallow leaf
Oak bark

Spasms
Chamomile flower, German
Paprika
Petasites root

Spasm, Gastrointestinal
Angelica root
Belladonna
Boldo leaf
Caraway oil
Caraway seed
Celandine herb
Chamomile flower, German
Cinnamon bark
Cinnamon bark, Chinese
F.C. of Angelica root, Gentian root, and Caraway seed
F.C. of Licorice root, Peppermint leaf, and German Chamomile flower
Fumitory
Henbane leaf
Peppermint leaf
Scopolia root

Sprains
Comfrey herb and leaf
Comfrey root

Stress
Kava Kava

Sunburn
Poplar bud

Swelling, Legs
Butcher's Broom

Swelling, Post-operative or Post-traumatic
- Bromelain
- Butcher's Broom
- Horse Chestnut seed

Sympatheticotonia
- Indian Snakeroot

Tachycardia
- Indian Snakeroot
- Motherwort herb

Thrombophlebitis
- Sweet Clover

Thrush
- White Dead Nettle flower

Thyroid, Overactive
- Bugleweed
- Motherwort herb

Tinnitus
- Ginkgo Biloba Leaf Extract

Tonic
- Eleuthero (Siberian Ginger) root
- Ginseng root

Ulcers, Gastrointestinal
- F.C. of Licorice root and German Chamomile flower
- F.C. of Licorice root, Peppermint leaf, and Chamomile flower
- Licorice root

Ulcers, Skin
- Peruvian Balsam
- Echinacea Purpurea herb

Ulcus Cruris
- Calendula flower
- Peruvian Balsam

Urinary Disorders
- Parsley herb and root

Urinary Infection or Inflammation
- Asparagus root
- Birch leaf
- Couch Grass
- Echinacea Purpurea herb
- F.C. of Birch leaf, Goldenrod, and Java tea
- F.C. of Uva Ursi leaf, Goldenrod, and Java tea
- Horseradish
- Horsetail herb
- Java tea
- Lovage root
- Nasturtium
- Sandalwood, White (secondary)
- Spiny Restharrow root
- Stinging Nettle herb and leaf
- Uva Ursi leaf (secondary)

Urinary Spasm
- Scopolia root

Urination, Diminished, Associated with BPH Stages 1 and 2
- Pumpkin seed
- Saw Palmetto berry
- Stinging Nettle root

Urination, Diminished, Associated with Prostate Adenoma
- Pumpkin seed
- Saw Palmetto berry
- Stinging Nettle root

Varicose Veins/Varicosis
- Horse Chestnut seed
- Witch Hazel leaf and bark

Venous Insufficiency
- Butcher's Broom (secondary)
- Horse Chestnut seed
- Sweet Clover

Vertigo
- Ginkgo Biloba Leaf Extract

Whooping Cough
- Thyme

Wounds
- Calendula flower
- Echinacea Purpurea herb
- Hay flower
- Horsetail herb
- Peruvian Balsam

CHAPTER 9

CONTRAINDICATIONS OF APPROVED HERBS

This chapter, condensed from the monographs, provides contraindications cited in the text with the herbs which should be avoided with particular conditions or diseases.

It is essential to refer to the complete monograph before making any therapeutic judgements. For example, the contraindication listed in the Anise seed monograph is "allergy to anise and anethole" but this chapter lists Anise seed under "Allergy/Hypersensitivity" without specifying an allergy to a particular constituent of the herb.

A guide of contraindications by medical category is included to help identify the types of contraindications listed in this chapter. Immediately following this guide, the herbs are listed alphabetically under each contraindication.

CONTRAINDICATION GUIDE BY MEDICAL CATEGORY

CARDIOVASCULAR

- Cardiac Arrhythmias (Either Tachycardia or Bradycardia)
- Cardiac Glycosides, Treatment with
- Cardiac Insufficiency
- Digitalis Glycosides, Treatment with
- Hypertension
- Hypokalemia
- Pheochromocytoma
- Pulmonary Edema

DERMATOLOGICAL

- Burns
- Collagenosis
- Exanthemas, Urticarial
- Irrigation Therapy with Concurrent Edema
- Skin Injury

ENDOCRINOLOGY, REPRODUCTIVE SYSTEM, OBSTETRICS/ GYNECOLOGY, PROSTATE

- Children/Infants
- Diabetes Mellitus
- Hypercalcemia
- Lactation
- Pancreatitis
- Pheochromocytoma
- Potassium Deficiency
- Pregnancy
- Progressive, Systemic Diseases
- Prostate Adenoma
- Thyroid Enlargement
- Thyroid, Low-Functioning
- Thyrotoxicosis

GASTROINTESTINAL

- Abdominal Pain of Unknown Origin
- Appendicitis
- Colitis, Ulcerative

Crohn's Disease
Esophageal Stenosis
Gastrointestinal Inflammation
Gastrointestinal Stenosis
Ileus
Intestinal Inflammation
Intestinal Obstruction
Megacolon
Ulcers, Gastric and Duodenal

Hematology, Lymphatic, Cancer

Pheochromocytoma

Immunology, AIDS, Infectious Diseases

AIDS
Allergy/Hypersensitivity
Autoimmune Diseases
HIV
Hypersensitivity
(see Allergy/Hypersensitivity)
Infection, Chronic-Progressive
Infectious Diseases
Leukosis
Tuberculosis

Liver and Gallbladder

Bile Duct Inflammation
Bile Duct Obstruction
Cholestatic Liver Disorders
Cirrhosis of the Liver
(see also Liver Disease)
Gallbladder Empyema
Gallbladder Inflammation
Gallstones
Liver Disease

Neurology, Psychiatry

Anxiety
Cerebral Circulation, Impaired
Depression
Hypertonia
Multiple Sclerosis
Restlessness

Ophthalmology

Glaucoma

Respiratory

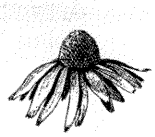
(Lower and Upper Respiratory Tract Including Ears, Nose, Throat, Sinuses)

Asthma
Pulmonary Edema
Respiratory Inflammation
Whooping Cough

Urinary Tract System

(Kidney, Ureter, Bladder)

Kidney Disease (Inflammation)
Kidney Insufficiency
Renal Inflammation or Disease



HERB GUIDE BY CONTRAINDICATION

Abdominal Pain of Unknown Origin
- Aloe
- Buckthorn bark
- Buckthorn berry
- Cascara Sagrada bark
- F.C. of Senna leaf and Blonde Psyllium seed husk
- F.C. of Senna leaf, Peppermint oil, and Caraway oil
- Rhubarb root
- Senna leaf
- Senna pod

AIDS
- Echinacea Pallida root
- Mistletoe herb
- Woody Nightshade stem

Allergy/Hypersensitivity
- Anise seed
- Arnica flower
- Artichoke leaf
- Black Cohosh root
- Blessed Thistle herb
- Bromelain
- Chicory
- Cinchona bark
- Cinnamon bark
- Cinnamon bark, Chinese
- Dandelion herb (rare)
- Echinacea Purpurea herb (injectible)
- F.C. of Camphor, Eucalyptus oil, and Purified Turpentine oil
- F.C. of Licorice root, Primrose root, Marshmallow root, and Anise seed
- F.C. of Primrose root, Marshmallow root, and Anise seed
- Ginkgo Biloba Leaf Extract
- Larch Turpentine
- Meadowsweet
- Mistletoe herb
- Paprika
- Peruvian Balsam
- Pollen
- Poplar bud
- Primrose flower
- Turpentine oil, Purified
- Yarrow

Anxiety
- Ephedra

Appendicitis
- Aloe
- Buckthorn bark
- Buckthorn berry
- Cascara Sagrada bark
- F.C. of Senna leaf and Blonde Psyllium seed husk
- F.C. of Senna leaf, Peppermint oil, and Caraway oil
- Rhubarb root
- Senna leaf
- Senna pod

Asthma
- Fir Needle oil
- Pine Needle oil

Autoimmune Diseases
- Echinacea Pallida root
- Woody Nightshade stem

Bile Duct Inflammation
- Eucalyptus leaf
- Eucalyptus oil

Bile Duct Obstruction
- Artichoke leaf
- Boldo leaf
- Dandelion herb
- Dandelion root with herb
- Eucalyptus leaf
- Eucalyptus oil
- F.C. of Angelica root, Gentian root, Wormwood, and Peppermint oil

F.C. of Dandelion root with herb, Celandine herb, and Artichoke leaf
F.C. of Dandelion root with herb, Celandine herb, and Wormwood
F.C. of Dandelion root with herb, Peppermint leaf, and Artichoke leaf
F.C. of Javanese Turmeric root, Celandine herb, and Wormwood
F.C. of Javanese Turmeric root, Peppermint leaf, and Wormwood
F.C. of Peppermint oil and Caraway oil
F.C. of Peppermint oil and Fennel oil
F.C. of Peppermint oil, Caraway oil, and Chamomile flower
F.C. of Peppermint oil, Caraway oil, and Fennel oil
F.C. of Peppermint oil, Caraway oil, Fennel oil, and Chamomile flower
F.C. of Peppermint oil, Fennel oil, and Chamomile flower
F.C. of Turmeric root and Celandine herb
Haronga bark and leaf
Kava Kava
Mint oil
Peppermint oil
Sandy Everlasting
Turmeric root
Turmeric, Javanese

Burns
Camphor
F.C. of Camphor, Eucalyptus oil, and Purified Turpentine oil

Cardiac Arrhythmias (Either Tachycardia or Bradycardia)
Belladonna
F.C. of Pheasant's eye fluidextract, Lily-of-the-valley powdered extract, Squill powdered extract, and Oleander leaf powdered extract
Henbane leaf
Scopolia root

Cardiac Glycosides, Treatment with
Uzara root

Cardiac Insufficiency
F.C. of Pheasant's Eye fluidextract, Lily-of-the-valley powdered extract, Squill powdered extract, and Oleander leaf powdered extract
Oak bark

Cerebral Circulation, Impaired
Ephedra

Children/Infants
Aloe
Buckthorn bark
Buckthorn berry
Cajeput oil
Camphor
Cascara Sagrada bark
Eucalyptus leaf
Eucalyptus oil
F.C. of Anise oil, Fennel oil, and Caraway oil
F.C. of Anise oil, Fennel oil, Licorice root, and Thyme
F.C. of Camphor, Eucalyptus oil, and Purified Turpentine oil
F.C. of Caraway oil and Fennel oil
F.C. of Peppermint oil and Fennel oil
F.C. of Peppermint oil, Caraway oil, and Fennel oil
F.C. of Peppermint oil, Caraway oil, Fennel oil, and Chamomile flower
F.C. of Peppermint oil, Fennel oil, and Chamomile flower
F.C. of Senna leaf and Blonde Psyllium seed husk
F.C. of Senna leaf, Peppermint oil, and Caraway oil
Fennel oil
Horseradish
Mint oil (external)
Nasturtium
Peppermint oil (external)
Rhubarb root
Senna leaf
Senna pod
Watercress

Cholestatic Liver Disorders
F.C. of Anise seed, Ivy leaf, Fennel seed, and Licorice root
F.C. of Ivy leaf, Licorice root, and Thyme (above 100 mg glycyrrhizin)

F.C. of Licorice root, Peppermint leaf, and German Chamomile flower
F.C. of Licorice root, Primrose root, Marshmallow root, and Anise seed
F.C. of Marshmallow root, Primrose root, Licorice root, and Thyme oil (above 100 mg glycyrrhizin)
F.C. of Licorice root and German Chamomile flower
Licorice root

Cirrhosis of the Liver (see also Liver Disease)
F.C. of Anise seed, Ivy leaf, Fennel seed and Licorice root
F.C. of Licorice root and German Chamomile flower
F.C. of Licorice root, Peppermint leaf, and German Chamomile flower
F.C. of Licorice root, Primrose root, Marshmallow root, and Anise seed
Licorice root

Collagenosis
Echinacea Pallida root
Echinacea Purpurea herb
Woody Nightshade stem

Colitis, Ulcerative
Aloe
Buckthorn bark
Buckthorn berry
Cascara Sagrada bark
F.C. of Senna leaf and Psyllium seed husk, Blonde
F.C. of Senna leaf, Peppermint oil, and Caraway oil
Rhubarb root
Senna leaf
Senna pod

Crohn's Disease
Aloe
Buckthorn bark
Buckthorn berry
Cascara Sagrada bark
F.C. of Senna leaf and Psyllium seed husk, Blonde
F.C. of Senna leaf, Peppermint oil, and Caraway oil
Rhubarb root
Senna leaf
Senna pod

Depression
Indian snakeroot
Kava Kava

Diabetes Mellitus
Blackthorn flower
Echinacea Purpurea herb (injectible)
F.C. of Senna leaf and Psyllium seed husk, Blonde
Psyllium seed, Blonde
Psyllium seed husk, Blonde

Digitalis Glycosides, Treatment with
F.C. of Pheasant's Eye fluidextract, Lily-of-the-valley, powdered extract, Squill powdered extract, and Oleander powdered extract
Lily-of-the-valley herb
Pheasant's Eye herb
Squill

Edema, Due to Cardiac or Renal Insufficiency
Couch Grass

Esophageal Stenosis
Psyllium seed, Black
Psyllium seed, Blonde

Exanthemas, Urticarial
Chaste Tree fruit

Gallbladder Empyema
Dandelion herb
Dandelion root with herb
F.C. of Dandelion root with herb, Celandine herb, and Artichoke leaf
F.C. of Dandelion root with herb, Celandine herb and Wormwood
F.C. of Dandelion root with herb, Peppermint leaf, and Artichoke leaf
Haronga bark and leaf

Gallbladder Inflammation
F.C. of Angelica root, Gentian root, Wormwood, and Peppermint oil
F.C. of Peppermint oil and Caraway oil

F.C. of Peppermint oil and Fennel oil
F.C. of Peppermint oil, Caraway oil, and Chamomile flower
F.C. of Peppermint oil, Caraway oil, and Fennel oil
F.C. of Peppermint oil, Caraway oil, Fennel oil, and Chamomile flower
F.C. of Peppermint oil, Fennel oil, and Chamomile flower
Mint oil
Niauli oil
Peppermint oil

Gallstones
Artichoke leaf
Boldo leaf
Cardamom seed
Chicory
Dandelion herb
Dandelion root with herb
Devil's Claw root
F.C. of Angelica root, Gentian root, Wormwood, and Peppermint oil
F.C. of Dandelion root with herb, Celandine herb and Wormwood
F.C. of Dandelion root with herb, Peppermint leaf, and Artichoke leaf
F.C. of Javanese Turmeric root, Celandine herb, and Wormwood
F.C. of Javanese Turmeric root, Peppermint leaf, and Wormwood
F.C. of Milk Thistle fruit, Peppermint leaf, and Wormwood
F.C. of Peppermint leaf and Caraway seed
F.C. of Peppermint leaf and Fennel seed
F.C. of Peppermint leaf, Caraway seed, and Chamomile flower
F.C. of Peppermint leaf, Caraway seed, and Fennel seed
F.C. of Peppermint leaf, Caraway seed, Chamomile flower, and Bitter Orange peel
F.C. of Peppermint leaf, Caraway seed, Fennel seed, and Chamomile flower
F.C. of Peppermint leaf, Fennel seed, and Chamomile flower
F.C. of Peppermint oil and Fennel oil
F.C. of Peppermint oil, Caraway oil, and Chamomile flower
F.C. of Peppermint oil, Caraway oil, and Fennel oil
F.C. of Peppermint oil, Caraway oil, Fennel oil, and Chamomile flower
F.C. of Peppermint oil, Fennel oil, and Chamomile flower
F.C. of Turmeric root and Celandine herb
Ginger root
Haronga bark and leaf
Peppermint leaf
Peppermint oil
Radish
Turmeric root
Turmeric, Javanese

Gastrointestinal Inflammation
Eucalyptus leaf
Eucalyptus oil
F.C. of Anise seed, Marshmallow root, Eucalyptus oil, and Licorice root
F.C. of Eucalyptus oil, Primrose root and Thyme
Niauli oil

Gastrointestinal Stenosis
Belladonna
F.C. of Senna leaf and Psyllium seed husk, Blonde
Henbane leaf
Psyllium seed, Black
Psyllium seed, Blonde
Psyllium seed husk, blonde
Scopolia root

Glaucoma
Belladonna
Ephedra
Henbane leaf
Scopolia root

HIV
Echinacea Pallida root
Mistletoe herb
Woody Nightshade stem

Hypersensitivity
(see Allergy/Hypersensitivity)

Hypercalcemia
- F.C. of Pheasant's Eye fluidextract, Lily-of-the-valley powdered extract, Squill powdered extract, and Oleander powdered extract.

Hypertonia
- F.C. of Anise seed, Ivy leaf, Fennel seed, and Licorice root
- F.C. of Anise seed, Marshmallow root, Eucalyptus oil, and Licorice root (above 100 mg glycyrrhizin)
- F.C. of Anise seed, Marshmallow root, Iceland Moss, and Licorice root (above 100 mg glycyrrhizin)
- F.C. of Ivy leaf, Licorice root, and Thyme (above 100 mg glycyrrhizin)
- F.C. of Licorice root and German Chamomile flower
- F.C. of Licorice root, Peppermint leaf, and German Chamomile flower
- F.C. of Licorice root, Primrose root, Marshmallow root, and Anise seed
- F.C. of Marshmallow root, Primrose root, Licorice root, and Thyme oil (above 100 mg glycyrrhizin)
- Licorice root
- Oak bark

Hypertension
- Eleuthero root
- Ephedra

Hypokalemia
- F.C. of Anise seed, Ivy leaf, Fennel seed, and Licorice root
- F.C. of Anise seed, Marshmallow root, Eucalyptus oil, and Licorice root (above 100 mg glycyrrhizin)
- F.C. of Anise seed, Marshmallow root, Iceland Moss, and Licorice root (above 100 mg glycyrrhizin)
- F.C. of Ivy leaf, Licorice root, and Thyme (above 100 mg glycyrrhizin)
- F.C. of Licorice root and German Chamomile flower
- F.C. of Licorice root, Peppermint leaf, and German Chamomile flower
- F.C. of Licorice root, Primrose root, Marshmallow root, and Anise seed
- F.C. of Marshmallow root, Primrose root, Licorice root, and Thyme oil (above 100 mg glycyrrhizin)
- Flaxseed
- Licorice root
- Lily-of-the-valley herb
- Pheasant's Eye

Ileus
- Blackthorn flower
- Dandelion herb
- Dandelion root with herb
- F.C. of Anise seed, Marshmallow root, Eucalyptus oil, and Licorice root (above 100 mg glycyrrhizin)
- F.C. of Anise seed, Marshmallow root, Iceland Moss, and Licorice root
- F.C. of Dandelion root with herb, Celandine herb, and Artichoke leaf
- F.C. of Dandelion root with herb, Celandine herb, and Wormwood
- F.C. of Dandelion root with herb, Peppermint leaf, and Artichoke leaf
- F.C. of Ivy leaf, Licorice root, and Thyme
- F.C. of Marshmallow root, Primrose root, Licorice root, and Thyme oil
- F.C. of Senna leaf and Psyllium seed husk, Blonde
- F.C. of Senna leaf, Peppermint oil, and Caraway oil
- Flaxseed
- Haronga bark and leaf
- Psyllium seed husk, Blonde
- Psyllium seed, Blonde
- Senna leaf

Infants
(see Children/Infants)

Infection, Chronic-Progressive
- Mistletoe herb
- F.C. of Anise seed, Marshmallow root, Eucalyptus oil, and Licorice root (above 100 mg glycyrrhizin)
- F.C. of Ivy leaf, Licorice root, and Thyme (above 100 mg glycyrrhizin)
- F.C. of Marshmallow root, Primrose root, Licorice root, and Thyme oil (above 100 mg glycyrrhizin)

Infectious Diseases
- Oak bark

Intestinal Inflammation
- Aloe
- Buckthorn bark
- Buckthorn berry
- Cascara Sagrada bark
- Eucalyptus leaf
- Eucalyptus oil
- F.C. of Camphor, Eucalyptus oil, and Purified Turpentine
- F.C. of Senna leaf and Psyllium seed husk, Blonde
- F.C. of Senna leaf, Peppermint oil, and Caraway oil
- Niauli oil
- Rhubarb root
- Senna leaf
- Senna pod

Intestinal Obstruction
- Aloe
- Buckthorn bark
- Buckthorn berry
- Cascara Sagrada bark
- Belladonna
- Rhubarb root
- Senna leaf
- Senna pod

Irrigation Therapy with Concurrent Edema
- Birch leaf
- Couch Grass
- F.C. of Birch leaf, Goldenrod, and Java tea
- F.C. of Uva Ursi leaf, Goldenrod, and Java tea
- Goldenrod
- Horsetail herb
- Lovage root
- Spiny Restharrow root
- Stinging Nettle herb and leaf

Kidney Disease (Inflammation)
- Asparagus root
- Juniper berry
- Parsley herb and root
- Sandalwood, White
- Watercress

Kidney Insufficiency
- F.C. of Anise seed, Ivy leaf, Fennel seed, and Licorice root
- F.C. of Anise seed, Marshmallow root, Eucalyptus oil, and Licorice root (above 100 mg glycyrrhizin)
- F.C. of Anise seed, Marshmallow root, Iceland Moss, and Licorice root (above 100 mg glycyrrhizin)
- F.C. of Ivy leaf, Licorice root, and Thyme (above 100 mg glycyrrhizin)
- F.C. of Marshmallow root, Primrose root, Licorice root, and Thyme oil (above 100 mg glycyrrhizin)
- Licorice root

Lactation
- Aloe
- Buckthorn bark
- Buckthorn berry
- Cascara Sagrada bark
- Coltsfoot leaf
- F.C. of Senna leaf, Peppermint oil, and Caraway oil
- Kava Kava
- Petasites root
- Indian snakeroot
- Rhubarb root
- Senna leaf
- Uva Ursi

Leukosis
- Echinacea Pallida root
- Echinacea Purpurea herb
- Woody Nightshade stem

Liver Disease
- Boldo leaf
- Eucalyptus leaf
- Eucalyptus oil
- F.C. of Angelica root, Gentian root, Wormwood, and Peppermint oil
- F.C. of Anise seed, Marshmallow root, Eucalyptus oil, and Licorice root (above 100 mg glycyrrhizin)
- F.C. of Anise seed, Marshmallow root, Iceland Moss, and Licorice root (above 100 mg glycyrrhizin)
- F.C. of Eucalyptus oil, Primrose root and Thyme

F.C. of Peppermint oil and Caraway oil
F.C. of Peppermint oil and Fennel oil
F.C. of Peppermint oil, Caraway oil, and Chamomile flower
F.C. of Peppermint oil, Caraway oil, and Fennel oil
F.C. of Peppermint oil, Caraway oil, Fennel oil, and Chamomile flower
F.C. of Peppermint oil, Fennel oil, and Chamomile flower
Haronga bark and leaf
Mint oil
Niauli oil
Peppermint oil

Megacolon
Belladonna
Henbane leaf

Multiple Sclerosis
Echinacea Pallida root
Echinacea Purpurea herb
Woody Nightshade stem

Pancreatitis
Haronga bark and leaf

Pheochromocytoma
Ephedra
Indian snakeroot

Potassium Deficiency
Lily-of-the-valley herb
Pheasant's Eye
Squill

Pregnancy
Aloe
Autumn crocus
Black Cohosh root
Buckthorn bark
Buckthorn berry
Cascara Sagrada bark
Chaste Tree fruit
Cinchona bark
Cinnamon bark
Coltsfoot leaf
Comfrey herb and leaf
Comfrey root
Echinacea Purpurea herb (injectable)
F.C. of Angelica root, Gentian root, and Fennel seed
F.C. of Anise oil, Fennel oil, and Caraway oil
F.C. of Anise oil, Fennel oil, Licorice root, and Thyme
F.C. of Anise seed, Fennel seed and Caraway seed
F.C. of Anise seed, Ivy leaf, Fennel seed, and Licorice root
F.C. of Anise seed, Marshmallow root, Eucalyptus oil, and Licorice root (above 100 mg glycyrrhizin)
F.C. of Anise seed, Marshmallow root, Iceland Moss, and Licorice root (above 100 mg glycyrrhizin)
F.C. of Caraway oil and Fennel oil
F.C. of Caraway oil, Fennel oil and Chamomile flower
F.C. of Caraway seed and Fennel seed
F.C. of Caraway seed, Fennel seed, and Chamomile flower
F.C. of Ivy leaf, Licorice root, and Thyme (above 100 mg glycyrrhizin)
F.C. of Licorice root, Peppermint leaf and German Chamomile flower
F.C. of Licorice root, Primrose root, Marshmallow root, and Anise seed
F.C. of Marshmallow root, Fennel seed, Iceland Moss, and Thyme
F.C. of Marshmallow root, Primrose root, Licorice root, and Thyme oil (above 100 mg glycyrrhizin)
F.C. of Peppermint leaf and Fennel seed
F.C. of Peppermint leaf, Caraway seed, and Fennel seed
F.C. of Peppermint leaf, Caraway seed, Fennel seed, and Chamomile flower
F.C. of Peppermint leaf, Fennel seed, and Chamomile flower
F.C. of Peppermint oil and Fennel oil
F.C. of Peppermint oil, Caraway oil, and Fennel oil
F.C. of Peppermint oil, Caraway oil, Fennel oil, and Chamomile flower
F.C. of Peppermint oil, Fennel oil, and Chamomile flower
F.C. of Senna leaf, Peppermint oil, and Caraway oil

Fennel oil
Fennel seed
Ginger root
Indian snakeroot
Juniper berry
Kava Kava
Licorice root
Mayapple root and resin
Parsley herb and root
Petasites root
Rhubarb root
Sage leaf
Senna leaf
Uva Ursi leaf

Progressive Systemic Diseases
Echinacea Pallida root
Echinacea Purpurea herb
Woody Nightshade stem

Prostate Adenoma
Belladonna
Ephedra
Henbane leaf
Scopalia root

Pulmonary Edema
Belladonna
Henbane leaf

Renal Inflammation or Disease
Asparagus root
F.C. of Licorice root and German Chamomile flower
F.C. of Licorice root, Peppermint leaf, and German Chamomile flower
F.C. of Licorice root, Primrose root, Marshmallow root, and Anise seed
Horseradish
Juniper berry
Licorice root
Lovage root
Sandalwood, White
Watercress

Respiratory Inflammation
Larch Turpentine

Restlessness
Ephedra

Skin Injury
Camphor (external)
Comfrey root (external)
F.C. of Camphor, Eucalyptus oil, and Purified Turpentine oil (external)
Oak bark (external)
Paprika (external)

Thyroid Enlargement
Bugleweed

Thyroid, Low-Functioning
Bugleweed

Thyrotoxicosis
Ephedra

Tuberculosis
Echinacea Pallida root
Echinacea Purpurea herb
Mistletoe herb
Woody Nightshade stem

Ulcers, Gastric and Duodenal
Cola nut
Devil's Claw root
F.C. of Angelica root, Gentian root and Bitter Orange peel
F.C. of Angelica root, Gentian root, and Fennel seed
F.C. of Angelica root, Gentian root, Wormwood and Peppermint oil
F.C. of Ginger root, Gentian root, and Wormwood
Gentian root
Horseradish
Indian snakeroot
Nasturtium
Rhubarb root
Watercress

Whooping Cough
Fir Needle oil
Pine Needle oil

Chapter 10

Side Effects of Approved Herbs

This chapter, condensed from the monographs, lists potential adverse side effects of specific approved herbs. The listing of a particular herb to a corresponding side effect does not necessarily constitute a clear correlation of the herb with the effect; it means that it may be produced under certain conditions in some individuals. It is essential to refer to the complete monograph before making any therapeutic judgements. Side effects are sometimes only observed "in rare cases" and/or "in sensitive individuals." For example, nausea and vomiting are listed here as possible side effects of Uva Ursi. However, the monograph clarifies that "nausea and vomiting may occur in persons with sensitive stomachs." Thus, inclusion of a particular herb under a corresponding side effect should not be interpreted as an inevitable result of using the herb.

A guide of side effects by medical category is included to help identify the types of side effects listed in this chapter. Immediately following this guide, the herbs are listed alphabetically under each side effect.

Side Effect Guide by Medical Category

Cardiovascular

- Angina
- Cardiac Arrhythmia
- Chills
- Edema
- Heart Function, Disorders of
- Hypertension
- Orthostatic Circulatory Disturbance
- Pulse Irregularity
- Tachycardia

Dermatological

- Alopecia
- Dermatitis
- Eczema
- Hives
- Itching
- Perspiration, Decreased
- Photosensitization
- Skin Allergy
- Skin Alteration
- Skin Damage
- Skin Dryness
- Skin Irritation
- Skin, Reddening of the
- Skin, Vesicles and Necrosis of the

Endocrinology, Reproductive System, Obstetrics/ Gynecology, Prostate

- Electrolyte Imbalance
- Menstruation, Early Post-partum Return of
- Mineralocorticoid Effects
- Potassium Deficiency
- Sodium Retention

Thyroid Enlargement
Water Retention

GASTROINTESTINAL

Abdominal Pain
Allergic Reactions, Gastrointestinal Tract
Cramps
Diarrhea
Dry Mouth
Flatulence
Gastrointestinal Disturbance
Intestinal Sluggishness
Laxative
Nausea
Vomiting

HEMATOLOGY, LYMPHATIC, CANCER

Agranulocytosis
Aplastic Anemia
Leukopenia
Thrombocytopenia

IMMUNOLOGY, AIDS, INFECTIOUS DISEASES

Allergy, General
Fever/Hyperthermia

LIVER AND GALLBLADDER

Jaundice/Yellow Skin

NEUROLOGY, PSYCHIATRY

Convulsions
Dependency
Hallucination
Headache
Irritability
Nerve Damage
Poisoning, Central Nervous System
Restlessness
Sleep Disorder

OPHTHALMOLOGY

Accommodation Disturbance, Ocular
Glaucoma

RESPIRATORY (Lower and Upper Respiratory Tract Including Ears, Nose, Throat, Sinuses)

Allergic Reactions, Respiratory Tract
Bronchospasm Increase
Mucous Membrane Irritation

RHEUMATOLOGICAL, ORTHOPEDIC, MUSCLES, CONTUSIONS

Myopathy
Muscle Spasm

URINARY TRACT SYSTEM (Kidney, Ureter, Bladder)

Albuminuria
Hematuria
Kidney Inflammation
Myoglobinuria
Poisoning, Renal
Urination, Difficulties in

HERB GUIDE BY SIDE EFFECT

Abdominal Pain
Autumn Crocus

Accommodation Disturbance, Ocular
Belladonna
Henbane leaf
Kava Kava
Scopolia root

Agranulocytosis
Autumn Crocus

Albuminuria
Aloe
Buckthorn bark
Buckthorn berry
Cascara Sagrada bark
Rhubarb root
Senna leaf
Senna pod

Allergic Reactions, Gastrointestinal Tract
Anise seed
F.C. of Anise oil and Iceland Moss
F.C. of Anise oil, Fennel oil, Licorice root, and Thyme
F.C. of Anise oil, Primrose root and Thyme
F.C. of Anise seed, Fennel seed, and Caraway seed
F.C. of Anise seed, Ivy leaf, Fennel seed, and Licorice root
F.C. of Anise seed, Marshmallow root, Eucalyptus oil, and Licorice root
F.C. of Anise seed, Marshmallow root, Iceland Moss, and Licorice root
F.C. of Anise seed, Marshmallow root, Primrose root, and Sundew

Allergic Reactions, Mucosa
Cinnamon bark
Cinnamon bark, Chinese
Rhatany root

Allergic Reactions, Respiratory Tract
Anise seed
F.C. of Angelica root, Gentian root, and Fennel seed
F.C. of Anise oil and Iceland Moss
F.C. of Anise oil, Fennel oil, Licorice root, and Thyme
F.C. of Anise oil, Primrose root and Thyme
F.C. of Anise seed, Fennel seed, and Caraway seed
F.C. of Anise seed, Ivy leaf, Fennel seed, and Licorice root
F.C. of Anise seed, Marshmallow root, Eucalyptus oil, and Licorice root
F.C. of Anise seed, Marshmallow root, Iceland Moss, and Licorice root
F.C. of Anise seed, Marshmallow root, Primrose root, and Sundew
F.C. of Caraway oil and Fennel oil
F.C. of Caraway oil, Fennel oil and Chamomile flower
F.C. of Caraway seed and Fennel seed
F.C. of Caraway seed, Fennel seed, and Chamomile flower
F.C. of Marshmallow root, Fennel seed, Iceland Moss, and Thyme
F.C. of Peppermint leaf and Fennel seed
F.C. of Peppermint leaf, Caraway seed, and Fennel seed
F.C. of Peppermint leaf, Caraway seed, Fennel seed, and Chamomile flower
F.C. of Peppermint leaf, Fennel seed, and Chamomile flower
F.C. of Peppermint oil and Fennel oil
F.C. of Peppermint oil, Caraway oil, and Fennel oil
F.C. of Peppermint oil, Caraway oil, Fennel oil, and Chamomile flower
F.C. of Peppermint oil, Fennel oil, and Chamomile flower
Fennel oil

Allergic Reactions, Skin
- Anise seed
- Chicory
- Cinnamon bark
- Cinnamon bark, Chinese
- F.C. of Angelica root, Gentian root, and Fennel seed
- F.C. of Anise oil and Iceland Moss
- F.C. of Anise oil, Fennel oil, Licorice root, and Thyme
- F.C. of Anise oil, Primrose root and Thyme
- F.C. of Anise seed, Ivy leaf, Fennel seed, and Licorice root
- F.C. of Anise seed, Marshmallow root, Eucalyptus oil, and Licorice root
- F.C. of Anise seed, Marshmallow root, Iceland Moss, and Licorice root
- F.C. of Anise seed, Marshmallow root, Primrose root, and Sundew
- F.C. of Caraway oil and Fennel oil
- F.C. of Caraway oil, Fennel oil and Chamomile flower
- F.C. of Caraway seed and Fennel seed
- F.C. of Caraway seed, Fennel seed, and Chamomile flower
- F.C. of Marshmallow root, Fennel seed, Iceland Moss, and Thyme
- F.C. of Peppermint leaf and Fennel seed
- F.C. of Peppermint leaf, Caraway seed, and Fennel seed
- F.C. of Peppermint leaf, Caraway seed, Fennel seed, and Chamomile flower
- F.C. of Peppermint leaf, Fennel seed, and Chamomile flower
- F.C. of Peppermint oil and Fennel oil
- F.C. of Peppermint oil, Caraway oil, and Fennel oil
- F.C. of Peppermint oil, Caraway oil, Fennel oil, and Chamomile flower
- F.C. of Peppermint oil, Fennel oil, and Chamomile flower
- Fennel oil
- Hay flower
- Larch turpentine (topical)
- Parsley herb and root
- Peruvian Balsam

Allergy, General
- Anise seed
- Asparagus root
- Bromelain
- Cinchona bark
- Echinacea Purpurea herb
- Fennel oil
- Fenugreek seed
- Garlic
- Ginkgo Biloba Leaf Extract
- Hay flower
- Kava Kava
- Larch Turpentine
- Mistletoe herb
- Peruvian Balsam
- Poplar bud
- Psyllium seed, Black
- Psyllium seed, Blonde
- Psyllium seed husk, Blonde
- Rhatany root

Alopecia
- Autumn Crocus

Angina
- Mistletoe herb

Aplastic Anemia
- Autumn Crocus

Bronchospasm Increase
- Fir Needle oil
- Pine Needle oil

Cardiac Arrhythmia
- Ephedra
- Lily-of-the-valley herb
- Squill

Chills
- Mistletoe herb

Convulsions
- Sage leaf

Cramps
- Aloe
- Buckthorn bark
- Buckthorn berry
- Cascara Sagrada bark
- Rhubarb root

Senna leaf
Senna pod

Dependency
Ephedra

Dermatitis
Arnica flower

Diarrhea
Autumn Crocus
Bromelain
Cajeput oil
Eucalyptus leaf
Eucalyptus oil
F.C. of Eucalyptus oil, Primrose root and Thyme
Niauli oil
Soy Phospholipid
Squill

Dry Mouth
Belladonna
Henbane leaf
Scopolia root

Eczema
Arnica flower
Camphor

Edema
Licorice root

Electrolyte Imbalance
Aloe
Buckthorn bark
Buckthorn berry
Cascara Sagrada bark
Rhubarb root
Senna leaf
Senna pod

Excitability
Cola nut

Fever
Belladonna
Cinchona bark
Echinacea Purpurea herb (injectible)
Mistletoe herb
Scopolia

Flatulence
Manna
Yeast, Medicinal

Gastrointestinal Disturbance
Black Cohosh root
Bromelain
Butcher's Broom
Cajeput oil
Cola nut
Dandelion root with herb
Eucalyptus leaf
Eucalyptus oil
F.C. of Angelica root, Gentian root, Wormwood, and Peppermint oil
F.C. of Eucalyptus oil, Primrose root and Thyme
F.C. of Gumweed herb, Primrose root and Thyme
F.C. of Javanese Turmeric root, Celandine herb, and Wormwood
F.C. of Javanese Turmeric root, Peppermint leaf, and Wormwood
F.C. of Peppermint oil and Caraway oil
F.C. of Peppermint oil, Caraway oil, and Chamomile flower
F.C. of Peppermint oil, Caraway oil, Fennel oil, and Chamomile flower
F.C. of Primrose root and Thyme
F.C. of Primrose root, Sundew, and Thyme
Garlic
Ginkgo Biloba Leaf Extract
Gumweed herb
Horse chestnut seed
Horseradish
Indian Snakeroot
Mint oil
Pollen
Potentilla
Primrose flower
Primrose root
Saw Palmetto berry
Senega Snakeroot
Soapwort root, Red
Soapwort root, White
Soy Phospholipid
Squill
Stinging Nettle root

Tormentil root
Turmeric
Turmeric, Javanese
Watercress

Glaucoma
Scopolia root

Hallucination
Belladonna

Headache
Ephedra
F.C. of Angelica root, Gentian root, and Fennel seed
Gentian root
Ginkgo Biloba Leaf Extract
Mistletoe herb
Sweet Clover
Yeast, Medicinal

Heart Function, Disorders of
Aloe
Buckthorn bark
Cascara Sagrada bark
Rhubarb
Senna leaf

Hematuria
Aloe
Buckthorn bark
Buckthorn berry
Cascara Sagrada bark
Rhubarb root
Senna leaf
Senna pod

Hives
Chaste Tree fruit
Paprika

Hypertension
Ephedra
Licorice root

Hyperthermia
Belladonna
Scopalia root

Intestinal Flora Changes
Garlic

Intestinal Sluggishness
Aloe
Buckthorn bark
Buckthorn berry
Cascara sagrada bark

Irritability
Ephedra

Itching
Chaste Tree fruit
Sandalwood, White

Kidney Inflammation
Juniper berry

Laxative
Milk Thistle fruit

Leukopenia
Autumn Crocus

Menstruation, Early Post-partum Return of
Chaste Tree fruit

Mineralocorticoid Effects
F.C. of Anise oil, Fennel oil, Licorice root, and Thyme (above 100 mg glycyrrhizin)
F.C. of Anise seed, Marshmallow root, Eucalyptus oil, and Licorice root (above 100 mg glycyrrhizin)
F.C. of Anise seed, Marshmallow root, Iceland Moss, and Licorice root (above 100 mg glycyrrhizin)
F.C. of Ivy leaf, Licorice root, and Thyme (above 100 mg glycyrrhizin)
F.C. of Marshmallow root, Primrose root, Licorice root, and Thyme oil (above 100 mg glycyrrhizin)
Licorice root

Mucous Membrane Irritation
Cloves
Fir Needle oil
Pine Needle oil

Muscle Spasm
Belladonna

Myoglobinuria
- F.C. of Anise seed, Marshmallow root, Eucalyptus oil, and Licorice root (above 100 mg glycyrrhizin)
- F.C. of Anise seed, Marshmallow root, Iceland Moss, and Licorice root (above 100 mg glycyrrhizin)
- Licorice root

Myopathy
- Autumn Crocus

Nausea
- Autumn Crocus
- Butcher's Broom
- Echinacea Purpurea herb (injectible)
- Ephedra
- Eucalyptus leaf
- Eucalyptus oil
- F.C. of Eucalyptus oil, Primrose root and Thyme
- F.C. of Gumweed herb, Primrose root and Thyme
- F.C. of Primrose root and Thyme
- F.C. of Primrose root, Sundew, and Thyme
- Lily-of-the-valley herb
- Manna
- Niauli oil
- Primrose flower
- Primrose root
- Sandalwood, White
- Squill
- Uva Ursi

Nerve Damage
- White Mustard seed

Orthostatic Circulatory Disturbance
- Mistletoe herb

Perspiration, Decreased
- Belladonna
- Scopolia root

Photosensitization
- Angelica root
- Bitter Orange peel
- F.C. of Angelica root, Gentian root, and Bitter Orange peel
- F.C. of Angelica root, Gentian root, and Fennel seed
- F.C. of Angelica root, Gentian root, Wormwood, and Peppermint oil
- F.C. of Peppermint leaf, Caraway seed, Chamomile flower, and Bitter Orange peel
- Haronga bark and leaf
- St. John's Wort

Poisoning, Central Nervous System
- Turpentine oil, Purified

Poisoning, Renal
- Turpentine oil, Purified

Potassium Deficiency
- Aloe
- Buckthorn bark
- Buckthorn berry
- Cascara Sagrada bark
- Licorice root
- Rhubarb root
- Senna leaf
- Senna pod

Pulse Irregularity
- Squill

Restlessness
- Cola nut
- Ephedra

Skin Allergy
- Cinchona bark
- Poplar bud

Skin Alteration
- Autumn Crocus

Skin Damage
- White Mustard seed

Skin Dryness
- Belladonna

Skin Irritation
- Fir Needle oil
- Pine Needle oil

Skin, Reddening
- Belladonna
- Scopalia root

Skin, Vesicles and Necrosis
- Arnica flower

Sleep Disorder
- Cola nut
- Ephedra

Sodium Retention
- Licorice root

Tachycardia
- Belladonna
- Ephedra
- Henbane leaf
- Scopolia root

Thrombocytopenia
- Cinchona bark

Thyroid Enlargement
- Bugleweed

Urination, Difficulties in
- Belladonna
- Ephedra
- Henbane leaf
- Scopolia root

Vomiting
- Autumn Crocus
- Echinacea Purpurea herb (injectible)
- Ephedra
- Eucalyptus leaf
- Eucalyptus oil
- F.C. of Eucalyptus oil, Primrose root and Thyme
- Lily-of-the-valley herb
- Niauli oil
- Squill
- Uva Ursi leaf

Water Retention
- Licorice root

Yellow Skin
- Kava Kava

CHAPTER 11

SIDE EFFECTS OF UNAPPROVED HERBS

This chapter, condensed from the monographs, lists potential adverse side effects of unapproved herbs. The listing of a particular herb under a corresponding side effect does not necessarily constitute a clear correlation of the herb with the effect; it means that it may be produced under certain conditions in some individuals. It is essential to refer to the complete herb monograph before making any therapeutic judgements.

A guide of side effects by medical category is included to help identify the types of side effects listed in this chapter. Immediately following this guide, the herbs are listed alphabetically under each side effect.

SIDE EFFECT GUIDE BY MEDICAL CATEGORY

CARDIOVASCULAR

- Bradycardia
- Cardiac Arrest
- Cardiac Arrhythmia
- Cardiac Insufficiency
- Hypertension
- Hypotension
- Tachycardia
- Vascular Congestion

DERMATOLOGICAL

- Allergic Skin Reactions
- Clammy Skin
- Depigmentation of skin
- Dermatitis
  - (see Allergic Skin Reactions)
- Irritation, Skin
- Perspiration
- Photosensitization
- Skin Discoloration
- Swelling of Tongue
- Urticaria

ENDOCRINOLOGY, REPRODUCTIVE SYSTEM, OBSTETRICS/ GYNECOLOGY, PROSTATE

- Abortion
- Bleeding of the Uterus
- Hyperthyroidism
- Hypoglycemia
- Hypothermia
- Uterine Contraction, Stimulates

GASTROINTESTINAL

- Abdominal Pain
- Constipation
- Cramps
- Diarrhea
- Gastroenteritis
- Gastrointestinal Tract, Irritation
- Gastrointestinal Tract, Disturbance with Nausea
- Nausea
- Poisoning
- Weight Loss

HEMATOLOGY, LYMPHATIC, CANCER
- Methemoglobinuria

IMMUNOLOGY, AIDS, INFECTIOUS DISEASES
- Allergic Mucosa Reactions
- Allergies
- Chills
- Fever
- Leukocytopenia
- Lymphocytopenia

LIVER AND GALLBLADDER
- Bilirubinuria
- Cholestatic Icterus/Jaundice
- Hepatotoxic

NEUROLOGY, PSYCHIATRY
- Anaphylactic shock
- Anxiety
- Central Nervous System, Excitation
- Central Nervous System, Sensitivity
- Confusion
- Dizziness
- Fainting
- Flushed Face
- Hallucination
- Headache
- Headache, Migraine
- Impaired Balance
- Intoxication
- Lethargy
- Melancholic Moods
- Nervous Excitation
- Numbness
- Organotoxic
- Psychic Disturbances
- Restlessness
- Sleep Disorder
- Tremor
- Vertigo

OPHTHALMOLOGY
- Eye Irritation
- Blindness
- Mydriasis
- Pupillary Rigidity
- Visual Disturbances

RESPIRATORY (Lower and Upper Respiratory Tract Including Ears, Nose, Throat, Sinuses)
- Alveolitis
- Bleeding from the Nose, Lips, & Eyelids
- Bleeding of the Mucous Membranes
- Dyspnea
- Irritation, Mucous Membrane
- Nose Bleed
- Paralysis, Respiratory System
- Pseudoallergic Reaction
- Respiratory Insufficiency
- Rhinitis

RHEUMATOLOGICAL, ORTHOPEDIC, MUSCLES, CONTUSIONS
- Muscle Spasm
- Spasms, Clonic-tonic
- Colic
- Convulsions
- Pain in Muscles and Joints
- Paralysis

URINARY TRACT SYSTEM (Kidney, Ureter, Bladder)
- Albuminuria
- Anuria
- Diuresis
- Hematuria
- Hemoglobinuria
- Kidney Damage
- Kidney Irritation
- Nephritis
- Urinary Tract Irritation

HERB GUIDE BY SIDE EFFECT

Abdominal Pain
- Rhododendron, Rusty-leaved
- Tansy

Abortion
- Bryonia root
- Marsh Tea
- Mugwort
- Nutmeg
- Parsley seed
- Rue
- Saffron
- Tansy

Albuminuria
- Male Fern

Allergic Mucosa Reactions
- Cinnamon flower

Allergic Skin Reactions
- Asparagus herb
- Cinnamon flower
- Cocoa
- Elecampane root
- Liverwort herb
- Olive oil
- Pasque flower
- Rhododendron, Rusty-leaved
- Rue

Allergies
- Aspen bark and leaf
- Bladderwrack
- Celery
- Chamomile, Roman
- Echinacea Angustifolia herb and root (parenteral use)
- Echinacea Pallida herb (parenteral use)
- Echinacea Purpurea root (parenteral use)
- Ginkgo Biloba leaf
- Kelp
- Lemongrass, Citronella oil
- Mugwort
- Oats
- Papain
- Strawberry leaf

Alveolitis
- Lemongrass, Citronella oil

Anaphylactic Shock
- Celery
- Chamomile, Roman

Anuria
- Parsley seed

Anxiety
- Yohimbe bark

Bilirubinuria
- Male Fern

Bleeding from the Nose, Lips, & Eyelids
- Saffron

Bleeding of the Mucous Membranes
- Parsley seed

Bleeding of the Uterus
- Saffron
- Tansy

Blindness
- Male Fern

Bradycardia
- Delphinium
- Monkshood
- Rhododendron, Rusty-leaved

Cardiac Arrest
- Delphinium
- Rhododendron, Rusty-leaved

Cardiac Arrhythmia
- Male Fern
- Monkshood

Parsley seed
Tansy

Cardiac Insufficiency
Male Fern

Central Nervous System, Excitation
Marsh Tea
Nux Vomica

Central Nervous System, Sensitivity
Rhododendron, Rusty-leaved

Chills
Echinacea Angustifolia herb and root (parenteral use)
Echinacea pallida herb (parenteral use)

Cholestatic Icterus/Jaundice
Bishop's Weed

Clammy Skin
Rue

Colic
Bryonia root

Confusion
Male Fern

Constipation
Cocoa seed

Convulsions
Bryonia root
Male Fern
Nux Vomica

Cramps
Elecampane root
Rhododendron, Rusty-leaved

Depigmentation of Skin
Marjoram

Dermatitis
(see Allergic Skin Reactions)

Diarrhea
Barberry
Bryonia root
Elecampane root
Male Fern
Marsh Tea
Rhododendron, Rusty-leaved
Saffron
Turpentine oil, Sulfurated

Diuresis
Sarsaparilla root

Dizziness
Bryonia root
Male Fern
Monkshood
Rue
Saffron

Dyspnea
Barberry
Male Fern

Eye Irritation
Barberry

Fainting
Rue

Fever
Echinacea Angustifolia herb and root (parenteral use)
Echinacea Pallida herb (parenteral use)
Echinacea Purpurea root (parenteral use)

Flushed Face
Tansy

Gastroenteritis
Tansy

Gastrointestinal Tract, Disturbance with Nausea
Barberry

Gastrointestinal Tract, Irritation
Marsh Tea
Rue
Sarsaparilla

Hallucination
Nutmeg

Headache
- Cocoa
- Male Fern

Headache, Migraine
- Cocoa

Hematuria
- Saffron
- Turpentine oil, Sulfurated

Hemoglobinuria
- Parsley seed

Hepatotoxic
- Borage
- Coltsfoot
- Hound's Tongue
- Madder root
- Petasites leaf
- Rue
- Senecio herb
- Tansy

Hypertension
- Yohimbe bark

Hyperthyroidism
- Bladderwrack
- Kelp

Hypoglycemic
- Goat's Rue herb

Hypotension
- Delphinium flower
- Rhododendron, Rusty-leaved
- Rue

Hypothermia
- Monkshood

Impaired Balance
- Rhododendron, Rusty-leaved

Intoxication
- Bilberry leaf
- Marsh Tea
- Monkshood
- Tansy
- Yellow Jessamine root

Irritation, Mucous Membrane
- Elecampane
- Liverwort
- Pasque flower
- Soapwort

Irritation, Skin
- Barberry
- Buchu leaf
- Liverwort herb
- Mountain Ash berry
- Pasque flower
- Sarsaparilla, German
- Soapwort

Kidney Damage
- Bryonia root
- Marsh Tea
- Parsley seed
- Rue
- Tansy

Kidney Irritation
- Barberry
- Liverwort herb
- Marsh Tea
- Parsley seed
- Pasque flower

Lethargy
- Barberry

Leukocytopenia
- Periwinkle

Lymphocytopenia
- Periwinkle

Melancholic Moods
- Rue

Methemoglobinuria
- Parsley seed

Muscle Spasm
- Male Fern
- Monkshood
- Rue

Mydriasis
- Tansy

Nausea
- Barberry
- Bryonia root
- Echinacea Angustifolia herb and root (parenteral use)
- Echinacea Pallida herb (parenteral use)
- Echinacea Purpurea root (parenteral use)
- Elecampane root
- Male Fern
- Marsh Tea
- Monkshood
- Rhododendron, Rusty-leaved
- Tansy
- Yohimbe

Nephritis
- Barberry

Nervous Excitation
- Bryonia root
- Yohimbe

Nose Bleed
- Barberry

Numbness
- Saffron

Organotoxic
- Borage
- Coltsfoot
- Petasites leaf
- Senecio herb

Pain in Muscles and Joints
- Marsh Tea
- Rhododendron, Rusty-leaved

Paralysis
- Elecampane root
- Marsh Tea
- Rhododendron, Rusty-leaved

Paralysis, Respiratory System
- Barberry
- Delphinium
- Monkshood

Paresthesia
- Monkshood

Perspiration
- Marsh Tea

Photosensitization
- Angelica herb
- Angelica seed
- Bishop's Weed fruit
- Celery
- Rue

Poisoning
- Hyssop oil
- Jimsonweed leaf and seed
- Lemongrass, Citronella oil
- Male Fern
- Marsh Tea
- Mistletoe berry
- Nux Vomica
- Oleander leaf
- Rhododendron, Rusty-leaved

Pseudoallergic Reaction
- Bishop's Weed fruit

Psychic Disturbances
- Nutmeg
- Rue

Pupillary Rigidity
- Tansy

Respiratory Insufficiency
- Male Fern
- Rhododendron, Rusty-leaved

Restlessness
- Yohimbe

Rhinitis
- Chamomile, Roman

Skin Discoloration
- Saffron
- Walnut hull

Sleep Disorder
- Rue
- Yohimbe

Spasms, Clonic-tonic
- Hyssop oil
- Tansy

Swelling of Tongue
Rue

Tachycardia
Yohimbe

Tremor
Male Fern
Yohimbe

Urinary Tract Irritation
Liverwort herb
Marsh Tea
Pasque flower
Turpentine oil, Sulfurated

Urticaria
Paprika species low in capsaicin

Uterine Contraction, Stimulates
Male Fern

Vascular Congestion
Parsley seed

Vertigo
Saffron

Visual Disturbances
Male Fern

Weight Loss
Parsley seed

Chapter 12

Pharmacological Actions of Approved Herbs

This chapter, condensed from the monographs, provides a list of pharmacological actions of approved herbs. In some cases, the pharmacological actions listed were demonstrated in in vitro experiments or in vivo studies (on animals) but have not been confirmed in human clinical trials. Their inclusion is intended to help health professionals understand the potential activity, risks, and/or benefits of the herb. It is essential to refer to the complete herb monograph before making any therapeutic judgements.

A guide of pharmacological actions by medical category is included to help identify the types of actions listed in this chapter. Immediately following this guide, the herbs are listed alphabetically under each pharmacological action.

Pharmacological Action Guide by Medical Category

Cardiovascular

- Antihypertensive
- Cholesterol Lowering
- Chronotropic, Negatively
- Chronotropic, Positively
- Circulatory Stimulant
- Circulatory/Vascular Tonic
- Coronary Artery Flow, Increases
- Hyperemic
- Inotropic, Positively
- Lipid-Lowering
- Myocardial Circulation, Increases
- Roborant
- Venous Pressure, Lowers
- Venous Tonic

Dermatological

- Absorbent
- Anti-exudative
- Antiperspirant
- Astringent
- Callus Formation
- Deodorant
- Granulatory
- Skin Irritation, Decreases
- Skin Irritation, Stimulates
- Skin Metabolism, Stimulates
- Wound Healing

Endocrinology, Reproductive System, Obstetrics/ Gynecology, Prostate

- Antiandrogenic
- Antigonadotropic
- Antithyrotropic
- Blood Sugar Regulation
- Blood Supply, Increase
- Corpus Luteum-Like Effects
- Endurance, Increased
- Estrogen Receptor Site Binding

Glycogenolytic
Luteinizing Hormone Suppression
Prolactin Level, Decreases
Tyrosinase Inhibiting
Uterine Contraction, Stimulates

GASTROINTESTINAL

Antiemetic
Antiflatulent
Carminative
Gastric Juices, Stimulates
Gastric Ulcers, Accelerate Healing of
Laxative
Lipolytic
Motility, Inhibiting
Motility, Stimulating
Pancreatic Exocrine Secretion, Stimulates
Peristalsis, Regulation of
Salivation, Increases
Secretion of Gastric Juices
Secretolytic
Secretomotory
Smooth Muscle Contraction
Spasmolytic

HEMATOLOGY, LYMPHATIC, CANCER

Antichemotactic
Cytotoxic
Fibrinolytic Activity, Increases
Hemostatic
Leucocyte Increase
Lymphocyte Increase
Mitosis Inhibitor
Platelet Aggregation, Inhibits
Prothrombin Time, Increases
Spleen Cell Increase
Thrombocyte Aggregation, Inhibits

IMMUNOLOGY, AIDS, INFECTIOUS DISEASES

Antibacterial
Antifungal
Antimicrobial
Antiparasitic
Antiseptic
Antiviral
Immunomodulation
Phagocytosis, Stimulates
Pyretic
T-Cell Production
Temperature Elevation

LIVER AND GALLBLADDER

Cholagogue
Cholecystokinetic
Choloretic
Hepatoprotective

NEUROLOGY, PSYCHIATRY

Acetylcholinesterase Inhibitor
Analgesic
Anesthesia, Topical
Anti-anxiety
Anticholinergic
Anticonvulsant
Antidepressant
Antiphlogistic
Antipyretic
Antispasmodic
Bathmotropic, Negatively
Central Nervous System, Stimulant
Dromotropic, Positively
MAO Inhibitor
Muscarine-like
Musculotropic
Nerve Damaging
Papaverine-like
Parasympatholytic
Salivation, Increases
Sedative
Soporific
Sympathomimetic
Tonus, Increases

Respiratory (Lower and Upper Respiratory Tract Including Ears, Nose, Throat, Sinuses)

- Analeptic, Respiratory
- Anti-irritant
- Antitussive
- Bronchial Secretion, Increased
- Bronchial Secretion, Reduced
- Bronchoantispasmodic
- Demulcent
- Expectorant
- Mucociliary Activity, Increases
- Mucous Membrane Irritant
- Oral-pharyngeal Anti-irritant

Rheumatological, Orthopedic, Muscles, Contusions

- Anti-edematous
- Cytostatic
- Electrolyte-like Reaction on Capillary Wall

Urinary Tract System (Kidney, Ureter, Bladder)

- Diuretic
- Kaliuretic
- Natriuretic
- Residual Urine, Reduces
- Urinary Flow, Increases

Herb Guide by Pharmacological Action (Approved Herbs)

Absorbent
- Coffee Charcoal

Acetylcholinesterase Inhibitor
- Knotweed herb

Analeptic, Respiratory
- Camphor
- Cola nut
- Maté

Analgesic
- Arnica flower
- Devil's Claw root
- White Willow bark

Anesthestic, Topical
- Cloves

Antiandrogenic
- Saw Palmetto berry

Anti-anxiety
- Kava Kava

Antibacterial
- Anise seed
- Chamomile flower, German
- Cinnamon bark
- Cinnamon bark, Chinese
- Cloves
- Dill seed
- Ephedra
- F.C. of Anise oil, Fennel oil, and Caraway oil
- F.C. of Anise seed, Fennel seed, and Caraway seed
- F.C. of Peppermint oil and Caraway oil
- F.C. of Peppermint oil and Fennel oil
- F.C. of Peppermint oil, Caraway oil, and Chamomile flower
- F.C. of Peppermint oil, Caraway oil, and Fennel oil
- F.C. of Peppermint oil, Caraway oil, Fennel oil, and Chamomile flower
- F.C. of Peppermint oil, Fennel oil, and Chamomile flower
- Galangal
- Garlic
- Gumweed herb
- Mint oil
- Onion
- Peppermint oil
- Peruvian Balsam
- Plantain
- Poplar bud
- Sage leaf
- Sandalwood, White
- Thyme
- Uva Ursi leaf
- White Mustard seed
- Yarrow
- Yeast, Medicinal

Antichemotactic
- Autumn Crocus

Anticholinergic
- Belladonna
- Henbane leaf
- Scopolia root
- Woody Nightshade stem

Anticonvulsant
- Kava Kava

Antidepressant
- St. John's Wort

Anti-edematous
- Bromelain
- Sweet Clover

Antiemetic
- Ginger root

Anti-exudative
- Horse Chestnut seed
- Saw Palmetto berry

Antiflatulent
- Lavender flower

Antifungal
- Cinnamon bark
- Cinnamon bark, Chinese
- Cloves
- Garlic
- Sage leaf

Antigonadotropic
- Bugleweed

Antihypertensive
- Lily-of-the-valley herb
- Onion
- Squill

Antiinflammatory
- Calendula flower
- Cola nut
- Comfrey herb and leaf
- Comfrey root
- St. John's Wort
- Turmeric root
- Witch Hazel leaf and bark

Anti-irritant
- Marshmallow leaf
- Mullein flower
- Plantain

Antiperspirant
- Sage leaf

Antimicrobial
- Caraway oil
- Caraway seed
- Couch Grass
- Fennel oil
- Horseradish
- Iceland Moss
- Radish
- Usnea
- Uva Ursi
- Thyme, Wild
- Woody Nightshade stem

Antimycotic
- Garlic

Antiparasitic
- Peruvian Balsam

Antiphlogistic
- Arnica flower
- Autumn Crocus
- Butcher's Broom
- Chamomile flower, German
- Devil's Claw root
- Cola nut
- Goldenrod
- Galangal
- White Willow bark
- Woody Nightshade stem

Antipyretic
- Mint oil
- Peppermint oil
- White Willow bark

Antiseptic
- Arnica flower
- Cloves
- Fenugreek seed
- Fir Needle oil
- Fir Shoots, Fresh
- Larch Turpentine
- Peruvian Balsam
- Pine Needle oil
- Pine Sprouts
- Turpentine oil, Purified

Antispasmodic
- Angelica root
- Anise seed
- Boldo leaf
- Caraway oil
- Caraway seed
- Celandine herb
- Chamomile flower, German
- Cloves
- Dill seed
- Eucalyptus leaf
- Eucalyptus oil
- Fennel oil
- Fennel seed
- Fumitory

Galangal
Ginger root
Goldenrod
Ivy leaf
Java tea
Kava Kava
Licorice root
Lovage root
Mint oil
Peppermint leaf
Peppermint oil
Petasites root
Rosemary leaf
Yarrow
Star Anise seed
Thyme, Wild

Antithyrotropic
Bugleweed

Antitussive
Ephedra
Sundew

Antiviral
Cloves
Cardamom seed
Oak bark
Sage leaf

Appetite Stimulant
Dandelion root with herb
Devil's Claw root
F.C. of Angelica root, Gentian root, and Bitter Orange peel
F.C. of Angelica root, Gentian root, and Fennel seed
F.C. of Angelica root, Gentian root, and Wormwood
F.C. of Ginger root, Gentian root, and Wormwood
Pollen
Wormwood

Astringent
Agrimony
Bilberry fruit
Blackberry leaf
Blackthorn berry
Coffee Charcoal
Jambolan bark
Knotweed herb
Lady's Mantle
Myrrh
Oak bark
Plantain
Potentilla
Rhatany root
Rose flower
Sage leaf
Walnut leaf
Witch Hazel leaf and bark
Woody Nightshade stem
Yarrow

Bathmotropic, Negatively
Hawthorn leaf with flower

Blood Sugar Regulation
Psyllium seed husk, Blonde

Blood Supply, Increase
Rosemary leaf (external)

Bronchial Secretion, Increased
Camphor
Elder flower
Gentian root

Bronchial Secretion, Reduced
Turpentine oil, Purified

Bronchoantispasmodic
Camphor
F.C. of Sundew and Thyme
Sundew
Thyme

Callus Formation
Comfrey root

Carminative
F.C. of Caraway oil and Fennel oil
F.C. of Caraway oil, Fennel oil and Chamomile flower
F.C. of Caraway seed and Fennel seed
F.C. of Javanese Turmeric root, Peppermint leaf, and Wormwood
F.C. of Milk Thistle fruit, Peppermint leaf, and Wormwood
F.C. of Peppermint leaf and Caraway seed

F.C. of Peppermint leaf and Fennel seed
F.C. of Peppermint leaf, Caraway seed, and Chamomile flower
F.C. of Peppermint leaf, Caraway seed, and Fennel seed
F.C. of Peppermint leaf, Caraway seed, Fennel seed, and Chamomile flower
F.C. of Peppermint oil and Caraway oil
F.C. of Peppermint oil and Fennel oil
F.C. of Peppermint oil, Caraway oil, and Chamomile flower
F.C. of Peppermint oil, Caraway oil, and Fennel oil
F.C. of Peppermint oil, Caraway oil, Fennel oil, and Chamomile flower
F.C. of Peppermint oil, Fennel oil, and Chamomile flower
Lemon Balm
Mint oil
Peppermint leaf
Peppermint oil

Central Nervous System, Stimulant
Ephedra

Cholagogue
Angelica root
Cardamom seed
Ginger
Mint oil
Peppermint oil

Cholecystokinetic
Haronga bark
Turmeric root

Cholesterol Lowering
Psyllium seed, Blonde
Psyllium seed husk, Blonde

Choloretic
Artichoke leaf
Boldo leaf
Chicory
Dandelion root with herb
Devil's Claw
F.C. of Javanese Turmeric root, Peppermint leaf, and Wormwood
F.C. of Milk Thistle fruit, Peppermint leaf, and Wormwood
Haronga bark and leaf
Horehound herb
Peppermint leaf
Sandy Everlasting
Turmeric root
Turmeric, Javanese
Yarrow

Chronotropic, Negatively
Squill

Chronotropic, Positively
Belladonna
Cola nut
Hawthorn
Maté
Scopolia root
Shepherd's Purse herb

Circulatory Stimulant
Pine Sprouts

Circulatory/Vascular Tonic
Camphor
Horse Chestnut seed
Lily-of-the-valley herb

Coronary Artery Flow, Increases
Hawthorn leaf with flower
Rosemary leaf

Corpus Luteum-Like Effects
Chaste Tree fruit

Cytostatic
Celandine herb

Cytotoxic
Soapwort root, White

Demulcent
Iceland Moss
Mallow flower
Mallow leaf
Marshmallow root

Deodorant
Chamomile flower, German

Diaphoretic
Elder flower
Linden flower

Diuretic
- Asparagus root
- Birch leaf
- Butcher's Broom
- Cola nut
- Dandelion root with herb
- Goldenrod
- Horsetail herb
- Java tea
- Juniper berry
- Kidney Bean pods (without seeds)
- Maté
- Spiny Restharrow root

Dromotropic, Positively
- Belladonna
- Hawthorn leaf with flower
- Scopolia root

Electrolyte-like Reaction on Capillary Wall
- Butcher's Broom

Endurance, Increased
- Eleuthéro (Siberian Ginseng) root

Estrogen Receptor Site Binding
- Black Cohosh root

Expectorant
- Anise seed
- Eucalyptus leaf
- Eucalyptus oil
- F.C. of Anise oil, Primrose root and Thyme
- F.C. of Eucalyptus oil, Primrose root and Thyme
- F.C. of Ivy leaf, Licorice root, and Thyme
- F.C. of Primrose root and Thyme
- Ivy leaf
- Licorice root
- Mullein flower
- Primrose flower
- Primrose root
- Senega Snakeroot
- Soapwort root, Red
- Star Anise seed
- Thyme

Fibrinolytic Activity, Increases
- Garlic

Gastric Juices, Stimulates
- Angelica root
- Blessed Thistle herb
- Bogbean leaf
- Boldo leaf
- Centaury herb
- Cinchona bark
- Cola nut
- Condurango bark
- Gentian root
- Ginger root
- Haronga bark

Gastric Ulcers, Accelerate Healing of
- Licorice root

Glycogenolytic
- Maté

Granulatory
- Calendula flower
- Peruvian Balsam
- Poplar bud

Hemostatic
- Witch Hazel leaf and bark

Hepatoprotective
- Soy Phospholipid
- Milk Thistle fruit

Hyperemic
- Camphor
- Eucalyptus oil
- Fenugreek seed
- Fir Needle oil
- Fir Shoots, Fresh
- Hay flower (external)
- Horseradish
- Larch Turpentine
- Paprika
- Pine Needle oil
- Turpentine oil, Purified

Immunomodulation
- Celandine herb
- Echinacea Purpurea herb
- Eleuthero (Siberian Ginseng) root
- Mistletoe herb

Inotropic, Positively
- Ginger root
- Hawthorn leaf with flower
- Lily-of-the-valley herb
- Maté
- Pheasant's Eye herb
- Rosemary leaf
- Shepherd's Purse
- Squill

Kaliuretic
- Lily-of-the-valley herb

Laxative
- Aloe
- Buckthorn bark
- Buckthorn berry
- Cascara Sagrada bark
- Flaxseed
- Manna
- Rhubarb root
- Senna leaf
- Senna pod

Leucocyte Increase
- Echinacea Purpurea herb

Lipid-Lowering
- Garlic
- Onion
- Soy Lecithin

Lipolytic
- Cola nut
- Maté

Luteinizing Hormone Suppression
- Black Cohosh root

Lymphocyte Increase
- Eleuthero (Siberian Ginseng) root

MAO Inhibitor
- St. John's Wort

Mitosis Inhibitor
- Autumn Crocus

Motility, Inhibiting (Intestinal)
- Passionflower herb
- Uzara root

Motility, Stimulating (Intestinal)
- Aloe
- Buckthorn bark
- Buckthorn berry
- Cascara Sagrada bark
- Cinnamon bark
- Cinnamon bark, Chinese
- Cola nut
- Fennel oil
- Fennel seed
- Ginger root
- Radish

Mucociliary Activity, Increased
- Fennel seed

Mucous Membrane Irritant
- Ivy leaf
- Soapwort root, White
- Woody Nightshade stem

Muscarine-Like
- Shepherd's Purse

Musculotropic
- Chamomile flower, German

Myocardial Circulation, Increases
- Hawthorn leaf with flower

Natriuretic
- Lily-of-the-valley herb

Nerve Damaging
- Paprika

Oral-pharyngeal Anti-irritant
- Mallow leaf

Pancreatic Exocrine Secretion, Stimulates
- Haronga bark and leaf

Papaverine-like
- Celandine herb

Parasympatholytic
- Belladonna
- Henbane leaf
- Scopalia root

Peristalsis, Regulation of
- Psyllium seed, Black
- Psyllium seed, Blonde

Phagocytosis, Stimulates
- Echinacea Pallida root
- Echinacea Purpurea herb
- Marshmallow root
- Yeast, Medicinal

Platelet Aggregation, Inhibits
- Garlic

Prolactin Level, Decreases
- Bugleweed
- Chaste Tree fruit

Prothrombin Time, Increases
- Garlic

Pyretic
- Echinacea Purpurea herb

Residual Urine, Reduces
- Stinging Nettle root

Roborant
- Gentian root

Salivation, Increases
- Blessed Thistle herb
- Bogbean leaf
- Cinchona bark
- Condurango bark
- Ginger root
- Gentian root

Secretion of Gastric Juices
- Angelica root
- Gentian root

Secretolytic
- Fennel seed
- Fenugreek seed
- Fir Needle oil
- Fir shoots, Fresh
- Ginger root
- Licorice root
- Mint oil
- Peppermint oil
- Pine needle oil
- Pine Sprouts
- Primrose flower
- Primrose root
- Senega snakeroot

Secretomotory
- Eucalyptus leaf
- Eucalyptus oil
- Sage leaf
- Radish

Sedative
- F.C. of Passionflower herb, Valerian root, and Lemon Balm
- F.C. of Valerian root, Hops, and Lemon Balm
- F.C. of Valerian root, Hops, and Passionflower herb
- Kava Kava
- Henbane leaf
- Lavender flower
- Lemon Balm
- Valerian root

Skin Irritation, Decreases
- Marshmallow leaf
- Marshmallow root

Skin Irritation, Stimulates
- Ivy leaf
- Paprika
- Rosemary leaf
- White Mustard seed

Skin Metabolism, Stimulates
- Chamomile flower, German

Smooth Muscle Contraction
- Juniper berry

Soporific
- F.C. of Anise oil, Fennel oil, Licorice root, and Thyme
- F.C. of Anise seed, Ivy leaf, Fennel seed, and Licorice root
- F.C. of Anise seed, Marshmallow root, Iceland Moss, and Licorice root
- F.C. of Anise seed, Marshmallow root, Primrose root, and Sundew
- F.C. of Birch leaf, Goldenrod, and Java tea

F.C. of Camphor, Eucalyptus oil, and Purified Turpentine oil
F.C. of Dandelion root with herb, Celandine herb, and Wormwood
F.C. of Dandelion root with herb, Peppermint leaf, and Artichoke leaf
F.C. of Eucalyptus oil and Pine Needle oil
F.C. of Eucalyptus oil, Primrose root and Thyme
F.C. of Ginger root, Gentian root, and Wormwood
F.C. of Ivy leaf, Licorice root, and Thyme
F.C. of Javanese Turmeric root, Celandine herb, and Wormwood
F.C. of Javanese Turmeric root, Peppermint leaf, and Wormwood
F.C. of Licorice root and German Chamomile flower
F.C. of Licorice root, Peppermint leaf, and German Chamomile flower
F.C. of Licorice root, Primrose root, Marshmallow root, and Anise seed
F.C. of Passionflower herb, Valerian root, and Lemon Balm
F.C. of Valerian root, Hops, and Lemon Balm
F.C. of Valerian root, Hops, and Passionflower herb
Hops flower
Valerian root

Spasmolytic
Sandalwood, White

Spleen Cell Increase
Echinacea Purpurea herb

Sympathomimetic
Ephedra

T-Cell Production
Ginseng root

Temperature Elevation
Echinacea Purpurea herb

Thrombocyte Aggregation, Inhibits
Onion

Tonus, Increase
Potentilla

Tyrosinase Inhibiting
Uva Ursi leaf

Urinary Flow, Increases
Stinging Nettle root

Uterine Contraction, Stimulates
Shepherd's Purse herb

Venous Pressure, Lowers
Lily-of-the-valley herb
Squill

Venous Tonic
Butcher's Broom
Lily-of-the-valley herb
Pheasant's Eye herb

Wound Healing
Calendula flower
Chamomile flower, German
Poplar bud
Sweet Clover

Chapter 13

Pharmacological Actions of Unapproved Herbs

This chapter, condensed from the monographs, provides a list of actions of unapproved herbs. In some cases, the pharmacological actions listed were demonstrated in in vitro experiments or in vivo studies (on animals) but have not been confirmed in human clinical trials. Their inclusion is intended to help health professionals understand the potential activity, risks, and/or benefits of the herb. It is essential to refer to the complete herb monograph before making any therapeutic judgements.

A guide of pharmacological actions by medical category is included to help identify the types of actions listed in this chapter. Immediately following this guide, the herbs are alphabetically listed under each pharmacological action.

Pharmacological Action Guide by Medical Category

Cardiovascular

- Antiarrhythmic
- Arrythmia, Stabilizes
- Arrhythmogenic
- Chronotropic, Negatively
- Coronary Dilator
- Heart Muscle Stimulant
- Hypotensive
- Vasodilator

Dermatological

- Anti-exudative
- Phototoxic

Endocrinology, Reproductive System, Obstetrics/ Gynecology, Prostate

- Abortifacient
- Glycine Antagonist
- Hypoglycemic
- Prostaglandin Synthesis, Inhibits
- Teratogenic Effects

Gastrointestinal

- Constipating
- Emetic
- Laxative
- Motility, Inhibiting

Hematology, Lymphatic, Cancer

- Antihemorrhagic
- Carcinogenic
- Mutagenic

IMMUNOLOGY, AIDS, INFECTIOUS DISEASES

Anti-infectious
Antimicrobial

LIVER AND GALLBLADDER

Cholecystokinetic
Hepatotoxic

NEUROLOGY, PSYCHIATRY

Analgesic
Antipyretic
Central Nervous System Paralysis
MAO Inhibitor
Sedative

RESPIRATORY (Lower and Upper Respiratory Tract Including Ears, Nose, Throat, Sinuses)

Antitussive
Bronchodilator
Mucosal Irritation
Secretolytic

RHEUMATOLOGICAL, ORTHOPEDIC, MUSCLES, CONTUSIONS

Antiinflammatory
Antispasmodic
Inotropic, Positively

URINARY TRACT SYSTEM (Kidney, Ureter, Bladder)

Diuretic

HERB GUIDE BY PHARMACOLOGICAL ACTION (UNAPPROVED HERBS)

Abortifacient
- Mugwort
- Pasque flower
- Rue
- Tansy

Analgesic
- Ash bark and leaf

Antiarrhythmic
- Olive leaf

Anti-exudative
- Ash bark and leaf

Antihemorrhagic
- Senecio herb

Anti-infectious
- Pasque flower

Antiinflammatory
- Marsh Tea

Antimicrobial
- Basil herb

Antiphlogistic
- Ash bark and leaf
- Marsh Tea
- Nutmeg

Antipyretic
- Olive leaf

Antispasmodic
- Nutmeg
- Olive leaf
- Rupturewort
- Turpentine oil, Sulfurated

Antitussive
- Marsh Tea

Arrhythmia, Stabilizes
- Night-blooming Cereus

Arrhythmogenic
- Olive leaf

Bronchodilator
- Olive leaf
- Yellow Jessamine root

Carcinogenic
(Includes herbs for which only an identifiable chemical component may be carcinogenic.)
- Basil herb
- Borage
- Madder root
- Nutmeg
- Senecio herb
- Walnut hull

Central Nervous System Paralysis
- Pasque flower

Cholecystokinetic
- Olive oil
- Turpentine oil, Sulfurated

Chronotropic, Negatively
- Oleander leaf
- Rue

Constipating
- Cocoa

Coronary Dilator
- Olive leaf

Diuretic
- Asparagus herb
- Celery
- Cocoa
- Olive leaf

Emetic
Bryonia root

Glycine Antagonist
Nux Vomica

Heart Muscle Stimulant
Cocoa seed

Hepatotoxic
Borage
Petasites leaf
Senecio herb
Tansy

Hyperemic
Turpentine oil, Sulfurated

Hypoglycemic
Olive leaf

Hypotensive
Olive leaf

Inotropic, Positively
Oleander leaf

Laxative
Bryonia root
Colocynth

MAO Inhibitor
Nutmeg

Motility, Inhibiting
Marsh Tea

Mucosal Irritation
Marsh Tea
Soapwort herb, Red

Mutagenic
Rue

Phototoxic
Celery
Rue

Prostaglandin Synthesis, Inhibits
Nutmeg

Secretolytic
Verbena herb

Skin Irritation
Marsh Tea
Turpentine oil, Sulfurated

Teratogenic Effects
Pasque flower

Vasodilator
Cocoa seed
Yellow Jessamine root

CHAPTER 14

INTERACTIONS OF HERBS WITH CONVENTIONAL DRUGS

This chapter, condensed from the monographs, summarizes the possible antagonistic or synergistic interactions an herb may have with conventional pharmaceutical medicines. The interactions are divided into two parts: (1) by the herb with the corresponding drugs and (2) by drug and other substance with the corresponding herbs. It is essential to refer to the complete herb monograph before making any therapeutic judgments.

INTERACTIONS BY HERB

MONOPREPARATIONS

Aloe
Chronic use/abuse can increase loss of serum potassium, thereby potentiating cardiac glycosides and antiarrhythmic agents. Potassium deficiency can be increased by simultaneous use of thiazide diuretics, corticosteroids, and licorice root.
Note: Similar data applies to all other approved stimulant laxatives: cascara sagrada bark, buckthorn bark and berry, rhubarb root, and senna leaf and fruits. Also, the reader should note that the aloe referred to in the monograph is "drug aloe" (made from the inner leaf) not the aloe gel from which numerous drinks are made and marketed in the U.S. Ingestion of aloe gel does not produce a significant laxative effect nor does it produce the drug interactions noted here.

Belladonna leaf and root
Increased anticholinergic effect by tricyclic anti-depressants, amantadine and quinidine.

Bromelain
Increased tendency for bleeding with simultaneous administration of anticoagulants and inhibitors of thrombocytic aggregation. Increased plasma and urine levels of tetracyclines.

Buckthorn bark/berry
Chronic use/abuse can increase loss of serum potassium thus potentiating cardiac glycosides and antiarrhythmic agents. Potassium deficiency can be increased by simultaneous use of thiazide diuretics, corticosteroids, and licorice root.
Note: Two separate monographs

Bugleweed
None known. No simultaneous administration of thyroid preparations. Interferes with diagnostic procedures with radioactive isotopes.

Cascara Sagrada bark
Chronic use/abuse can increase loss of serum potassium thus potentiating cardiac glycosides and antiarrhythmic agents. Potassium deficiency can be increased by simultaneous use of thiazide diuretics, corticosteroids, and licorice root.

Chaste Tree fruit
Interactions unknown. Animal experiments show evidence of dopaminergic effect; therefore, a reciprocal weakening of the effect can occur in cases of ingestion of dopamine-receptor antagonists.

Cinchona bark
Increases the effect of anticoagulants if given simultaneously.

Coffee Charcoal
Due to the high absorption capacity of coffee charcoal, the absorption of other, simultaneously administered drugs can be influenced.

Cola nut
Strengthening of the action of psychoaneleptic drugs and caffeine-containing beverages.

Ephedra
In combination with: Cardiac glycosides or halothane: disturbance of heart rhythm. Guanethidine: enhancement of the sympathomimetic effect. MAO-inhibitors: greatly raising the sympathomimetic action of ephedrine. Secale alkaloid derivatives or oxytocin: development of hypertension.

Eucalyptus leaf and oil
None known for leaf. Oil induces liver enzyme system involved in detoxification process so the effects of other drugs can be weakened and/or shortened.
Note: Two separate monographs

Flaxseed
Mucilage may negatively affect absorption of other drugs.

Henbane leaf
Enhancement of anticholinergic action by tricyclic antidepressants, amantadine, antihistamines, phenothiazines, procainamide, and quinidine.

Indian Snakeroot
These drugs taken with Indian snakeroot produce the following reactions: Digitalis glycosides: bradycardia; barbiturates: mutual potentiation; levodopa: reduced effectiveness, but undesired extra pyramidal motor symptoms can be increased; sympathomimetics (e.g. cough/cold medications, and appetite suppressants): initial strong blood pressure increase.

Kava Kava
Possible potentiation of effectiveness for substances acting on CNS, e.g., alcohol, barbiturates and psychopharmacological agents.

Licorice root
Potassium loss due to other drugs, e.g. thiazide diuretics, can be increased, resulting in increased sensitivity to digitalis glycosides.

Lily-of-the-valley herb
Increased effectiveness and side effects of simultaneously administered quinidine, calcium, saluretics, laxatives, and extended therapy with glucocorticoids.

Marshmallow leaf and root
None known. Absorption of other drugs taken simultaneously may be delayed.
Note: Two separate monographs

Niauli oil
High cineol content causes induction of enzymes involved in liver detoxification, so the effect of other drugs can be reduced and/or shortened.

Oak bark
Absorption of alkaloids and other alkaline drugs may be reduced or inhibited.

Pheasant's Eye herb
Enhanced effectiveness and side effects of simultaneous intake of quinidine, calcium, saluretics, laxatives, and extended therapy with glucocorticoids.

Psyllium Seed, Blonde
Psyllium Seed Husk, Blonde
Intestinal absorption of other medication taken at the same time may be delayed. Possible reduction of insulin dosage in insulin-dependent diabetics.
Note: Two separate monographs

Rhubarb root
With long-term use/abuse, due to loss in potassium, an increase in effectiveness of cardiac glycosides and an effect on antiar-

rhythmics is possible. Potassium deficiency can be increased by simultaneous application of thiazide diuretics, corticoadrenal steroids or licorice root.

Sarsaparilla root (Unapproved)
Absorption of simultaneously administered substances is increased, e.g., digitalis glycosides or bismuth. Elimination of other substances, e.g., hypnotics, is accelerated. This can increase or decrease the action of herbs taken simultaneously.

Scopolia root
Increased effectiveness of simultaneously administered tricyclic antidepressants, amantadine, and quinidine.

Scotch Broom herb
Due to the tyramine content, application of the drug can cause a blood pressure crisis by simultaneous administration of MAO-inhibitors.

Senna pod/leaf
Chronic use/abuse can increase loss of serum potassium thus potentiating cardiac glycosides and antiarrhythmic agents. Potassium deficiency can be increased by simultaneous use of thiazide diuretics, corticosteroids, and licorice root.
Note: Two separate monographs

Squill
Increased effectiveness and side effects by simultaneously administered quinidine, calcium, saluretics, and laxatives and extended therapy with glucocorticoids.

Uva Ursi leaf
Should not be administered with any substances that cause acidic urine as this reduces the antibacterial effect.

White Willow bark
Because of the bark's active constituents, interactions like those encountered with salicylates may arise, although there was no case of this reported in the scientific literature available at the time the monograph was published (May 12, 1984).

Yeast, Brewer's
Simultaneous intake of MAO inhibitors can cause an increase in blood pressure.

Yeast, Brewer's/Hansen CBS 5926
The simultaneous intake of brewer's yeast and antimycotics can influence the activity of brewer's yeast.
Warning: Simultaneous intake of MAO-inhibitors may cause increased blood pressure.

FIXED COMBINATIONS

The following interactions pertain to approved fixed combinations and are usually consistent with interactions listed above for a particular ingredient in the combination.

Anise oil, Fennel oil, Licorice root, and Thyme
For a daily dosage up to 100 mg glycyrrhizin:
None known.
At a dosage above 100 mg glycyrrhizin:
Loss of potassium can be increased through other drugs, e.g., thiazide and loop diuretics. Sensitivity to digitalis glycosides increased through loss of potassium.

Anise seed, Marshmallow root, Eucalyptus oil, and Licorice root
For a daily dosage up to 100 mg glycyrrhizin:

Eucalyptus oil causes the induction of the enzyme system in the liver responsible for the break-down of foreign materials. The effect of other medications may, therefore, be reduced and/or shortened.

At a dosage above 100 mg glycyrrhizin:

Loss of potassium can be increased through other drugs, e.g., thiazide and loop diuretics. Sensitivity to digitalis glycosides is increased through loss of potassium. Eucalyptus oil causes the induction of the enzyme system in the liver responsible for the break-down of foreign materials. The effect of other medications may, therefore, be reduced and/or shortened.

Warning: The absorption of other, simultaneously taken medications, can be delayed.

Anise seed, Marshmallow root, Iceland Moss, and Licorice root

For a daily dosage up to 100 mg glycyrrhizin:

None known.

Warning: The absorption of other, simultaneously taken, medications may be delayed.

At a dosage above 100 mg glycyrrhizin:

Loss of potassium can be increased through other drugs, e.g., thiazide and loop diuretics. Sensitivity to digitalis glycosides is increased through loss of potassium.

Warning: The absorption of other, simultaneously taken medications can be delayed.

Eucalyptus oil, Primrose root, and Thyme

Eucalyptus oil induces the enzyme system responsible for the break-down of foreign substances in the liver. The effectiveness of other medications may, therefore, be diminished and/or shortened.

Ivy leaf, Licorice root, and Thyme

For a daily dosage up to 100 mg glycyrrhizin:

None known.

For a daily dosage of more than 100 mg glycyrrhizin:

Loss of potassium through other medications can be increased, e.g., thiazide and loop diuretics. The sensitivity toward digitalis glycosides increases with loss of potassium.

Licorice root and German Chamomile flower

For a daily dosage up to 100 mg of glycyrrhizin:

None known.

For a daily dosage of more than 100 mg of glycyrrhizin:

Loss of potassium due to other medications, e.g., thiazide and loop diuretics, can be intensified. Loss of potassium increases the sensitivity to digitalis glycosides.

Licorice root, Peppermint leaf, and German Chamomile flower

Increased loss of potassium due to other medication, e.g., thiazide and loop diuretics, and increased sensitivity to digitalis glycosides.

Licorice root, Primrose root, Marshmallow root, and Anise seed

For daily dosages below 100 mg glycyrrhizin:

No interactions known.

For daily dosages above 100 mg glycyrrhizin:

Increased loss of potassium due to other medications, e.g., thiazide and loop diuretics, and increased sensitivity to digitalis glycosides. Possible delay in absorption of other, simultaneously administered drugs.

Marshmallow root, Fennel seed, Iceland Moss, and Thyme

None known.

Warning:: The absorption of other, simultaneously taken drugs can be delayed.

Marshmallow root, Primrose root, Licorice root, and Thyme oil
For a daily dosage up to 100 mg glycyrrhizin:
None known.
Warning: The absorption of other, simultaneously taken drugs can be delayed.
For a daily dosage of more than 100 mg glycyrrhizin:
Loss of potassium through other medications can be increased, e.g., thiazide and loop diuretics. The sensitivity toward digitalis glycosides increases with loss of potassium.
Warning: The absorption of other, simultaneously taken medication can be delayed.

Pheasant's Eye fluidextract, Lily-of-the-valley powdered extract, Squill powdered extract, and Oleander leaf powdered extract
Increased effectiveness and side effects of simultaneously administered quinidine, calcium, saluretics, laxatives, and long-term therapy with glucocorticoids.

Primrose root, Marshmallow root, and Anise seed
Absorption of other simultaneously administered medicines can be delayed.

Senna leaf and Blonde Psyllium seed husk
Chronic use/abuse can increase loss of serum potassium thus potentiating cardiac glycosides and antiarrhythmic agents. Potassium deficiency can be increased by simultaneous use of thiazide diuretics, corticosteroids, and licorice root.
Note: Reduction in insulin dosage may be necessary in insulin-dependent diabetics.

Senna leaf, Peppermint oil, and Caraway oil
Chronic use/abuse can increase loss of serum potassium thus potentiating cardiac and antiarrhythmic agents. Potassium deficiency can be increased by simultaneous use of thiazide diuretics, corticosteroids, and licorice root.

Uva Ursi, Goldenrod, and Java tea
Should not be given simultaneously with medicines intended to acidify urine.

INTERACTIONS BY DRUG OR OTHER SUBSTANCE

Alcohol
Kava Kava

Alkaline drugs
Oak bark

Alkaloids
Oak bark

Amantadine
Belladonna leaf and root
Henbane leaf
Pheasant's Eye herb
Scopolia root

Antiarrythmic agents
Aloe
Buckthorn bark/berry
Cascara Sagrada bark
Senna pod and leaf

Anticoagulants
Bromelain
Cinchona bark

Antihistamines
Henbane leaf

Barbiturates
Indian Snakeroot
Kava Kava

Caffeine-containing beverages
Cola nut

Calcium
- Lily-of-the-valley
- Pheasant's Eye herb
- Squill

Cardiac glycosides
- Aloe
- Buckthorn bark/berry
- Cascara Sagrada bark
- Ephedra
- Senna pod and leaf

Corticosteroids
- Aloe
- Buckthorn bark/berry
- Cascara Sagrada bark
- Senna pod and leaf

Digitalis glycosides
- Indian Snakeroot
- Licorice root

Dopamine receptor agonists
- Chaste Tree fruit (shown in animal experiments only)

Glucocorticoids
- Lily-of-the-valley herb
- Pheasant's Eye herb
- Squill

Guanethidine
- Ephedra

Halothane
- Ephedra

Laxatives
- Lily-of-the-valley herb
- Pheasant's Eye herb
- Squill

Levodopa
- Indian Snakeroot

Licorice root
- Aloe
- Buckthorn bark/berry
- Cascara Sagrada bark
- Senna pod and leaf

MAO inhibitors
- Ephedra
- Yeast, Brewer's
- Yeast, Brewer's/Hansen CBS 5926

Oxytocin
- Ephedra

Phenothiazines
- Henbane leaf

Procainamide
- Henbane leaf

Psychoanaleptic drugs
- Cola nut

Psychopharmacological agents
- Kava Kava

Quinidine
- Belladonna leaf and root
- Henbane leaf
- Lily-of-the-valley herb
- Pheasant's Eye herb
- Scopolia root
- Squill

Radioactive isotopes
- Bugleweed

Saluretics
- Lily-of-the-valley herb
- Pheasant's Eye herb
- Squill

Secale alkaloid derivatives
- Ephedra

Sympathomimetics
- Indian Snakeroot

Tetracycline
- Bromelain

Thiazide diuretics
- Aloe
- Buckthorn bark/berry
- Cascara Sagrada bark
- Licorice root
- Senna pod and leaf

Thrombocytic aggregation inhibitors
Bromelain

Thyroid preparations
Bugleweed

Tricyclic antidepressants
Belladonna leaf and root
Henbane leaf
Scopolia root

Urine-acidifying agents
Uva Ursi leaf

CHAPTER 15

DURATION OF ADMINISTRATION FOR APPROVED HERBS

In general, most of the Approved Herbs are relatively safe to take without limiting the length of use. However, responsible therapeutic use of some herbs sometimes requires that they be used for only a specified period of time. This is necessitated for a variety of factors, including, for example, concern regarding laxative dependence and intestinal sluggishness for stimulant laxatives. Nine herbs are limited to 3 to 4 days use if diarrhea persists. In some cases the reason for limiting the duration of administration is not mentioned in the monographs.

Herb	Limitation/Duration of Use
Aloe	Not more than 1 - 2 weeks without medical advice.
Autumn Crocus	In treatment for gout in 3 days.
Bilberry fruit	If diarrhea persists for more than 3- 4 days, consult a physician.
Black Cohosh	Not more than 6 months.
Blackberry leaf	If diarrhea persists for more than 3- 4 days, consult a physician.
Bromelain	8 -10 days.
Buckthorn bark	Not more than 1 - 2 weeks without medical advice.
Buckthorn berry	Not more than 1 - 2 weeks without medical advice.
Cascara Sagrada bark	Not more than 1 - 2 weeks without medical advice.
Coffee Charcoal	If diarrhea persists for more than 3 - 4 days, consult a physician.
Coltsfoot leaf	Not longer than 4 - 6 weeks per year.
Comfrey herb and leaf	Not longer than 4 - 6 weeks per year.
Comfrey root	Not longer than 4 - 6 weeks per year.
Echinacea pallida root	Not longer than 8 weeks.
Echinacea Purpurea herb	Not longer than 8 weeks (external and internal); not longer than 3 weeks (parenteral).
Eleuthero	Generally up to 3 months; a repeated course is feasible.
Ephedra	Short-term only.
Fennel oil	Should not consumed for extended period (several weeks).

Herb	Limitation/Duration of Use
Fennel seed	Should not be used for prolonged period (several weeks) without consulting a physician or pharmacist.
Ginkgo Biloba Leaf Extract	Depending on indication: a. cognitive: at least 8 weeks; b. intermittent claudication: not less than 6 weeks; c. vertigo and tinnitus: use for more than 6 - 8 weeks has no therapeutic value.
Ginseng root	Generally up to 3 months.
Hawthorn leaf with flower	6 weeks minimum.
Jambolan bark	If diarrhea persists for more than 3 - 4 days, consult a physician.
Kava Kava	Not more than 3 months without medical advice.
Lady's Mantle	If diarrhea persists for more than 3 - 4 days, consult a physician.
Licorice root	Not longer than 4 - 6 weeks without medical advice. OK for flavoring up to daily intake of 100 mg glycyrrhizin.
Manna	Laxatives should not be used for extended time without consulting a physician.
Oak bark	If diarrhea persists for more than 3 - 4 days, consult a physician; other applications: not more than 2 - 3 weeks.
Onion	If onion preparations are used over several months, the daily maximum amount of diphenylamine is 0.035 g.
Paprika	Externally: Not more than 2 days with 14 day interval for application in same location.
Peruvian Balsam	No longer than 1 week.
Petasites root	No longer than 4 - 6 weeks per year.
Psyllium seed, Blonde	If diarrhea persists for more than 3 - 4 days, consult a physician.
Psyllium seed Husk, Blonde	If diarrhea persists for more than 3 - 4 days, consult a physician.
Rhatany root	Not more than 2 weeks without medical advice.
Rhubarb root	Not more than 2 weeks without medical advice.
Sandalwood, White	Not more than 6 weeks without medical advice.
Senna leaf	Not more than 2 weeks without medical advice.
Senna pod	Not more than 2 weeks without medical advice.
Uva Ursi	Medication containing arbutin should not be taken for longer than a week or 5 times a year without consulting a physician.
Uzara root	If diarrhea persists for more than 3 - 4 days, consult a physician.
White Mustard seed	Up to 2 weeks.

Part Four

Chemical and Taxonomic Indexes

CHAPTER 16

CHEMICAL GLOSSARY AND INDEX

This chapter, condensed from the monographs, is divided into two parts: (1) definitions of the chemical classifications listed in the monographs and (2) an index of herbs by compound (e.g., 1,8-cineol) or class of compounds (e.g., tannins). Despite the wealth of information available on the chemical constituents of Commission E herbs, the monographs are primarily intended as a therapeutic guide, and include only primary compounds that are believed to contribute to the plant drug's overall efficacy.

In some cases, a compound is mentioned due to safety concerns. For example, the Nutmeg (Unapproved) monograph lists safrole, potentially hepatotoxic in relatively small doses, but does not mention myristicin, a psychoactive chemical in Nutmeg which produces adverse effects only when taken in excessive dosage (Hocking, 1997).

Within each monograph, chemical constituents are found generally in the Composition of Drug section. However, they are sometimes mentioned in the Contraindication or Side Effects section.

GLOSSARY OF CHEMICAL GROUP CLASSIFICATIONS

1. Polysaccharides (glycans)

The monographs refer to the specialized fructan polysaccharide inulin, found in Chicory, and the various forms of cellulose found in Flaxseed.

2. Simple nitrogen-containing compounds (excluding alkaloids)

Over fifteen thousand chemical compounds containing nitrogen are found in plants. Many of the nitrogen-containing compounds give plants a pungent odor. Chemical by-products of the amino acids, the **decarboxylation amines** also have pungent odors. Some **amines**, such as ephedrine (Ephedra), have very important effects in human physiology. The **glucoinolates** contain not only nitrogen, but sulfur, characteristic of **mustard oils** (Radish, Watercress, White Mustard seed). The **glucosinolates** or **mustard oil glycosides** are a group of bound toxins that release volatile, bad-smelling, acrid mustard oils when the herb is crushed.

Plants, like all living organisms, contain the **purine** and **pyrimidine** bases of the nucleic acids RNA and DNA. The **purine** and **pyrimidine** bases consist of a five-carbon sugar bound to an amino acid. Among the purines are the stimulants caffeine and theobromine, the methylxanthines.

Plants, like animals, can string together large numbers of amino acids to form **proteins**. The **glycoprotein** bromelain (Pineapple) has a molecular weight of approximately 33,000 and acts as an enzyme.

3. Alkaloids

Alkaloids are also nitrogen-containing compounds. Because of their pharmacological sig-

nificance, most authors consider the alkaloids separately from other nitrogen-containing compounds found in plants. The alkaloids possess a nitrogen atom as part of a heterocyclic ring. The alkaloids possess an array of structural diversity and physiological activity unrivaled by any other group of natural products. In nature, the alkaloids serve herbs to protect them from herbivores, as is also the case with the few animals possessing alkaloid substances, such as fire ants, ladybirds, and toads.

The **diterpenoid alkaloids** are found primarily in nontherapeutic herbs, notably herbs from the plant family Ranunculaceae (Monkshood, Delphinium). **Aconitum** species (e.g. Monkshood), used extensively in Chinese traditional medicine, are among the most poisonous plants known. A 2 - 5 mg dose of the pure alkaloid can be fatal in humans.

The **indole alkaloids** are derived from the amino acid tryptophan. The indole nucleus is common to all members of the group. Among the more notorious indole alkaloids are the **ergot alkaloids**, most familiar to the general public through their synthetic derivative LSD, and the more than 90 alkaloids obtained from the Madagascar periwinkle, (*Catharanthus roseus*)including vinblastine and vincristine, used in treating childhood leukemia and Hodgkin's disease, respectively. The alkaloid constituents of Yohimbe and Indian Snakeroot are also among the indole alkaloids.

The same family containing the famous alkaloid morphine also contains the alkaloid boldine found in boldo leaf. The **isoquinoline alkaloids** are derived from the amino acids phenylalanine and/or tyrosine. The **quinoline alkaloids** are characteristic of the Rue family (Rutaceae). This family includes the remedy quinine, derived from Cinchona bark.

A consistent disqualifier for therapeutic use of herbs considered by Commission E is the presence of **pyrrolizidine alkaloids (PAs)**, chemically distinguished by two fused, five-membered rings. The pyrrolizidine or **Senecio** alkaloids are hepatotoxins and can cause liver damage, producing the characteristic syndrome veno-occlusive disease (VOD).

The **tropane alkaloids** are characteristic of the nightshades (Solanaceae), and consist of a bridged eight-membered (3-2-1)-azabicyclic. The tropane alkaloids include hyoscyamine (atropine is *dl* form), belladonine, and hyscine.

4. Phenolics

The phenolics contain an aromatic ring with one or more hydroxyl (-OH) groups. This group includes arbutin, hydroquinone, khellin, myristicin, and usnic acid, as well as the flavonoids. The flavonoids are more complicated phenolics formed by the union of an aromatic (hydroxycinnamyl coenzyme A ester) and aliphatic (malonyl coenzyme A) group. The flavonoids include the anthocyanins, red-to-blue flower pigments, and tannins, which are distinguished by their ability to bind to protein. The tannins include both flavonoids and simpler phenolics based on gallic acid, the gallotannins and ellagitannins. Phenolics contribute color, taste, and flavor to foods and are pharmacologically significant for their antiinflammatory and hepatoprotective properties.

The coumarins are all derived from the parent compound coumarin, or 1,2-benzopyrone, which has the odor of freshly mowed hay. The coumarins found in Commission E herbs are the simple hydroxycoumarins (e.g., umbelliferone in arnica) and the furanocoumarins (angelicin in Angelica, bergapten in numerous herbs, pimpinellin). The furanocoumarins are phototoxic to some of the animals that consume them, as well as to light-skinned humans.

The flavones and flavonols are found as co-pigments (usually not giving a color by themselves) with anthocyanins, in plant saps and exudates, and in the leaves of higher plants. The principal flavone is the free radical scavenger, antiinflammatory, and antibacterial agent quercetin, which has a methylated derivative isorhamnetin. The only other common

flavonol aglycones in addition to quercetin are kaempferol and myricetin. Rutin, found in Hawthorn and Rue, is important in the treatment of capillary fragility. Vitexin, found in Hawthorn and Chaste Tree fruit, is regarded as a potent inhibitor of free radical action (inhibits peroxidases) with a particular potency in thyroid tissue.

Lignans are found mainly in woody tissues. Lignans are of pharmacological interest because of their antitumor and antiviral activity, such as that of podophyllotoxin (Mayapple).

Phenols and phenolic acids are universal in higher plants. Typically the phenolic acids are found in bound form, as in the cases of p-hydroxybenzoic acid, vanillic acid, and gallotannin. Very few phenols are found in free form in plants; among these free agents are hydroquinone and the better known tetrahydrocannabinol (from marijuana, not listed by Commission E). A general characteristic of all phenolics is their antimicrobial activity. Other phenolic compounds reduce swelling and inflammation, such as salicin and salicylic acid (White Willow).

The phenylpropanoids contain the basic structure of phenol plus a three-carbon chain as a side group. The most common members of this group are the hydroxycinnamic acids, p-coumaric acid, ferulic acid, caffeic acid, and caffeic acid's ester, chlorogenic acid. This group includes curcumurin (Turmeric), estragole (Basil, Goldenrod, and Chrysanthemum), eugenol (Cloves), anethole (Anise and Fennel), and myristicin (Nutmeg).

The yellow, orange, and red pigments found in bark, heartwood, or root are typically quinones. Quinones all contain two carbonyl groups in conjugation with two carbon-carbon double bonds. The largest group of plant quinones are the anthraquinones including the purgative agents aloe-emodin, chrysophanol, emodin, and physcion. Dimeric anthraquinones include sennoside A (Senna) and hypericin (St. John's wort). Also included in this group are aloin (Aloe), cascaroside A (Cascara Sagrada), frangulins A and B (Buckthorn), and juglone (Walnut).

Tannins have the ability to lock to proteins. Some tannins, for instance, cross-link proteins in animal skin to form the water-insoluble copolymers known as leather. Plant tissues high in tannin, for instance oak leaf, are largely avoided by most herbivores because of their astringent taste.

Condensed tannins are formed by the linking of catechin units into chains. Most condensed tannins are procyanidins. The hydrolyzable tannins (soluble in acid) include gallotannins and ellagitannins. Condensed tannins have been approved in medical practice for the treatment of wounds and burns. Hydrolyzable tannins exhibit antiviral effects.

5. Terpenoids

The **terpenoids** are classified in terms of multiples of five carbons. The terpenoids are all derived from the 5-carbon precursor isoprene. Two 5-carbon compounds condense to form the C10 intermediate, geranyl pyrophosphate. This compound is the immediate precursor of the **monoterpenoids** and **monoterpene lactones,** known as **iridoids.** Geranyl pyrophosphate can condense with another 5-carbon unit of isopentenyl pyrophosphate to produce the 15-carbon intermediate, farnesyl pyrophosphate. This 15-carbon compound is the starting point for the 15-carbon **sesquiterpenoids** and **sesquiterpene lactones.** The 15-carbon intermediate can join with another isopentenyl pyrophospate residue to produce the 20-carbon **diterpenoids.** Alternatively, two 15-carbon groups can condense to a single 30-carbon group, the **triterpenoids.** Finally, two molecules of geranygeranyl pyrophosphate, C20, may condense tail-to-tail to produce a C40 intermediate, phytoene, which is the precursor of the yellow **carotenoid** pigments.

The **monoterpenoids** include linalool (Lavender), nerol, and citronellol. From the monoterpenoid -terpineol are derived limonene (Juniper), terpinolen, and 1,8-cineol.

Likewise interrelated are α-pinene, ß-pinene, borneol, α-thujone, and ß-thujone (Sage and Wormwood). Monoterpenoids can be classified according to their functional groups: limonene is an unsaturated hydrocarbon, linalool an alcohol, cintronellal an aldehyde, and carvone an unsaturated ketone – all based on the p-menthane skeleton. Monoterpenoids are typically odoriferous, as exemplified by camphor (Camphor, Lavender, Sage).

The **sesquiterpene lactones** are biologically very active, many of them associated with allergic reactions of the skin. The majority of naturally occurring sesquiterpene lactones have been identified in plants of the composite family, Asteraceae, as in these compounds found in Commission E herbs:

absinthin or absinthiin (Wormwood); achillin or santolin (Yarrow), alantolactone and isoalantolactone, together known as helenin (Elecampane); artabsin (Wormwood); and cnicin (Blessed Thistle).

The **diterpenoids** are 20-carbon compounds derived from geranylgeraniol. This group includes the bitter constituent of Ginkgo, ginkgolide A (a diterpene lactone), as well as marrubiin (Horehound).

The **triterpenoid saponins** are a group of plant glycosides in which water-soluble sugars are attached to a steroid (C27) or triterpenoid (C30). These chemicals form foams in water and cause red blood cells to disintegrate. Among the triterpenoid saponins in Commission E herbs are aescin (Horse Chestnut seed), avenacin A-1 (Oats), the ginsenosides (Ginseng), saponoside D (Soapwort), senegin (Senega Snakeroot), soya saponin I and A1 (soybean). The steroid saponins are 27-carbon compounds related to the cardiac glycosides and include asparagoside A (Asparagus) , avenacoside A and its derivative 26 y-desglucoavenacoside A (Oats), capsicoside A (Paprika), and ruscogenin and its glycosides ruscosides A and B (Butcher's Broom).

The **cardenolides** and **bufadienolides** are 23-carbon and 24-carbon steroids derived from triterpenoids. The cardenolides are potent heart poisons which in small doses are useful in controlling congestive heart failure. A typical cardenolide is digoxin, obtained from foxglove. Cardiac glycosides occur principally in the families Apocynaceae and Asclepiadaceae. Cardiac glycosides are found also among the Scrophulariaceae (foxglove) and Liliaceae (Squill).

The **bufadienolides** were originally identified in toad venoms. The bufadienolides differ from the cardenolides by the presence of a six-membered rather than five-membered carbon ring. Bufadienolides are found in squill.

The cardenolide/bufadienolide group includes adonitoxin (Pheasant's Eye), convallatoxin (Lily-of-the-valley), digoxin (Foxglove), scillaren (Squill), and veradigin (Pheasant's Eye).

Herb Guide by Chemical Constituents Referenced in the Monographs

Absinthin
Wormwood

Aconitine
Monkshood

Aglycones
Aloe
Buckthorn bark
Calendula flower
Cascara Sagrada bark
Rhubarb
Senna leaf
Senna pod

Agnuside
Chaste Tree fruit

Alantolactone
Elecampane root

Albumin
Flaxseed

Alkaloids
Boldo leaf
California Poppy
Celandine herb
Delphinium flower
Ergot
Henbane leaf
Jimsonweed leaf and seed
Motherwort herb
Nux Vomica
Scopolia root

Allantoin
Comfrey herb and leaf
Comfrey root

Alliin
Garlic
Onion

Aloe-emodin
Aloe
Senna leaf
Senna pod

Aloin
Aloe

Amarogentin
Gentian

Amines, biogenic
Hawthorn leaf with flower

Anabsin
Wormwood

Anabsinthin
Wormwood

Andromeda derivatives
Rhododendron, Rusty-leaved

Anethole
Fennel oil
Anise seed

Anthocyanins
Bilberry
Potentilla
Squill

Anthranoids
Aloe
Buckthorn bark
Buckthorn berry
Cascara sagrada bark
Rhubarb root
Senna leaf
Senna pod

Apigenin
Chamomile, German

Apigenin-7-glucoside
Chamomile, German

Apiol
Parsley seed

Arbutin
Uva Ursi leaf
Marjoram
Rhododendron, Rusty-leaved

Artabsin
Wormwood

Artubiin
Wormwood

Ascaridol
Boldo leaf

Ascorbic acid
Wormwood

Astragalin
Arnica flower

Atropine
Belladonna

Aucubin
Chaste Tree fruit
Plantain

Benzoic acid
Peruvian Balsam
Tolu Balsam

Benzyl esters
Peruvian Balsam
Tolu Balsam

Benzyl isothiocyanate
Nasturtium

Berberine
Barberry

Bilobalide
Ginkgo Biloba Leaf Extract

α-Bisabolol
Chamomile, German

Bisabolol oxides
Chamomile, German

Bitter principles
Artichoke leaf
Bitter Orange peel
Blessed Thistle herb
Bogbean leaf
Chicory
Condurango bark
Dandelion herb
Dandelion root with herb
Devil's Claw root
Elecampane root
Gentian root
Hops
Horehound herb
Iceland Moss
Lemon Balm
Motherwort herb
Orange peel
Sage leaf
Wormwood

Boldine
Boldo leaf

2-Bornanone
Camphor

Bufenolide
Motherwort herb
Squill

Cadinene
Juniper berry

Caffeic acid
Arnica
Bugleweed

Caffeine
Cola nut
Maté

Caffeoylquinic acid
Artichoke leaf

Calcium salts
Licorice root
Stinging Nettle herb and leaf

Camphor
Lavender flower
Sage
Sage bath

Capsaicinoids
Paprika

Cardenolide glycosides
Uzara root

Cardiac glycosides
Lily-of-the-valley herb
Pheasant's eye

Carnosol
Sage bath

Carotenoids
Calendula flower
Caraway

Carvacrol
Thyme, Wild

Carvone
Dill seed

d-Carvone
Caraway oil

Caryophyllene
Juniper berry

Cascaroside A
Cascara Sagrada bark

Castin
Chaste Tree fruit

Catapol
Plantain

Catechins
Hawthorn leaf with flower

Catechin derivatives
Witch Hazel bark

Cellulose
Flaxseed

Chelidonine
Celandine herb

Chlorogenic acid
Arnica

Chrysophanol
Aloe
Buckthorn bark
Cascara Sagrada bark

Chymopapain A & B
Papain

Cineol
Cajeput oil
Niauli oil
Sage leaf

1,6-cineol
Sage bath

1,8-cineol
Cardamom seed
Eucalyptus leaf
Eucalyptus oil
Lavender flower

Cinnamic acid
Peruvian Balsam
Tolu Balsam

Benzyl esters
Tolu Balsam

Citral A
Lemon Balm

Citral B
Lemon Balm

Citronellal
Lemon Balm

Cnicin
Blessed Thistle

Colchicine
Autumn Crocus

Condurangin
Condurango bark

Convallatoxin
Lily-of-the-valley herb

o-coumaric acid
Sweet Clover

Coumarin
Angelica root
Licorice root
Sweet Clover

Coumarin derivatives
Angelica root
Arnica flower
Eleuthero (Siberian Ginseng) root
Licorice root
Lovage root
Passionflower herb
Sweet Clover

Cryptopine
California Poppy

Cucurbitacin
Colocynth

Cucurbitin
Pumpkin seed

Curcumin
Turmeric root

Cynarin
- Arnica flower
- Artichoke leaf

Depside ellagitannins
- Witch Hazel bark

Dicinnamoylmethane derivatives
- Turmeric root
- Turmeric, Javanese

11,13-dihydrohelenalin
- Arnica flower

Dihydrosamidine
- Bishop's weed

1,8-dihydroxyanthracene derivatives
- Aloe
- Buckthorn bark
- Buckthorn berry
- Cascarda Sagrada bark
- Haronga bark and leaf
- Onion
- Rhubarb root

Diterpenes
- Sage leaf

Elemene
- Juniper berry

Ellagitannin
- Witch Hazel bark

Emodin
- Aloe
- Buckthorn berry
- Senna leaf
- Senna pod

Emodin-physcion
- Buckthorn bark

Ephedrine
- Ephedra

Epicatechins
- Hawthorn leaf with flower

(-)-Epicatechol
- Hawthorn leaf with flower

Escin
- Horse Chestnut seed

Essential oil
- Angelica root
- Anise seed
- Basil herb
- Birch leaf
- Bitter Orange peel
- Cajeput oil
- Calendula flower
- Caraway seed
- Cardamom seed
- Chamomile, German
- Cinnamon bark
- Cloves
- Coriander seed
- Couch Grass
- Dill seed
- Elecampane root
- Eucalyptus leaf
- Fennel seed
- Fir shoots, fresh
- Galangal
- Garlic
- Ginger root
- Gumweed herb
- Hops flower
- Java tea
- Larch Turpentine
- Lovage root
- Marsh root
- Marsh Tea
- Meadowsweet
- Nutmeg
- Onion
- Orange peel
- Passionflower herb
- Peppermint leaf
- Pimpinella root
- Pine Sprouts
- Poplar bud
- Radish
- Rosemary leaf
- Sage leaf
- Sage bath
- Sandalwood, White
- Spiny Restharrow root
- Star Anise seed
- Tansy
- Thyme, Wild
- Tolu Balsam
- Turmeric, Javanese
- Valerian root
- Witch Hazel leaf
- Yarrow

Esters
- Mint oil
- Peppermint oil
- Peruvian Balsam
- Tolu Balsam

Estragole
- Basil herb
- Basil oil

Estragon
- Fennel oil
- Fennel seed

Eupatorin
- Java tea

Fatty oil
- Chaste Tree fruit
- Flaxseed
- Saw Palmetto berry

Fenchone
- Fennel oil

Fiber
- Flaxseed

Flavanone derivatives
- Licorice root

Flavone derivatives
- Chamomile, German

Flavones
- Ginkgo Biloba Leaf Extract
- Hawthorn leaf with flower
- Sage leaf
- Wormwood

Flavonoids
- Agrimony
- Arnica flower
- Birch leaf
- Boldo leaf
- Bugleweed
- Chaste Tree fruit
- Galangal
- Goldenrod
- Hawthorn leaf with flower
- Heart's Ease
- Horsetail
- Lady's Mantle
- Lemon Balm
- Licorice root
- Linden flower
- Meadowsweet
- Passionflower herb
- Pheasant's Eye herb
- Poplar bud
- Potentilla
- Sandy Everlasting
- Squill
- Spiny Restharrow root
- Sweet Clover
- Uva Ursi
- Witch Hazel leaf

Flavonoid glycosides
- Bilberry
- Fumitory
- Ginkgo Biloba Leaf Extract
- Juniper berry
- Pheasant's Eye herb
- Sage leaf

Flavonols
- Hawthorn leaf with flower

Furanocoumarins
- Angelica seed and herb
- Angelica root
- Bishop's Weed fruit
- Celery
- Rue

Galegin
- Goat's Rue herb

Gallic acid
- Potentilla
- Witch Hazel bark

Gallotannins
- Witch Hazel leaf

Gentiobiose
- Gentian root

Gentiopicroside
- Gentian root

Ginkgolic acids
- Ginkgo Biloba Leaf Extract

Ginkgolides
- Ginkgo Biloba Leaf Extract

Ginsenosides
- Ginseng root

Glucans
- Yeast, Brewer's
- Yeast, Brewer's/ Hansen CBS 5926

Glucofrangulin A
- Buckthorn bark
- Buckthorn berry

Glycosides
- Motherwort herb
- Squill
- Stinging Nettle herb
- Uzara root

ß-Glycosides
- Aloe
- Buckthorn bark
- Buckthorn berry
- Cascara Sagrada bark
- Rhubarb
- Senna leaf
- Senna pod
- Squill

Glycyrrhizic acid
- Licorice root

Grayanotoxine
- Rhododendron, Rusty-leaved

Guaiazulene
- Guaiac wood

Guaiene
- Guaiac wood

ß-Hamamelitannins
- Witch Hazel bark

γ-Hamamelitannins
- Witch Hazel bark

Harunganin
- Haronga bark

Helenalin
- Arnica flower

Hemicellulose
- Flaxseed

Hydrocinnamic acid
- Bugleweed

Hydroquinone derivatives
- Uva Ursi leaf

Hydroxyquinone
- Marjoram

Hyoscyamine
- Belladonna
- Henbane leaf
- Jimsonweed leaf and seed
- Scopolia root

L-Hyoscyamine
- Jimsonweed leaf and seed
- Scopolia root

Hypericin
- Haronga leaf
- St. John's Wort

Hyperoside
- Birch leaf
- Hawthorn leaf with flower

Inulin
Chicory

Iodine
Kelp

Iridoid glycosides
Plantain

Isoflavonoids
Spiny Restharrow root

Isoflavanone derivatives
Licorice root

Isoquercetin
Arnica flower

Isoquinoline
Fumitory

Isorhamnetin
Ginkgo Biloba Leaf Extract

Juglone
Sundew
Walnut hull

Kaempferol
Ginkgo Biloba Leaf Extract

Kava pyrone
Kava Kava

Ketones
Mint oil
Peppermint oil

Khellin
Bishop's Weed fruit

Lactucopricin (Taraxacin)
Dandelion root with herb

Lichenic acid
Usnea

Lignans
Eleuthero (Siberian Ginger) root

Lignin
Flaxseed

Ligustilide
Lovage root

Limonene
Juniper berry

Linalool
Lavender flower

Linalyl acetate
Lavender flower

Linamarin
Flaxseed

Linolenic acid esters
Flaxseed

Linustatin
Flaxseed

Lithospermic acid
Bugleweed

Lucidin
Madder root

Luteolin-7-glucoside
Arnica flower

Madagascin
Haronga bark

Maltol
Passionflower herb

Mannans
Yeast, Brewer's
Yeast, Brewer's/ Hansen CBS 5926

Mannitol
Manna

Matricin
Chamomile, German

Melilotin
Sweet Clover

Melilotoside
Sweet Clover

Menthol
Mint oil
Peppermint oil

Menthone
Mint oil
Peppermint oil

Menthyl acetate
Mint oil
Peppermint oil

2-Methyl-3-butanol
Hops

Methyl xanthines
Cocoa
Cocoa seed
Cola nut

Mineral Salts
Stinging Nettle herb and leaf

Monoterpenes
Lemon Balm
Valerian root

Mucilage
Coltsfoot leaf
Iceland Moss
Linden flower
Mallow flower
Marshmallow leaf
Plantain
Psyllium husk, Blonde
White Dead Nettle flower

Mucopolysaccharides
Comfrey root
Mullein flower

Mustard oil
Horseradish
Watercress
White Mustard seed

Mustard oil glycosides
Horseradish
Radish
Watercress
White Mustard seed

Myrcene
Juniper berry

Myristicin
Parsley seed

Napthoquinone derivatives
Sundew

Neoruscogenin
Butcher's Broom

ß-Ocimene
Lavender flower

Oligomeric procyanidins
Hawthorn leaf with flower

Oil
Soy Phospholipid

Ononin
Spiny Restharrow root

Papayapeptidase A
Papain

Parasorbic acid
Mountain Ash berry

Pentosan
Chicory

Peptides
Onion

Petasin
Petasites root

Phenol carbonic acid
Arnica flower

Phenol glycosides
Goldenrod
Meadowsweet
Poplar bud

Phenols
Thyme

3-sn-phosphatidylcholine
Soy Lecithin
Soy Phospholipid

Phosphatidylethanolamine
Soy Lecithin
Soy Phospholipid

Phosphatidylinositic acid
Soy Phospholipid

Phosphatidylinositol
Soy Lecithin

Phosphoglycerides
Soy Phospholipid

Phospholipids
Soy Lecithin
Soy Phospholipid

Physcion
Cascara Sagrada bark

Phytoalexins
Kidney Bean pod (without seeds)

Phytosterols
Dandelion root with herb
Licorice root
Potentilla
Pumpkin seed
Saw Palmetto berry

Pinene
Juniper berry

α-Pinene
Juniper berry

ß-Pinene
Juniper berry

Podophyllotoxin
Mayapple

Polysaccharides
Saw Palmetto berry

Potassium salts
Java tea
Licorice root
Stinging nettle herb and leaf

Proazulene
Yarrow

Proscillaridin A
Squill

Protoanemonin
Liverwort herb
Pasque flower

Pseudoephedrine
Ephedra

Pseudohypericin
Haronga leaf

Pungent principles
Galangal
Ginger root

Pyranocoumarins
Bishop's Weed fruit

Pyrrolizidine alkaloids
Borage flower and herb
Coltsfoot
Coltsfoot leaf
Comfrey herb and leaf
Comfrey root
Hound's Tongue
Petasites root
Senecio herb

γ-Pyrones
Bishop's Weed fruit

Quercetin
Ginkgo Biloba Leaf Extract
Hawthorn leaf with flower

Quercetin glycosides
Ginkgo Biloba Leaf Extract
Hawthorn leaf with flower

Quinidine
Cinchona bark

Quinine
Cinchona bark

Ranunculin
Pasque flower

Reserpine
Indian Snakeroot
Buckthorn bark

Resin
Guaiac wood
Juniper berry
Pine Sprouts
Rosemary

Rhein Anthrone
Senna leaf
Senna pod

Rosmarinic acid
Comfrey herb and leaf
Sage bath

Ruscin
Butcher's Broom

Ruscocide
Butcher's Broom

Ruscogenin
Butcher's Broom

Rutin
Hawthorn leaf with flower
Rue

Sabinene
Juniper berry

Salicin
White Willow bark

Samidine
Bishop's Weed fruit

Saponins
Artichoke leaf
Birch leaf
Couch Grass
Goldenrod
Guaiac wood
Hempnettle herb
Indian Snakeroot
Ivy leaf
Mullein flower
Pimpinella root
Primrose flower
Primrose root
Sanicle herb
Sarsaparilla, German
Senega Snakeroot
Soapwort herb, Red
Soapwort root, Red
Soapwort root, White
Sweet Violet root and herb
White Dead Nettle flower

Scillaren A
Squill

Scopolamine
Belladonna
Henbane leaf
Scopolia root

L-Scopolamine
Jimsonweed leaf and seed

Scopoletin
Arnica
Stinging Nettle root

Scutellarein tetramethyl ether
Java tea

Selenium
Pumpkin seed

Sennosides
Senna leaf
Senna pod

Sesquiterpene lactones
Arnica
Dandelion herb
Elecampane root
Wormwood

Sesquiterpene lactones, helenaloid
Arnica

Sesquiterpenes
Lemon Balm
Petasites root
Valerian root

Silicic acid
Horsetail herb
Knotweed herb
Oat straw
Stinging Nettle herb and leaf

Silybin
Milk Thistle fruit

Silybinin
Milk Thistle fruit

Silychristin
Milk Thistle fruit

Silydianine
Milk Thistle fruit

Sinensetin
Java tea

ß-Sitosterol
Stinging Nettle root

Sparteine
Scotch Broom flower

Stachydrine
Motherwort herb

Steroid alkaloids
Woody Nightshade

Steroid saponins
Butcher's Broom
Woody Nightshade

Steroids
Sage leaf

Strychnine
Nux Vomica

Tannins
Agrimony
Bilberry
Birch leaf
Blackberry leaf

Blackthorn berry
Coltsfoot leaf
Eucalyptus leaf
Hempnettle herb
Horehound herb
Jambolan bark
Juniper berry
Knotweed herb
Lady's Mantle
Lavender flower
Lemon Balm
Linden flower
Oak bark
Peppermint leaf
Plantain
Potentilla
Rhatany root
Rose flower
Sage leaf
Uva Ursi leaf
Walnut leaf
White Dead Nettle flower
Witch Hazel leaf and bark
Woody Nightshade stem
Wormwood

Taraxagin
Dandelion root with herb

Terpene alcohols
Juniper berry

Terpene lactones
Ginkgo Biloba Leaf Extract

α-Terpineol
Cardamom seed

4-Terpineol
Juniper berry

Terpinyl acetate
Cardamom seed

Theobromine
Cola nut

Thujone
Juniper berry
Sage leaf
Sage bath
Tansy
Wormwood

Thymol
Arnica flower
Thyme
Thyme, Wild
Wormwood

ß-Tocopherol
Pumpkin seed

γ-Tocopherol
Pumpkin seed

Tormentoside
Potentilla

Triterpenes
Sage leaf

Triterpene glycosides
Black Cohosh root
Calendula flower
Horse Chestnut seed

Triterpenoids
Dandelion root with herb

Triterpenylic acid
Lemon Balm

Tyramine
Scotch Broom flower

Umbelliferone
Arnica flower

Valerenic acid
Valerian root

Vincamine
Periwinkle

Visnadin
Bishop's Weed fruit

Visnagin
Bishop's Weed fruit

Vitamin B complex
Yeast, Brewer's
Yeast, Brewer's/ Hansen CBS 5926

Vitamin C
Rose Hip
Rose Hip and seed

Vitexin
Bishop's Weed fruit
Chaste Tree fruit
Hawthorn leaf with flower
Passionflower herb

Vitexin rhamnose
Hawthorn leaf with flower

Volatile oils
Arnica flower
Bitter Orange flower
Chaste Tree fruit
Juniper berry
Turmeric root
Wormwood

Wax
Juniper berry

Yohimbine
Yohimbe bark

CHAPTER 17

TAXONOMIC CROSS-REFERENCE

By English Common Name

English	Botanical	Plant Family	Pharmacopeial	German
Aconite herb	*Aconitum napellus*	Ranunculaceae	Aconiti herba	*Blauer Eisenhutkraut*
Aconite tuber	*Aconitum napellus*	Ranunculaceae	Aconiti tuber	*Blauer Eisenhutwurzel*
Agrimony	*Agrimonia eupatoria*	Rosaceae	Agrimoniae herba	*Odermennigkraut*
Agrimony	*Agrimonia procera*	Rosaceae	Agrimoniae herba	*Odermennigkraut*
Aloe	*Aloe vera*	Liliaceae	Aloe barbadensis	*Aloe*
Aloe	*Aloe barbadensis*	Liliaceae	Aloe barbadensis	*Aloe*
Aloe	*Aloe ferox*	Liliaceae	Aloe capensis	*Kap-Aloe*
Alpine Lady's Mantle herb	*Alchemilla alpina*	Rosaceae	Alchemillae alpinae herba	*Frauenmantelkraut*
Angelica herb	*Angelica archangelica*	Apiaceae	Angelicae herba	*Angelikakraut*
Angelica root	*Angelica archangelica*	Apiaceae	Angelicae radix	*Angelikawurzel*
Angelica seed	*Angelica archangelica*	Apiaceae	Angelicae fructus	*Angelikafrüchte*
Anise	*Pimpinella anisum*	Apiaceae	Anisi fructus	*Anis*
Arnica flower	*Arnica montana*	Asteraceae	Arnicae flos	*Arnikablüten*
Arnica flower	*Arnica chamissonis*	Asteraceae	Arnicae flos	*Arnikablüten*
Artichoke leaf	*Cynara scolymus*	Asteraceae	Cynarae folium	*Artischokenblätter*
Ash bark	*Fraxinus excelsior*	Oleaceae	Fraxini cortex	*Esche*
Ash leaf	*Fraxinus excelsior*	Oleaceae	Fraxini folium	*Esche*
Asparagus herb	*Asparagus officinalis*	Liliaceae	Asparagi herba	*Spargelkraut*
Asparagus root	*Asparagus officinalis*	Liliaceae	Asparagi rhizoma	*Spargelwurzelstock*
Aspen bark	*Populus* spp.	Salicaceae	Populi cortex	*Pappelrinde*
Aspen bark	*Populus tremula*	Salicaceae	Populi cortex	*Pappelrinde*
Aspen bark	*Populus tremuloides*	Salicaceae	Populi cortex	*Pappelrinde*
Aspen leaf	*Populus* spp.	Salicaceae	Populi folium	*Pappelblätter*
Aspen leaf	*Populus tremuloides*	Salicaceae	Populi folium	*Pappelblätter*
Aspen leaf	*Populus tremula*	Salicaceae	Populi folium	*Pappelblätter*
Autumn Crocus	*Colchicum autumnale*	Liliaceae	Colchicum, Colchicum autumnale	*Herbstzeitlose*

English	Botanical	Plant Family	Pharmacopeial	German
Barberry	*Berberis vulgaris*	Berberidaceae	Berberis vulgaris	*Berberitze*
Barberry	*Berberis vulgaris*	Berberidaceae	Berberidis fructus	*Berberitze*
Barberry bark	*Berberis vulgaris*	Berberidaceae	Berberidis cortex	*Berberitze*
Barberry root	*Berberis vulgaris*	Berberidaceae	Berberidis radix	*Berberitze*
Barberry root bark	*Berberis vulgaris*	Berberidaceae	Berberidis radicis cortex	*Berberitzenrinde*
Basil herb	*Ocimum basilicum*	Lamiaceae	Basilici herba	*Basilikumkraut*
Basil oil	*Ocimum basilicum*	Lamiaceae	Basilici aetheroleum	*Basilikumöl*
Belladonna leaf	*Atropa belladonna*	Solanaceae	Belladonnae folium	*Tollkirsche*
Belladonna root	*Atropa belladonna*	Solanaceae	Belladonnae radix	*Tollkirschewurzel*
Bilberry fruit	*Vaccinium myrtillus*	Ericaceae	Myrtilli fructus	*Heidelbeeren*
Bilberry leaf	*Vaccinium myrtillus*	Ericaceae	Myrtilli folium	*Heidelbeerblätter*
Birch leaf	*Betula pendula*	Betulaceae	Betulae folium	*Birkenblätter*
Birch leaf	*Betula pubescens*	Betulaceae	Betulae folium	*Birkenblätter*
Bishop's Weed fruit	*Ammi daucoides*	Apiaceae	Ammeos visnagae fructus	*Ammi-visnaga-Früchte*
Bishop's Weed fruit	*Ammi visnaga*	Apiaceae	Ammeos visnagae fructus	*Ammi-visnaga-Früchte*
Bitter Orange flower	*Citrus aurantium*	Rutaceae	Aurantii flos	*Pomeranzenblüten*
Bitter Orange flower oil	*Citrus aurantium*	Rutaceae	Aurantii flos aetheroleum	*Pomeranzenblütenöl*
Bitter Orange peel	*Citrus aurantium*	Rutaceae	Aurantii pericarpium	*Pomeranzenschale*
Black Cohosh root	*Cimicifuga racemosa*	Ranunculaceae	Cimicifugae racemosae rhizoma	*Cimicifugawurzelstock*
Blackberry leaf	*Rubus fruticosus*	Rosaceae	Rubi fruticosi folium	*Brombeerblätter*
Blackberry root	*Rubus fruticosus*	Rosaceae	Rubi fruticosi radix	*Brombeerwurzel*
Blackthorn berry	*Prunus spinosa*	Rosaceae	Pruni spinosae fructus	*Schlehdornfrüchte*
Blackthorn flower	*Prunus spinosa*	Rosaceae	Pruni spinosae flos	*Schlehdornblüten*
Bladderwrack	*Ascophyllum nodosum*	Fucaceae	Fucus	*Tang*
Bladderwrack	*Fucus vesiculosus*	Fucaceae	Fucus	*Tang*
Blessed Thistle herb	*Cnicus benedictus*	Asteraceae	Cnici benedicti herba	*Benediktenkraut*
Blue Mallow flower	*Malva sylvestris*	Malvaceae	Malvae flos	*Malvenblüten*
Blue Monkshood herb	*Aconitum napellus*	Ranunculaceae	Aconiti herba	*Blauer Eisenhutkraut*
Blue Monkshood tuber	*Aconitum napellus*	Ranunculaceae	Aconiti tuber	*Blauer Eisenhutwurzel*
Blueberry	*Vaccinium myrtillus*	Ericaceae	Myrtilli fructus	*Heidelbeeren*
Blueberry leaf	*Vaccinium myrtillus*	Ericaceae	Myrtilli folium	*Heidelbeerblätter*
Bogbean	*Menyanthes trifoliata*	Menyanthaceae	Menyanthis folium	*Bitterkleeblätter*

English	Botanical	Plant Family	Pharmacopeial	German
Boldo leaf	*Peumus boldus*	Monimiaceae	Boldo folium	*Boldoblätter*
Borage flower	*Borago officinalis*	Boraginaceae	Boraginis flos	*Boretsch*
Borage herb	*Borago officinalis*	Boraginaceae	Boraginis herba	*Boretsch*
Brewer's Yeast	*Candida utilis*	Cryptococcaceae	Faex medicinalis	*Medizinische Hefe*
Brewer's Yeast	*Saccaromyces cerevisiae*	Saccharo-mycetaceae	Faex medicinalis	*Medizinische Hefe*
Brewer's Yeast/ Hansen CBS 5926	*Saccaromyces cerevisiae*	Saccharo-mycetaceae	Saccharomyces cerevisiae	*Trokenhefe aus Saccharomyces cerevisiae*
Bromelain	*Ananas comosus*	Bromeliaceae	Bromelainum	*Ananas*
Broom flower, Scotch	*Cytisus scoparius*	Fabaceae	Cytisi scoparius flos	*Besenginsterblüten*
Broom flower, Scotch	*Sarothamnus scoparius*	Fabaceae	Cytisi scoparius flos	*Besenginsterblüten*
Broom herb, Scotch	*Cytisus scoparius*	Fabaceae	Cytisi scoparius herba	*Besenginsterkraut*
Broom herb, Scotch	*Sarothamnus scoparius*	Fabaceae	Cytisi scoparius herba	*Besenginsterkraut*
Bryonia root	*Bryonia cretica*	Cucurbitaceae	Bryoniae radix	*Zaunrübenwurzel*
Bryonia root	*Bryonia alba*	Cucurbitaceae	Bryoniae radix	*Zaunrübenwurzel*
Buchu leaf	*Agathosma betulina*	Rutaceae	Barosmae folium	*Buccoblätter*
Buchu leaf	*Barosma betulina*	Rutaceae	Barosmae folium	*Buccoblätter*
Buckthorn bark	*Frangula alnus*	Rhamnaceae	Frangulae cortex	*Faulbaumrinde*
Buckthorn bark	*Rhamnus frangula*	Rhamnaceae	Frangulae cortex	*Faulbaumrinde*
Buckthorn berry	*Rhamnus catharticus*	Rhamnaceae	Rhamni cathartici fructus	*Kreuzdonnbeeren*
Bugleweed	*Lycopus europaeus*	Lamiaceae	Lycopi herba	*Wolfstrappkraut*
Bugleweed	*Lycopus virginicus*	Lamiaceae	Lycopi herba	*Wolfstrappkraut*
Burdock root	*Arctium lappa*	Asteraceae	Bardanae radix	*Klettenwurzel*
Burdock root	*Arctium minus*	Asteraceae	Bardanae radix	*Klettenwurzel*
Burdock root	*Arctium tomentosum*	Asteraceae	Bardanae radix	*Klettenwurzel*
Butcher's Broom rhizome	*Ruscus aculeatus*	Liliaceae	Rusci aculeati rhizoma	*Mäusedorn-wurzelstock*
Cajeput oil	*Melaleuca leucodendra*	Myrtaceae	Cajuputi aetheroleum	*Cajuputöl*
Calendula flower	*Calendula officinalis*	Asteraceae	Calendulae flos	*Ringelblumenblüten*
Calendula herb	*Calendula officinalis*	Asteraceae	Calendulae herba	*Ringelblumenkraut*
California Poppy	*Eschscholzia californica*	Papaveraceae	Eschscholziae	*Kalifornischer Goldmohn*
Camphor	*Cinnamomum camphora*	Lauraceae	Camphora	*Campher*
Cape aloe	*Aloe ferox*	Liliaceae	Aloe capensis	*Kap-Aloe*
Caraway oil	*Carum carvi*	Apiaceae	Carvi aetheroleum	*Kümmelöl*
Caraway seed	*Carum carvi*	Apiaceae	Carvi fructus	*Kümmel*
Cardamom	*Elettaria cardamomum*	Zingiberaceae	Cardamomi fructus	*Kardamomen*

English	Botanical	Plant Family	Pharmacopeial	German
Cascara Sagrada bark	*Rhamnus purshiana*	Rhamnaceae	Rhamni purshianae cortex	*Amerikanische Faulbaumrinde*
Cascara Sagrada bark	*Frangula purshiana*	Rhamnaceae	Rhamni purshianae cortex	*Amerikanische Faulbaumrinde*
Cat's Ear flower	*Antennaria dioica*	Asteraceae	Antennariae dioicae flos	*Katzenpfötchenblüten*
Cat's Foot flower	*Antennaria dioica*	Asteraceae	Antennariae dioicae flos	*Katzenpfötchenblüten*
Cayenne (Paprika)	*Capsicum frutescens*	Solanaceae	Capsicum	*Paprika*
Cayenne (Paprika) species low in capsaicin	*Capsicum* spp.	Solanaceae	Capsicum	*capsaicinarme Paprika-Arten*
Celandine herb	*Chelidonium majus*	Papaveraceae	Chelidonii herba	*Schöllkraut*
Celery	*Apium graveolens*	Apiaceae	Apium graveolens	*Sellerie*
Celery herb	*Apium graveolens*	Apiaceae	Apii herba	*Selleriekraut*
Celery root	*Apium graveolens*	Apiaceae	Apii radix	*Selleriewurzel*
Celery seed	*Apium graveolens*	Apiaceae	Apii fructus	*Selleriefrüchte*
Centaury herb	*Centaurium minus*	Gentianaceae	Centaurii herba	*Tausendgüldenkraut*
Centaury herb	*Centaurium umbellatum*	Gentianaceae	Centaurii herba	*Tausendgüldenkraut*
Centaury herb	*Erythraea centaurium*	Gentianaceae	Centaurii herba	*Tausendgüldenkraut*
Ceylon Citronella grass	*Cymbopogon nardus*	Poaceae	Cymbopoginis nardi herba	*Cymbopogon-Arten*
Chamomile, German	*Matricaria recutita*	Asteraceae	Matricariae flos	*Kamilenblüten*
Chamomile, German	*Chamomilla recutita*	Asteraceae	Matricariae flos	*Kamilenblüten*
Chamomile, Roman	*Chamaemelum nobile*	Asteraceae	Chamomillae romanae flos	*Römishe Kamillenblüten*
Chamomile, Roman	*Anthemis nobilis*	Asteraceae	Chamomillae romanae flos	*Römishe Kamillenblüten*
Chaste Tree fruit	*Vitex agnus castus*	Verbenaceae	Agni casti fructus	*Keuschlammfrüchte*
Chestnut leaf	*Castanea sativa*	Fagaceae	Castaneae folium	*Kastanienblätter*
Chestnut leaf	*Castanea vesca*	Fagaceae	Castaneae folium	*Kastanienblätter*
Chestnut leaf	*Castanea vulgaris*	Fagaceae	Castaneae folium	*Edelkastanienblätter*
Chicory	*Cichorium intybus*	Asteraceae	Cichorium intybus	*Wegwarte*
Cinchona bark	*Cinchona pubescens*	Rubiaceae	Cinchonae cortex	*Chinarinde*
Cinchona bark	*Cinchona succirubra*	Rubiaceae	Cinchonae cortex	*Chinarinde*
Cinnamon	*Cinnamomum verum*	Lauraceae	Cinnamomi ceylanici cortex	*Zimtrinde*
Cinnamon	*Cinnamomum zeylanicum*	Lauraceae	Cinnamomi ceylanici cortex	*Zimtrinde*
Cinnamon flower	*Cinnamomum aromaticum*	Lauraceae	Cinnamomi flos	*Zimtblüten*
Cinnamon flower	*Cinnamomum cassia*	Lauraceae	Cinnamomi flos	*Zimtblüten*

English	Botanical	Plant Family	Pharmacopeial	German
Cinnamon bark, Chinese	*Cinnamomum aromaticum*	Lauraceae	Cinnamomi cassiae cortex	*Chinesischer Zimt*
Cinnamon bark, Chinese	*Cinnamomum cassia*	Lauraceae	Cinnamomi cassiae cortex	*Chinesischer Zimt*
Citronella	*Cymbopogon citratus*	Poaceae	Cymbopogon species	*Cymbopogon-Arten*
Citronella	*Cymbopogon nardus*	Poaceae	Cymbopogon species	*Cymbopogon-Arten*
Citronella	*Cymbopogon winterianus*	Poaceae	Cymbopogon species	*Cymbopogon-Arten*
Cloves	*Syzygium aromaticum*	Myrtaceae	Caryophylli flos	*Gewürznelken*
Cloves	*Jambosa caryophyllus*	Myrtaceae	Caryophylli flos	*Gewürznelken*
Cloves	*Eugenia caryophyllata*	Myrtaceae	Caryophylli flos	*Gewürznelken*
Cocklebur	*Agrimonia eupatoria*	Rosaceae	Agrimoniae herba	*Odermennigkraut*
Cocklebur	*Agrimonia procera*	Rosaceae	Agrimoniae herba	*Odermennigkraut*
Cocoa	*Theobroma cacao*	Sterculiaceae	Cacao testes	*Kakaoschalen*
Cocoa seed	*Theobroma cacao*	Sterculiaceae	Cacao semen	*Kakaosamen*
Coffee charcoal	*Coffea arabica*	Rubiaceae	Coffeae carbo	*Kaffeekohle*
Coffee charcoal	*Coffea canephora*	Rubiaceae	Coffeae carbo	*Kaffeekohle*
Coffee charcoal	*Coffea liberica*	Rubiaceae	Coffeae carbo	*Kaffeekohle*
Coffee charcoal	*Coffea* spp.	Rubiaceae	Coffeae carbo	*Kaffeekohle*
Cola nut	*Cola nitida*	Sterculiaceae	Colae semen	*Kolasamen*
Cola nut	*Cola* spp.	Sterculiaceae	Colae semen	*Kolasamen*
Colocynth	*Citrullus colocynthis*	Cucurbitaceae	Colocynthidis fructus	*Koloquinthen*
Coltsfoot flower	*Tussilago farfara*	Asteraceae	Farfarae flos	*Huflattichblüten*
Coltsfoot herb	*Tussilago farfara*	Asteraceae	Farfarae herba	*Huflattichkraut*
Coltsfoot leaf	*Tussilago farfara*	Asteraceae	Farfarae folium	*Huflattichblätter*
Coltsfoot root	*Tussilago farfara*	Asteraceae	Farfarae radix	*Huflattichwurzel*
Comfrey herb	*Symphytum officinale*	Boraginaceae	Symphyti herba	*Beinwellkraut*
Comfrey leaf	*Symphytum officinale*	Boraginaceae	Symphyti folium	*Beinwellblätter*
Comfrey root	*Symphytum officinale*	Boraginaceae	Symphyti radix	*Beinwellwurzel*
Condurango bark	*Marsdenia condurango*	Asclepiadaceae	Condurango cortex	*Condurangorinde*
Coriander	*Coriandrum sativum*	Apiaceae	Coriandri fructus	*Koriander*
Corn Poppy	*Papaver rhoeas*	Papaveraceae	Rhoeados flos	*Klatschmohnblüten*
Cornflower	*Centaurea cyanus*	Asteraceae	Cyani flos	*Kornblume*
Couch grass	*Agropyron repens*	Poaceae	Graminis rhizoma	*Queckenwurzelstock*
Curaçao aloe	*Aloe vera*	Liliaceae	Aloe barbadensis	*Curaçao-Aloe*
Curaçao aloe	*Aloe barbadensis*	Liliaceae	Aloe barbadensis	*Curaçao-Aloe*
Cymbopogon	*Cymbopogon* spp.	Poaceae	Cymbopogon species	*Cymbopogon-Arten*

English	Botanical	Plant Family	Pharmacopeial	German
Damiana herb	*Turnera diffusa*	Turneraceae	Turnerae diffusae herba	*Damianakraut*
Damiana leaf	*Turnera diffusa*	Turneraceae	Turnerae diffusae folium	*Damianablätter*
Dandelion herb	*Taraxacum officinale*	Asteraceae	Taraxaci herba	*Löwenzahnkraut*
Dandelion root with herb	*Taraxacum officinale*	Asteraceae	Taraxaci radix cum herba	*Löwenzahn-wurzel-mit Kraut*
Deadly Nightshade leaf	*Atropa belladonna*	Solanaceae	Belladonnae folium	*Tollkirsche*
Deadly Nightshade root	*Atropa belladonna*	Solanaceae	Belladonnae radix	*Tollkirschewurzel*
Delphinium flower	*Delphinium consolida*	Ranunculaceae	Delphinii flos	*Rittersporn*blüten
Devil's Claw root	*Harpagophytum procumbens*	Pedaliaceae	Harpagophyti radix	*Südafrikanische Teufelskrallenwurzel*
Dill herb	*Anethum graveolens*	Apiaceae	Anethi herba	*Dillkraut*
Dill seed	*Anethum graveolens*	Apiaceae	Anethi fructus	*Dillfrüchte*
Echinacea Angustifolia herb	*Echinacea angustifolia*	Asteraceae	Echinaceae angustifoliae herba	*schmalblättriges Sonnenhutkraut*
Echinacea Angustifolia root	*Echinacea angustifolia*	Asteraceae	Echinaceae angustifoliae radix	*schmalblättriges Sonnenhutwurzel*
Echinacea Pallida herb	*Echinacea pallida*	Asteraceae	Echinaceae pallidae herba	*Blasses Kegelblumenkraut*
Echinacea Pallida root	*Echinacea pallida*	Asteraceae	Echinaceae pallidae radix	*Echinacea-pallida Wurzel*
Echinacea Purpurea herb	*Echinacea purpurea*	Asteraceae	Echinaceae purpureae herba	*Purpursonnenhut-kraut*
Echinacea Purpurea root	*Echinacea purpurea*	Asteraceae	Echinaceae purpureae radix	*Purpursonnenhut-wurzel*
Elder flower	*Sambucus nigra*	Caprifoliaceae	Sambuci flos	*Holunderblüten*
Elecampane	*Inula helenium*	Asteraceae	Helenii radix	*Alantwurzelstock*
Eleuthero root	*Acanthopanax senticosus*	Araliaceae	Eleutherococci radix	*Eleutherococcus-senticosus-Wurzel*
Eleuthero root	*Eleutherococcus senticosus*	Araliaceae	Eleutherococci radix	*Eleutherococcus-senticosus-Wurzel*
English plantain	*Plantago lanceolata*	Plantaginaceae	Plantaginis lanceolatae herba	*Spitzwegerichkraut*
Ephedra	*Ephedra sinica*	Ephedraceae	Ephedrae herba	*Ephedrakraut*
Ephedra	*Ephedra shennungiana*	Ephedraceae	Ephedrae herba	*Ephedrakraut*
Ergot	*Claviceps purpurea*	Clavicipitaceae	Secale cornutum	*Mutterkorn*
Eucalyptus leaf	*Eucalyptus globulus*	Myrtaceae	Eucalypti folium	*Eucalyptusblätter*
Eucalyptus oil	*Eucalyptus fructicetorum*	Myrtaceae	Eucalypti aetheroleum	*Eucalyptusöl*
Eucalyptus oil	*Eucalyptus globulus*	Myrtaceae	Eucalypti aetheroleum	*Eucalyptusöl*
Eucalyptus oil	*Eucalyptus polybractea*	Myrtaceae	Eucalypti aetheroleum	*Eucalyptusöl*
Eucalyptus oil	*Eucalyptus smithii*	Myrtaceae	Eucalypti aetheroleum	*Eucalyptusöl*

English	Botanical	Plant Family	Pharmacopeial	German
Eyebright herb	*Euphrasia officinalis*	Scrophulariaceae	Euphrasiae	*Augentrostkraut*
Fennel oil	*Foeniculum vulgare*	Apiaceae	Foeniculi aetheroleum	*Fenchelöl*
Fennel seed	*Foeniculum vulgare*	Apiaceae	Foeniculi fructus	*Fenchel*
Fenugreek seed	*Trigonella foenum-graecum*	Fabaceae	Foenugraeci semen	*Bockshornsamen*
Figs	*Ficus carica*	Moraceae	Caricae fructus	*Feigen*
Fir Needle oil	*Abies alba*	Pinaceae	Piceae aetheroleum	*Fichtennadelöl*
Fir Needle oil	*Abies sachalinensis*	Pinaceae	Piceae aetheroleum	*Fichtennadelöl*
Fir Needle oil	*Abies sibirica*	Pinaceae	Piceae aetheroleum	*Fichtennadelöl*
Fir Needle oil	*Picea abies*	Pinaceae	Piceae aetheroleum	*Fichtennadelöl*
Fir Needle oil	*Picea excelsa*	Pinaceae	Piceae aetheroleum	*Fichtennadelöl*
Fir shoots, fresh	*Abies alba*	Pinaceae	Piceae turiones recentes	*Frische Fichtenspitzen*
Flaxseed	*Linum usitatissimum*	Linaceae	Lini semen	*Leinsamen*
Frangula	*Frangula alnus*	Rhamnaceae	Frangulae cortex	*Faulbaumrinde*
Frangula	*Rhamnus frangula*	Rhamnaceae	Frangulae cortex	*Faulbaumrinde*
Fumitory	*Fumaria officinalis*	Fumariaceae	Fumariae herba	*Erdrauchkraut*
Galangal	*Alpinia officinarium*	Zingiberaceae	Galangae rhizoma	*Galangtwurzelstock*
Garlic	*Allium sativum*	Alliaceae	Allii sativi bulbus	*Knoblauch*
Gentian root	*Gentiana lutea*	Gentianaceae	Gentianae radix	*Enzianwurzel*
Ginger root	*Zingiber officinale*	Zingiberaceae	Zingiberis rhizoma	*Ingwerwurzelstock*
Ginkgo Biloba leaf	*Ginkgo biloba*	Ginkgoaceae	Ginkgo folium	*Ginkgoblätter*
Ginkgo Biloba leaf Extract	*Ginkgo biloba*	Ginkgoaceae	Ginkgo folium	*Ginkgo biloba Blätter*
Ginseng root	*Panax ginseng*	Araliaceae	Ginseng radix	*Ginsengwurzel*
Goat's Rue herb	*Galega officinalis*	Fabaceae	Galegae officinalis herba	*Geißrautenkraut*
Goldenrod	*Solidago canadensis*	Asteraceae	Solidago	*Goldrute*
Goldenrod	*Solidago gigantea*	Asteraceae	Solidago	*Goldrute*
Goldenrod	*Solidago serotina*	Asteraceae	Solidago	*Goldrute*
Goldenrod, European	*Solidago virgaurea*	Asteraceae	Solidago virgaureae herba	*Echtes Goldrutenkraut*
Guaiac wood	*Guaiacum officinale*	Zygophyllaceae	Guaiaci lignum	*Guajakholz*
Guaiac wood	*Guaiacum sanctum*	Zygophyllaceae	Guaiaci lignum	*Guajakholz*
Gumweed herb	*Grindelia robusta*	Asteraceae	Grindeliae herba	*Grindeliakraut*
Gumweed herb	*Grindelia squarrosa*	Asteraceae	Grindeliae herba	*Grindeliakraut*
Haronga bark and leaf	*Harungana madagascariensis*	Hypericaceae	Harunganae madagascariensis cortex et folium	*Harongarinde*

English	Botanical	Plant Family	Pharmacopeial	German
Hawthorn berry	*Crataegus laevigata*	Rosaceae	Crataegi fructus	*Weißdornfrüchte*
Hawthorn berry	*Crataegus monogyna*	Rosaceae	Crataegi fructus	*Weißdornfrüchte*
Hawthorn flower	*Crataegus laevigata*	Rosaceae	Crataegi flos	*Weißdornblätter*
Hawthorn flower	*Crataegus monogyna*	Rosaceae	Crataegi flos	*Weißdornblätter*
Hawthorn leaf	*Crataegus laevigata*	Rosaceae	Crataegi folium	*Weißdornblätter*
Hawthorn leaf	*Crataegus monogyna*	Rosaceae	Crataegi folium	*Weißdornblätter*
Hawthorn leaf with flower	*Crataegus laevigata*	Rosaceae	Crataegi folium cum flore	*Weißdornblätter mit Blüten*
Hawthorn leaf with flower	*Crataegus monogyna*	Rosaceae	Crataegi folium cum flore	*Weißdornblätter mit Blüten*
Hay flower	*Poaceae* spp.	Poaceae	Graminis flos	*Heublumen*
Heart's Ease herb	*Viola tricolor*	Violaceae	Violae tricoloris herba	*Stiefmütterchenkraut*
Heather flower	*Calluna vulgaris*	Ericaceae	Callunae vulgaris flos	*Heidekrautblüten*
Heather herb	*Calluna vulgaris*	Ericaceae	Callunae vulgaris herba	*Heidekraut*
Hempnettle herb	*Galeopsis ochroleuca*	Lamiaceae	Galeopsidis herba	*Hohlzahnkraut*
Hempnettle herb	*Galeopsis segetum*	Lamiaceae	Galeopsidis herba	*Hohlzahnkraut*
Henbane leaf	*Hyoscyamus niger*	Solanaceae	Hyoscyami folium	*Hyoscyamusblätter*
Hibiscus flower	*Hibiscus sabdariffa*	Malvaceae	Hibisci flos	*Hibiscusblüten*
Hollyhock flower	*Alcea rosea*	Malvaceae	Malvae arboreae flos	*Stockrosenblüten*
Hollyhock flower	*Althaea rosea*	Malvaceae	Malvae arboreae flos	*Stockrosenblüten*
Hops	*Humulus lupulus*	Moraceae	Lupuli strobulus	*Hopfenzapfen*
Horehound herb	*Marrubium vulgare*	Lamiaceae	Marrubii herba	*Andornkraut*
Horse Chestnut bark	*Aesculus hippocastanum*	Hippocastanaceae	Hippocastani cortex	*Roßkastanienrinde*
Horse Chestnut flower	*Aesculus hippocastanum*	Hippocastanaceae	Hippocastani flos	*Roßkastanienblüten*
Horse Chestnut leaf	*Aesculus hippocastanum*	Hippocastanaceae	Hippocastani folium	*Roßkastanienblätter*
Horse Chestnut seed	*Aesculus hippocastanum*	Hippocastanaceae	Hippocastani semen	*Roßkastiensamen*
Horseradish	*Armoracia rusticana*	Brassicaceae	Armoraciae rusticanae radix	*Meerrettich*
Horseradish	*Cochlearia armoracia*	Brassicaceae	Armoraciae rusticanae radix	*Meerrettich*
Horsetail herb	*Equisetum arvense*	Equisetaceae	Equiseti herba	*Schachtelhalmkraut*
Hound's Tongue herb	*Cynoglossum clandestinum*	Boraginaceae	Cynoglossi herba	*Hundszungenkraut*
Hound's Tongue herb	*Cynoglossum officinale*	Boraginaceae	Cynoglossi herba	*Hundszungenkraut*
Hyssop herb	*Hyssopus officinalis*	Lamiaceae	Hyssopi herba	*Ysopkraut*
Hyssop oil	*Hyssopus officinalis*	Lamiaceae	Hyssopi aetheroleum	*Ysopöl*

English	Botanical	Plant Family	Pharmacopeial	German
Iceland Moss	*Cetraria islandica*	Parmeliaceae	Lichen islandicus	*Isländisches Moos*
Indian Snakeroot	*Rauwolfia serpentina*	Apocynaceae	Rauwolfiae radix	*Rauwolfiawurzel*
Ivy leaf	*Hedera helix*	Araliaceae	Hederae helicis folium	*Efeublätter*
Jambolan bark	*Syzygium cumini*	Myrtaceae	Syzygii cumini cortex	*Syzygiumrinde*
Jambolan bark	*Syzygium jambolana*	Myrtaceae	Syzygii cumini cortex	*Syzygiumrinde*
Jambolan seed	*Syzygium cumini*	Myrtaceae	Syzygii cumini semen	*Syzygiumsamen*
Jambolan seed	*Syzygium jambolana*	Myrtaceae	Syzygii cumini semen	*Syzygiumsamen*
Java citronella oil	*Cymbopogon winterianus*	Poaceae	Cymbopoginis winteriani aetheroleum	*Cymbopogon-Arten*
Java tea	*Orthosiphon spicatus*	Lamiaceae	Orthosiphonis folium	*Orthosiphonblätter*
Java tea	*Orthosiphon stamineus*	Lamiaceae	Orthosiphonis folium	*Orthosiphonblätter*
Jimsonweed leaf	*Datura stramonium*	Solanaceae	Stramonii folium	*Stramoniumblätter*
Jimsonweed seed	*Datura stramonium*	Solanaceae	Stramonii semen	*Stramoniumsamen*
Johnny Jump-Up	*Viola tricolor*	Violaceae	Violae tricoloris	*Stiefmütterchenkraut*
Juniper berry	*Juniper communis*	Cupressaceae	Juniperi fructus	*Wacholderbeeren*
Kava Kava	*Piper methysticum*	Piperaceae	Piperis methystici rhizoma	*Kava-Kava-Wurzelstock*
Kelp	*Laminaria hyperborea*	Laminariaceae	Laminariae stipites	*Laminariastiele*
Kelp	*Laminaria cloustonii*	Laminariaceae	Laminariae stipites	*Laminariastiele*
Kidney bean pods (without seeds)	*Phaseolus vulgaris*	Fabaceae	Phaseoli fructus sine semine	*Samenfreie Gartenbohnenhülsen*
Knotweed	*Polygonum aviculare*	Polygonaceae	Polygoni avicularis herba	*Vogelknöterichkraut*
Lady's Mantle	*Alchemilla vulgaris*	Rosaceae	Alchemillae herba	*Frauenmantelkraut*
Larch Turpentine	*Larix decidua*	Pinaceae	Terebinthina laricina	*Lärchenterpentin*
Lavender flower	*Lavandula angustifolia*	Lamiaceae	Lavandulae flos	*Lavendelblüten*
Lemon balm	*Melissa officinalis*	Lamiaceae	Melissae folium	*Melissenblätter*
Licorice root	*Glycyrrhiza glabra*	Fabaceae	Liquiritiae radix	*Süßholzwurzel*
Lily-of-the-valley herb	*Convallaria majalis*	Liliaceae	Convallariae herba	*Maiglöckchenkraut*
Linden charcoal	*Tilia cordata*	Tiliaceae	Tiliae carbo	*Lindenholzkohle*
Linden flower	*Tilia cordata*	Tiliaceae	Tiliae flos	*Lindenblüten*
Linden flower	*Tilia platyphyllos*	Tiliaceae	Tiliae flos	*Lindenblüten*
Linden leaf	*Tilia cordata*	Tiliaceae	Tiliae folium	*Lindenblätter*
Linden leaf	*Tilia platyphyllos*	Tiliaceae	Tiliae folium	*Lindenblätter*
Linden wood	*Tilia cordata*	Tiliaceae	Tiliae lignum	*Lindenholz*

English	Botanical	Plant Family	Pharmacopeial	German
Linden wood	*Tilia platyphyllos*	Tiliaceae	Tiliae lignum	*Lindenholz*
Liverwort herb	*Hepatica nobilis*	Ranunculaceae	Hepatici nobilis herba	*Leberblümchenkraut*
Loofa	*Luffa aegyptiaca*	Cucurbitaceae	Luffa aegyptiaca	*Luffaschwamm*
Lovage root	*Levisticum officinale*	Apiaceae	Levistici radix	*Liebstöckelwurzel*
Lungwort	*Pulmonaria officinalis*	Boraginaceae	Pulmonariae herba	*Lungenkraut*
Mace	*Myristica fragrans*	Myristicaceae	Myristica aril	*Muskatnußbaum*
Madder root	*Rubia tinctorum*	Rubiaceae	Rubiae tinctorum radix	*Krappwurzel*
Male fern herb	*Dryopteris filix-mas*	Aspleniaceae	Filicis maris herba	*Wurmfarmkraut*
Male fern leaf	*Dryopteris filix-mas*	Aspleniaceae	Filicis maris folium	*Wurmfarmblätter*
Male fern rhizome	*Dryopteris filix-mas*	Aspleniaceae	Filicis maris rhizoma	*Wurmfarmwurzelstock*
Mallow flower	*Malva sylvestris*	Malvaceae	Malvae flos	*Malvenblüten*
Mallow leaf	*Malva sylvestris*	Malvaceae	Malvae folium	*Malvenblätter*
Manna	*Fraxinus ornus*	Oleaceae	Manna	*Manna*
Marjoram herb	*Majorana hortensis*	Lamiaceae	Majoranae herba	*Majoran*
Marjoram herb	*Origanum majorana*	Lamiaceae	Majoranae herba	*Majoran*
Marjoram oil	*Majorana hortensis*	Lamiaceae	Majoranae aetheroleum	*Majoranöl*
Marjoram oil	*Origanum majorana*	Lamiaceae	Majoranae aetheroleum	*Majoranöl*
Marsh Tea	*Ledum palustre*	Lamiaceae	Ledi palustris herba	*Sumpfporstkraut*
Marshmallow leaf	*Althaea officinalis*	Malvaceae	Althaeae folium	*Eibischblätter*
Marshmallow root	*Althaea officinalis*	Malvaceae	Althaeae radix	*Eibischwurzel*
Maté	*Ilex paraguariensis*	Aquifoliaceae	Mate folium	*Mateblätter*
Mayapple resin	*Podophyllum peltatum*	Berberidiceae	Podophylli peltati resina	*Podophyllumharz*
Mayapple root	*Podophyllum peltatum*	Berberidiceae	Podophylli peltati rhizoma	*Podophyllumwurzelstock*
Meadow saffron	*Colchicum autumnale*	Liliaceae	Colchicum, Colchicum autumnale	*Herbstzeitlose*
Meadowsweet	*Spiraea ulmaria*	Rosaceae	Filipendula ulmaria	*Mädesüß*
Meadowsweet	*Filipendula ulmaria*	Rosaceae	Filipendula ulmaria	*Mädesüß*
Mentzelia	*Mentzelia cordifolia*	Loasaceae	Mentzeliae cordifoliae	*Zweigspitzen, Stengel-und-Wurzel*
Milk Thistle fruit	*Silybum marianum*	Asteraceae	Cardui mariae fructus	*Mariendistelfrüchte*
Milk Thistle herb	*Silybum marianum*	Asteraceae	Cardui mariae herba	*Mariendistelkraut*
Mint oil	*Mentha arvensis*	Lamiaceae	Menthae arvensis aetheroleum	*Minzöl*
Mistletoe berry	*Viscum album*	Viscaceae	Visci albi fructus	*Mistelfrüchte*

English	Botanical	Plant Family	Pharmacopeial	German
Mistletoe herb	*Viscum album*	Viscaceae	Visci albi herba	*Mistelkraut*
Mistletoe stem	*Viscum album*	Viscaceae	Visci albi stipitis	*Mistelstengel*
Monkshood herb	*Aconitum napellus*	Ranunculaceae	Aconiti herba	*Blauer Eisenhutkraut*
Monkshood root	*Aconitum napellus*	Ranunculaceae	Aconiti tuber	*Blauer Eisenhutwurzel*
Motherwort herb	*Leonurus cardiaca*	Lamiaceae	Leonuri cardiacae herba	*Herzgespannkraut*
Mountain Ash berry	*Sorbus aucuparia*	Rosaceae	Sorbi aucupariae fructus	*Ebereschenbeeren*
Mugwort herb	*Artemisia vulgaris*	Asteraceae	Artemisiae vulgaris herba	*Beifußkraut*
Mugwort root	*Artemisia vulgaris*	Asteraceae	Artemisiae vulgaris radix	*Beifußwurzel*
Muira Puama	*Ptychopetalum olacoides*	Olacaceae	Ptychopetali lignum	*Potenzholz*
Muira Puama	*Ptychopetalum unicatum*	Olacaceae	Ptychopetali lignum	*Potenzholz*
Mullein flower	*Verbascum densiflorum*	Scrophulariaceae	Verbasci flos	*Wollblumen*
Mullein flower	*Verbascum thapsus*	Scrophulariaceae	Verbasci flos	*Wollblumen*
Myrrh	*Commiphora molmol*	Burseraceae	Myrrha	*Myrrhe*
Nasturtium	*Tropaeolum majus*	Tropaeolaceae	Tropaeolum majus	*Kapuzinerkressenkraut*
Nettle herb	*Urtica dioica*	Urticaceae	Urticae herba	*Brennesselkraut*
Nettle herb	*Urtica urens*	Urticaceae	Urticae herba	*Brennesselkraut*
Nettle leaf	*Urtica dioica*	Urticaceae	Urticae folium	*Brennesselblätter*
Nettle leaf	*Urtica urens*	Urticaceae	Urticae folium	*Brennesselblätter*
Nettle root	*Urtica dioica*	Urticaceae	Urticae radix	*Brennesselwurzel*
Nettle root	*Urtica urens*	Urticaceae	Urticae radix	*Brennesselwurzel*
Niauli oil	*Melaleuca viridiflora*	Myrtaceae	Niauli aetheroleum	*Niauliöl*
Night-blooming Cereus flower	*Selenicereus grandiflorus*	Cactaceae	Selenicerei grandiflori flos	*Königin der Nacht*
Night-blooming Cereus herb	*Selenicereus grandiflorus*	Cactaceae	Selenicerei grandiflori herba	*Königin der Nacht*
Nutmeg	*Myristica fragrans*	Myristicaceae	Myristica fragrans	*Muskatnußbaum*
Nux Vomica	*Strychnos nux-vomica*	Loganiaceae	Strychni semen	*Brechnußsamen*
Oak bark	*Quercus robur*	Fagaceae	Quercus cortex	*Eichenrinde*
Oak bark	*Quercus petraea*	Fagaceae	Quercus cortex	*Eichenrinde*
Oat herb	*Avena sativa*	Poaceae	Avenae herba	*Haferkraut*
Oat straw	*Avena sativa*	Poaceae	Avenae stramentum	*Haferstroh*
Oats	*Avena sativa*	Poaceae	Avenae fructus	*Haferfrüchte*
Oleander leaf	*Nerium oleander*	Apocynaceae	Oleandri folium	*Oleanderblätter*
Olive leaf	*Olea europaea*	Oleaceae	Oleae folium	*Olivenblätter*
Olive oil	*Olea europaea*	Oleaceae	Olivae oleum	*Olivenöl*
Onion	*Allium cepa*	Alliaceae	Allii cepae bulbus	*Zwiebel*
Orange peel	*Citrus sinensis*	Rutaceae	Citri sinensis pericarpium	*Orangenschalen*

English	Botanical	Plant Family	Pharmacopeial	German
Oregano	*Origanum vulgare*	Lamiaceae	Origani vulgaris herba	*Dostenkraut*
Orris root	*Iris germanica*	Iridaceae	Iridis rhizoma	*Schwertlilienwurzelstock*
Orris root	*Iris pallida*	Iridaceae	Iridis rhizoma	*Schwertlilienwurzelstock*
Orris root	*Iris florentina [Iris germanica* var. *florentina]*	Iridaceae	Iridis rhizoma	*Schwertlilienwurzelstock*
Papain	*Carica papaya*	Caricaceae	Papainum crudum	*Papain*
Papaya leaf	*Carica papaya*	Caricaceae	Caricae papayae folium	*Baummelonenblätter*
Parsley herb and root	*Petroselinum crispum*	Apiaceae	Petroselini herba/radix	*Petersilienkraut/wurzel*
Paprika (Cayenne)	*Capsicum frutescens*	Solanaceae	Capsicum	*Paprika*
Paprika (Cayenne) species low in capsaicin	*Capsicum* spp.	Solanaceae	Capsicum	*capsaicinarme Paprika-Arten*
Parsley seed	*Petroselinum crispum*	Apiaceae	Petroselini fructus	*Petersilienfrüchte*
Pasque flower	*Pulsatilla pratensis*	Ranunculaceae	Pulsatillae herba	*Küchenschellenkraut*
Pasque flower	*Pulsatilla vulgaris*	Ranunculaceae	Pulsatillae herba	*Küchenschellenkraut*
Passionflower herb	*Passiflora incarnata*	Passifloraceae	Passiflorae herba	*Passionsblumenkraut*
Peony flower	*Paeonia mascula*	Paeoniaceae	Paeoniae flos	*Pfingstrosenblüten*
Peony flower	*Paeonia officinalis*	Paeoniaceae	Paeoniae flos	*Pfingstrosenblüten*
Peony root	*Paeonia mascula*	Paeoniaceae	Paeoniae radix	*Pfingstrosenwurzel*
Peony root	*Paeonia officinalis*	Paeoniaceae	Paeoniae radix	*Pfingstrosenwurzel*
Peppermint leaf	*Mentha* x *piperita*	Lamiaceae	Menthae piperitae folium	*Pfefferminzblätter*
Peppermint oil	*Mentha* x *piperita*	Lamiaceae	Menthae piperitae aetheroleum	*Pfefferminzöl*
Periwinkle	*Vinca minor*	Apocynaceae	Vincae minoris herba	*Immergrünkraut*
Peruvian Balsam	*Myroxylon balsamum*	Fabaceae	Balsamum peruvianum	*Perubalsam*
Petasites leaf	*Petasites* spp.	Asteraceae	Petasitidis folium	*Pestwurzblätter*
Petasites root	*Petasites hybridus*	Asteraceae	Petasitidis rhizoma	*Pestwurzwurzelstock*
Pheasant's Eye herb	*Adonis vernalis*	Ranunculaceae	Adonidis herba	*Adoniskraut*
Pimpinella herb	*Pimpinella major*	Apiaceae	Pimpinellae herba	*Bibernellkraut*
Pimpinella herb	*Pimpinella saxifraga*	Apiaceae	Pimpinellae herba	*Bibernellkraut*
Pimpinella root	*Pimpinella major*	Apiaceae	Pimpinellae radix	*Bibernellwurzel*
Pimpinella root	*Pimpinella saxifraga*	Apiaceae	Pimpinellae radix	*Bibernellwurzel*
Pine Needle oil	*Pinus mugo*	Pinaceae	Pini aetheroleum	*Kiefernnadelöl*
Pine Needle oil	*Pinus nigra*	Pinaceae	Pini aetheroleum	*Kiefernnadelöl*
Pine Needle oil	*Pinus pinaster*	Pinaceae	Pini aetheroleum	*Kiefernnadelöl*
Pine Needle oil	*Pinus sylvestris*	Pinaceae	Pini aetheroleum	*Kiefernnadelöl*

English	Botanical	Plant Family	Pharmacopeial	German
Pine Sprouts	*Pinus sylvestris*	Pinaceae	Pini turiones	*Kiefernsprossen*
Plantain	*Plantago lanceolata*	Plantaginaceae	Plantaginis lanceolatae herba	*Spitzwegerichkraut*
Poplar bud	*Populus* spp.	Salicaceae	Populi gemma	*Pappelknospen*
Potentilla	*Potentilla anserina*	Rosaceae	Potentillae anserinae herba	*Gänsefingerkraut*
Primrose flower	*Primula elatior*	Primulaceae	Primulae flos	*Schlüsselblumenblüten*
Primrose flower	*Primula veris*	Primulaceae	Primulae flos	*Schlüsselblumenblüten*
Primrose root	*Primula elatior*	Primulaceae	Primulae radix	*Primelwurzel*
Primrose root	*Primula veris*	Primulaceae	Primulae radix	*Primelwurzel*
Psyllium seed, Black	*Plantago afra*	Plantaginaceae	Psyllii semen	*Flohsamen*
Psyllium seed, Black	*Plantago arenaria*	Plantaginaceae	Psyllii semen	*Flohsamen*
Psyllium seed, Black	*Plantago indica*	Plantaginaceae	Psyllii semen	*Flohsamen*
Psyllium seed, Black	*Plantago psyllium*	Plantaginaceae	Psyllii semen	*Flohsamen*
Psyllium seed, Blonde	*Plantago isphagula*	Plantaginaceae	Plantaginis ovatae semen	*Indische Flohsamen*
Psyllium seed, Blonde	*Plantago ovata*	Plantaginaceae	Plantaginis ovatae semen	*Indische Flohsamen*
Psyllium seed husk, Blonde	*Plantago isphagula*	Plantaginaceae	Plantaginis ovatae testa	*Indische Flohsamenschalen*
Psyllium seed husk, Blonde	*Plantago ovata*	Plantaginaceae	Plantaginis ovatae testa	*Indische Flohsamenschalen*
Pulsatilla	*Pulsatilla pratensis*	Ranunculaceae	Pulsatillae herba	*Küchenschellenkraut*
Pulsatilla	*Pulsatilla vulgaris*	Ranunculaceae	Pulsatillae herba	*Küchenschellenkraut*
Pumpkin seed	*Cucurbita pepo*	Cucurbitaceae	Cucurbitae peponis semen	*Kürbissamen*
Purple Coneflower herb	*Echinacea purpurea*	Asteraceae	Echinaceae purpureae herba	*Purpursonnenhutkraut*
Purple Coneflower root	*Echinacea purpurea*	Asteraceae	Echinaceae purpureae radix	*Purpursonnenhutwurzel*
Radish	*Raphanus sativus*	Brassicaceae	Raphani sativi radix	*Rettich*
Raspberry leaf	*Rubus idaeus*	Rosaceae	Rubi idaei folium	*Himbeerblätter*
Rhatany root	*Krameria triandra*	Krameriaceae	Ratanhiae radix	*Ratanhiawurzel*
Rhododendron, Rusty-leaved	*Rhododendron ferrugineum*	Ericaceae	Rhododendri ferruginei folium	*Rostrote Alpenrosenblätter*
Rhubarb root	*Rheum officinale*	Polygonaceae	Rhei radix	*Rhabarber*
Rhubarb root	*Rheum palmatum*	Polygonaceae	Rhei radix	*Rhabarber*
Rose flower	*Rosa centifolia*	Rosaceae	Rosae flos	*Rosenblüten*
Rose flower	*Rosa gallica*	Rosaceae	Rosae flos	*Rosenblüten*
Rose hip	*Rosa* spp.	Rosaceae	Rosae pseudofructus	*Hagebuttenschalen*

English	Botanical	Plant Family	Pharmacopeial	German
Rose hip and seed	*Rosa* spp.	Rosaceae	Rosae pseudofructus cum fructibus	*Hagebutten*
Rose hip seed	*Rosa* spp.	Rosaceae	Rosae fructus	*Hagebuttenkerne*
Rosemary leaf	*Rosmarinus officinalis*	Lamiaceae	Rosmarini folium	*Rosmarinblätter*
Rue herb	*Ruta graveolens*	Rutaceae	Rutae herba	*Rautenkraut*
Rue leaf	*Ruta graveolens*	Rutaceae	Rutae folium	*Rautenblätter*
Rupturewort	*Herniaria glabra*	Caryophyllaceae	Herniariae	*Bruchkraut*
Rupturewort	*Herniaria hirsuta*	Caryophyllaceae	Herniariae	*Bruchkraut*
Saffron	*Crocus sativa*	Iridaceae	Croci stigma	*Safran*
Sage leaf	*Salvia officinalis*	Lamiaceae	Salviae folium	*Salbeiblätter*
Sandalwood, Red	*Pterocarpus santalinus*	Fabaceae	Santali lignum rubrum	*Rotes Sandelholz*
Sandalwood, White	*Santalum album*	Santalaceae	Santali albi lignum	*Weißes Sandelholz*
Sandy Everlasting	*Helichrysum arenarium*	Asteraceae	Helichrysi flos	*Ruhrkrautblüten*
Sanicle herb	*Sanicula europaea*	Apiaceae	Saniculae herba	*Sanikelkraut*
Sarsaparilla root	*Smilax aristolochiaefolii*	Smilacaceae	Sarsaparillae radix	*Sarsaparillewurzel*
Sarsaparilla root	*Smilax febrifuga*	Smilacaceae	Sarsaparillae radix	*Sarsaparillewurzel*
Sarsaparilla root	*Smilax regelii*	Smilacaceae	Sarsaparillae radix	*Sarsaparillewurzel*
Sarsaparilla root, German	*Carex arenaria*	Cyperaceae	Caricis rhizoma	*Sandriedgraswurzelstock*
Saw Palmetto berry	*Serenoa repens*	Arecaceae	Sabal fructus	*Sabalfrüchte*
Saw Palmetto berry	*Sabal serrulata*	Arecaceae	Sabal fructus	*Sabalfrüchte*
Scopolia root	*Scopolia carniolica*	Solanaceae	Scopolia rhizoma	*Glockenbilsenkraut Wurzelstock*
Scotch Broom flower	*Cytisus scoparius*	Fabaceae	Cytisi scoparii flos	*Besenginsterblüten*
Scotch Broom flower	*Sarothamnus scoparius*	Fabaceae	Cytisi scoparii flos	*Besenginsterblüten*
Scotch Broom herb	*Cytisus scoparius*	Fabaceae	Cytisi scoparii herba	*Besenginsterkraut*
Senecio herb	*Senecio nemorensis*	Asteraceae	Senecionis herba	*Fuchskreuzkraut*
Senega Snakeroot	*Polygala senega*	Polygalaceae	Polygalae radix	*Senegawurzel*
Senega Snakeroot	*Polygala* spp.	Polygalaceae	Polygalae radix	*Senegawurzel*
Senna leaf	*Cassia acutifolia*	Fabaceae	Sennae folium	*Sennesblätter*
Senna leaf	*Cassia angustifolia*	Fabaceae	Sennae folium	*Sennesblätter*
Senna leaf	*Cassia senna*	Fabaceae	Sennae folium	*Sennesblätter*
Senna leaf	*Senna alexandrina*	Fabaceae	Sennae folium	*Sennesblätter*
Senna pod	*Cassia acutifolia*	Fabaceae	Sennae fructus	*Alexandriner-Sennesfrüchte*
Senna pod	*Cassia angustifolia*	Fabaceae	Sennae fructus	*Tinnevelly-Sennesfrüchte*
Senna pod	*Cassia senna*	Fabaceae	Sennae fructus	*Alexandriner-Sennesfrüchte*

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Senna pod	*Senna alexandrina*	Fabaceae	Sennae fructus	*Sennesfrüchte*
Shepherd's Purse	*Capsella bursa pastoris*	Brassicaceae	Bursae pastoris herba	*Hirtentäschelkraut*
Siberian Ginseng	*Acanthopanax senticosus*	Araliaceae	Eleutherococci radix	*Eleutherococcus-senticosus-Wurzel*
Siberian Ginseng	*Eleutherococcus senticosus*	Araliaceae	Eleutherococci radix	*Eleutherococcus-senticosus-Wurzel*
Silver Linden flower	*Tilia argentea*	Tiliaceae	Tiliae tomentosae flos	*Silberlindenblüten*
Silver Linden flower	*Tilia tomentosa*	Tiliaceae	Tiliae tomentosae flos	*Silberlindenblüten*
Silverweed	*Potentilla anserina*	Rosaceae	Potentillae anserinae herba	*Gänsefingerkraut*
Sloe berry	*Prunus spinosa*	Rosaceae	Pruni spinosae fructus	*Schlehdornfrüchte*
Snakeroot, Indian	*Rauwolfia serpentina*	Apocynaceae	Rauwolfiae radix	*Rauwolfiawurzel*
Snakeroot, Senega	*Polygala senega*	Polygalaceae	Polygalae radix	*Senegawurzel*
Snakeroot, Senega	*Polygala* spp.	Polygalaceae	Polygalae radix	*Senegawurzel*
Soapwort herb, Red	*Saponaria officinalis*	Caryophyllaceae	Saponariae rubrae herba	*Seifenkraut*
Soapwort root, Red	*Saponaria officinalis*	Caryophyllaceae	Saponariae rubrae radix	*Rote Seifenwurzel*
Soapwort root, White	*Gypsophila paniculata*	Caryophyllaceae	Gypsophilae radix	*Wieße Seifenwurzel*
Soapwort root, White	*Gypsophila* spp.	Caryophyllaceae	Gypsophilae radix	*Wieße Seifenwurzel*
Soy Lecithin	*Glycine max*	Fabaceae	Lecithin ex soja	*Sojalecithin*
Soy Phospholipid	*Glycine max*	Fabaceae	Phospholipide ex soja cum 73 - 79% (3-Sn Phosphatidyl) - cholin	*Phosphalipide aus Sojabohnen*
Speedwell	*Veronica officinalis*	Scrophulariaceae	Veronicae herba	*Ehrenpreiskraut*
Spinach leaf	*Spinacia oleracea*	Chenopodiaceae	Spinaciae folium	*Spinatblätter*
Spiny Restharrow root	*Ononis spinosa*	Fabaceae	Ononidis radix	*Hauhechelwurzel*
Sponge cucumber	*Luffa aegyptiaca*	Cucurbitaceae	Luffa aegyptiaca	*Luffaschwamm*
Sprouts, Pine	*Pinus sylvestris*	Pinaceae	Pini turiones	*Kiefernsprossen*
Squill	*Urginea maritima*	Liliaceae	Scillae bulbus	*Meerzwiebel*
St. John's Wort	*Hypericum perforatum*	Hypericaceae	Hyperici herba	*Johanniskraut*
Star Anise	*Illicium verum*	Illiciaceae	Anisi stellati	*Sternanis*
Stinging Nettle herb	*Urtica dioica*	Urticaceae	Urticae herba	*Brennesselkraut*
Stinging Nettle herb	*Urtica urens*	Urticaceae	Urticae herba	*Brennesselkraut*
Stinging Nettle leaf	*Urtica dioica*	Urticaceae	Urticae folium	*Brennesselblätter*
Stinging Nettle leaf	*Urtica urens*	Urticaceae	Urticae folium	*Brennesselblätter*
Stinging Nettle root	*Urtica dioica*	Urticaceae	Urticae radix	*Brennesselwurzel*

English	Botanical	Plant Family	Pharmacopeial	German
Stinging Nettle root	*Urtica urens*	Urticaceae	Urticae radix	*Brennesselwurzel*
Strawberry leaf	*Fragaria vesca*	Rosaceae	Fragariae folium	*Erdbeerblätter*
Strawberry leaf	*Fragaria viridis*	Rosaceae	Fragariae folium	*Erdbeerblätter*
Sundew	*Drosera intermedia*	Droseraceae	Droserae herba	*Sonnentaukraut*
Sundew	*Drosera longifolia*	Droseraceae	Droserae herba	*Sonnentaukraut*
Sundew	*Drosera ramentacea*	Droseraceae	Droserae herba	*Sonnentaukraut*
Sundew	*Drosera rotundifolia*	Droseraceae	Droserae herba	*Sonnentaukraut*
Sweet clover	*Melilotus altissimus*	Fabaceae	Meliloti herba	*Steinkleekraut*
Sweet clover	*Melilotus officinalis*	Fabaceae	Meliloti herba	*Steinkleekraut*
Sweet Violet root and herb	*Viola odorata*	Violaceae	Violae odoratae rhizoma and herba	*Märzveilchen/ blüten*
Sweet Woodruff	*Galium odoratum*	Rubiaceae	Galii odorati herba	*Waldmeisterkraut*
Tansy flower	*Chrysanthemum vulgare*	Asteraceae	Chrysanthemi vulgaris flos	*Rainfarnblüten*
Tansy flower	*Tanacetum vulgare*	Asteraceae	Chrysanthemi vulgaris flos	*Rainfarnblüten*
Tansy herb	*Chrysanthemum vulgare*	Asteraceae	Chrysanthemi vulgaris herba	*Rainfarnkraut*
Tansy herb	*Tanacetum vulgare*	Asteraceae	Chrysanthemi vulgaris herba	*Rainfarnkraut*
Thyme	*Thymus vulgaris*	Lamiaceae	Thymi herba	*Thymiankraut*
Thyme	*Thymus zygis*	Lamiaceae	Thymi herba	*Thymiankraut*
Thyme, Wild	*Thymus serphyllum*	Lamiaceae	Serpylli herba	*Quendelkraut*
Tolu Balsam	*Myroxylon balsamum*	Fabaceae	Balsamum tolutanum	*Tolubalsam*
Tormentil root	*Potentilla erecta*	Rosaceae	Tormentillae rhizoma	*Tormentillwurzel-stock*
Tormentil root	*Potentilla tormentilla*	Rosaceae	Tormentillae rhizoma	*Tormentillwurzel-stock*
Turmeric root	*Curcuma aromatica*	Zingiberaceae	Curcumae longae rhizoma	*Curcumawurzel-stock*
Turmeric root	*Curcuma domestica*	Zingiberaceae	Curcumae longae rhizoma	*Curcumawurzel-stock*
Turmeric root	*Curcuma longa*	Zingiberaceae	Curcumae longae rhizoma	*Curcumawurzel-stock*
Turmeric, Javanese	*Curcuma xanthorrhiza*	Zingiberaceae	Curcumae xanthorrhizae rhizoma	*Javanische Gelbwurzel*
Turpentine oil, Purified	*Pinus australis*	Pinaceae	Terebinthinae aetheroleum rectificatum	*Gereinigtes Terpentinöl*
Turpentine oil, Purified	*Pinus palustris*	Pinaceae	Terebinthinae aetheroleum rectificatum	*Gereinigtes Terpentinöl*
Turpentine oil, Purified	*Pinus pinaster*	Pinaceae	Terebinthinae aetheroleum rectificatum	*Gereinigtes Terpentinöl*
Turpentine oil, Purified	*Pinus* spp.	Pinaceae	Terebinthinae aetheroleum rectificatum	*Gereinigtes Terpentinöl*

English	Botanical	Plant Family	Pharmacopeial	German
Usnea	*Usnea barbata*	Usneaceae	Usnea	*Bartflechten*
Usnea	*Usnea florida*	Usneaceae	Usnea	*Bartflechten*
Usnea	*Usnea hirta*	Usneaceae	Usnea	*Bartflechten*
Usnea	*Usnea plicata*	Usneaceae	Usnea	*Bartflechten*
Usnea	*Usnea* spp.	Usneaceae	Usnea	*Bartflechten*
Uva Ursi leaf	*Arctostaphylos uva-ursi*	Ericaeae	Uvae ursi folium	*Bärentraubenblätter*
Uzara root	*Xysmalobium undulatum*	Asclepiadaceae	Uzarae radix	*Uzarawurzel*
Valerian root	*Valeriana officinalis*	Valerianaceae	Valerianae radix	*Baldrianwurzel*
Venetian Turpentine	*Larix decidua*	Pinaceae	Terebinthina veneta	*Venezianischer Terpentin*
Verbena herb	*Verbena officinalis*	Verbenaceae	Verbenae herba	*Eisenkraut*
Veronica herb	*Veronica officinalis*	Scrophulariaceae	Veronicae herba	*Ehrenpreiskraut*
Walnut hull	*Juglans regia*	Juglandaceae	Juglandis fructus cortex	*Walnußfrüchtschalen*
Walnut leaf	*Juglans regia*	Juglandaceae	Juglandis folium	*Walnußblätter*
Watercress	*Nasturtium officinale*	Brassicaceae	Nasturtii herba	*Kapuzinerkressenkraut*
West Indian Lemongrass	*Cymbopogon citratus*	Poaceae	Cymbopoginis citrati herba	*Cymbopogon-Arten*
West Indian Lemongrass oil	*Cymbopogon citratus*	Poaceae	Cymbopoginis citrati aetheroleum	*Cymbopogon-Arten*
White Dead Nettle flower	*Lamium album*	Lamiaceae	Lamii albi flos	*Weiße Taubnesselblüten*
White Dead Nettle herb	*Lamium album*	Lamiaceae	Lamii albi herba	*Weißes Taubnesselkraut*
White Mustard seed	*Sinapis alba*	Brassicaceae	Sinapis albae semen	*Weiße Senfsamen*
White Sandalwood	*Santalum album*	Santalaceae	Santali albi lignum	*Weißes Sandelholz*
White Soapwort root	*Gypsophila paniculata*	Caryophyllaceae	Gypsophilae radix	*Wieße Seifenwurzel*
White Soapwort root	*Gypsophila* spp.	Caryophyllaceae	Gypsophilae radix	*Wieße Seifenwurzel*
White Spruce oil	*Abies alba*	Pinaceae	Piceae aetheroleum	*Ficthennadelöl*
White Spruce oil	*Abies sachalinensis*	Pinaceae	Piceae aetheroleum	*Ficthennadelöl*
White Spruce oil	*Abies sibirica*	Pinaceae	Piceae aetheroleum	*Ficthennadelöl*
White Spruce oil	*Picea abies*	Pinaceae	Piceae aetheroleum	*Ficthennadelöl*
White Spruce oil	*Picea excelsa*	Pinaceae	Piceae aetheroleum	*Fichtennadelöl*
White Willow bark	*Salix alba*	Salicaceae	Salicis cortex	*Weidenrinde*
White Willow bark	*Salix fragilis*	Salicaceae	Salicis cortex	*Weidenrinde*
White Willow bark	*Salix purpurea*	Salicaceae	Salicis cortex	*Weidenrinde*

English	Botanical	Plant Family	Pharmacopeial	German
White Willow bark	*Salix* spp.	Salicaceae	Salicis cortex	*Weidenrinde*
Wild Oat herb	*Avena sativa*	Poaceae	Avenae herba	*Haferkraut*
Witch Hazel bark	*Hamamelis virginiana*	Hamamelidaceae	Hamamelidis cortex	*Hamamelisrinde*
Witch Hazel leaf	*Hamamelis virginiana*	Hamamelidaceae	Hamamelidis folium	*Hamamelisblätter*
Wood Sanicle	*Sanicula europaea*	Apiaceae	Saniculae herba	*Sanikelkraut*
Woody Nightshade	*Solanum dulcamara*	Solanaceae	Dulcamarae stipites	*Bittersüßstengel*
Wormwood	*Artemisia absinthium*	Asteraceae	Absinthii herba	*Wermutkraut*
Yarrow flower	*Achillea millefolium*	Asteraceae	Millefolii flos	*Schafgarbe*
Yarrow herb	*Achillea millefolium*	Asteraceae	Millefolii herba	*Schafgarbenkraut*
Yeast, Brewer's	*Candida utilis*	Cryptococcaeae	Faex medicinalis	*Medizinische Hefe*
Yeast, Brewer's	*Saccharomyces cerevisiae*	Saccharo-mycetaceae	Faex medicinalis	*Medizinische Hefe*
Brewer's Yeast/ Hansen CBS 5926	*Saccaromyces cerevisiae*	Saccharo-mycetaceae	Saccharomyces cerevisiae	*Trokenhefe aus Saccharomyces cerevisiae*
Yellow Jessamine	*Gelsemiums sem pervirens*	Loganiaceae	Gelsemii rhizoma	*Gelsemiumwurzel-stock*
Yohimbe bark	*Corynanthe yohimbi*	Rubiaceae	Yohimbehe cortex	*Yohimberinde*
Yohimbe bark	*Pausinystalia johimbe*	Rubiaceae	Yohimbehe cortex	*Yohimberinde*
Zedoary rhizome	*Curcuma zedoaria*	Zingiberaceae	Zedoariae rhizoma	*Zitwerwurzelstock*

By Botanical Name

Botanical	English	Plant Family	Pharmacopeial	German
Abies alba	Fir Needle oil	Pinaceae	Piceae aetheroleum	*Fichtennadelöl*
Abies alba	Fir shoots, fresh	Pinaceae	Piceae turiones recentes	*Frische Fichtenspitzen*
Abies alba	White Spruce oil	Pinaceae	Piceae aetheroleum	*Ficthennadelöl*
Abies sachalinensis	Fir Needle oil	Pinaceae	Piceae aetheroleum	*Fichtennadelöl*
Abies sachalinensis	White Spruce oil	Pinaceae	Piceae aetheroleum	*Ficthennadelöl*
Abies sibirica	Fir Needle oil	Pinaceae	Piceae aetheroleum	*Fichtennadelöl*
Abies sibirica	White Spruce oil	Pinaceae	Piceae aetheroleum	*Ficthennadelöl*
Acanthopanax senticosus	Eleuthero root	Araliaceae	Eleutherococci radix	*Eleutherococcus-senticosus-Wurzel*
Acanthopanax senticosus	Siberian Ginseng	Araliaceae	Eleutherococci radix	*Eleutherococcus-senticosus-Wurzel*

Botanical	English	Plant Family	Pharmacopeial	German
Achillea millefolium	Yarrow flower	Asteraceae	Millefolii flos	*Schafgarbe*
Achillea millefolium	Yarrow herb	Asteraceae	Millefolii herba	*Schafgarbenkraut*
Aconitum napellus	Aconite herb	Ranunculaceae	Aconiti herba	*Blauer Eisenhutkraut*
Aconitum napellus	Aconite tuber	Ranunculaceae	Aconiti tuber	*Blauer Eisenhutwurzel*
Aconitum napellus	Blue Monkshood herb	Ranunculaceae	Aconiti herba	*Blauer Eisenhutkraut*
Aconitum napellus	Blue Monkshood tuber	Ranunculaceae	Aconiti tuber	*Blauer Eisenhutwurzel*
Aconitum napellus	Monkshood herb	Ranunculaceae	Aconiti herba	*Blauer Eisenhutkraut*
Aconitum napellus	Monkshood root	Ranunculaceae	Aconiti tuber	*Blauer Eisenhutwurzel*
Adonis vernalis	Pheasant's Eye herb	Ranunculaceae	Adonidis herba	*Adoniskraut*
Aesculus hippocastanum	Horse Chestnut bark	Hippocastanaceae	Hippocastani cortex	*Roßkastanienrinde*
Aesculus hippocastanum	Horse Chestnut flower	Hippocastanaceae	Hippocastani flos	*Roßkastanienblüten*
Aesculus hippocastanum	Horse Chestnut leaf	Hippocastanaceae	Hippocastani folium	*Roßkastanienblätter*
Aesculus hippocastanum	Horse Chestnut seed	Hippocastanaceae	Hippocastani semen	*Roßkastiensamen*
Agathosma betulina	Buchu leaf	Rutaceae	Barosmae folium	*Buccoblätter*
Agrimonia eupatoria	Agrimony	Rosaceae	Agrimoniae herba	*Odermennigkraut*
Agrimonia eupatoria	Cocklebur	Rosaceae	Agrimoniae herba	*Odermennigkraut*
Agrimonia procera	Agrimony	Rosaceae	Agrimoniae herba	*Odermennigkraut*
Agrimonia procera	Cocklebur	Rosaceae	Agrimoniae herba	*Odermennigkraut*
Agropyron repens	Couch grass	Poaceae	Graminis rhizoma	*Queckenwurzelstock*
Alcea rosea	Hollyhock flower	Malvaceae	Malvae arboreae flos	*Stockrosenblüten*
Alchemilla alpina	Alpine Lady's Mantle herb	Rosaceae	Alchemillae alpinae herba	*Frauenmantelkraut*
Alchemilla vulgaris	Lady's Mantle	Rosaceae	Alchemillae herba	*Frauenmantelkraut*
Allium cepa	Onion	Alliaceae	Allii cepae bulbus	*Zwiebel*
Allium sativum	Garlic	Alliaceae	Allii sativi bulbus	*Knoblauch*
Aloe barbadensis	Aloe	Liliaceae	Aloe barbadensis	*Aloe*
Aloe barbadensis	Curaçao aloe	Liliaceae	Aloe barbadensis	*Curaçao-Aloe*
Aloe ferox	Aloe	Liliaceae	Aloe capensis	*Kap-Aloe*
Aloe ferox	Cape aloe	Liliaceae	Aloe capensis	*Kap-Aloe*
Aloe vera	Aloe	Liliaceae	Aloe barbadensis	*Aloe*
Aloe vera	Curaçao aloe	Liliaceae	Aloe barbadensis	*Curaçao-Aloe*
Alpinia officinarium	Galangal	Zingiberaceae	Galangae rhizoma	*Galangtwurzelstock*
Althaea officinalis	Marshmallow leaf	Malvaceae	Althaeae folium	*Eibischblätter*
Althaea officinalis	Marshmallow root	Malvaceae	Althaeae radix	*Eibischwurzel*
Althaea rosea	Hollyhock flower	Malvaceae	Malvae arboreae flos	*Stockrosenblüten*
Ammi daucoides	Bishop's Weed fruit	Apiaceae	Ammeos visnagae fructus	*Ammi-visnaga-Früchte*
Ammi visnaga	Bishop's Weed fruit	Apiaceae	Ammeos visnagae fructus	*Ammi-visnaga-Früchte*
Ananas comosus	Bromelain	Bromeliaceae	Bromelainum	*Ananas*

Botanical	English	Plant Family	Pharmacopeial	German
Anethum graveolens	Dill herb	Apiaceae	Anethi herba	*Dillkraut*
Anethum graveolens	Dill seed	Apiaceae	Anethi fructus	*Dillfrüchte*
Angelica archangelica	Angelica herb	Apiaceae	Angelicae herba	*Angelikakraut*
Angelica archangelica	Angelica root	Apiaceae	Angelicae radix	*Angelikawurzel*
Angelica archangelica	Angelica seed	Apiaceae	Angelicae fructus	*Angelikafrüchte*
Antennaria dioica	Cat's Ear flower	Asteraceae	Antennariae dioicae flos	*Katzenpfötchen-blüten*
Antennaria dioica	Cat's Foot flower	Asteraceae	Antennariae dioicae flos	*Katzenpfötchen-blüten*
Anthemis nobilis	Chamomile, Roman	Asteraceae	Chamomillae romanae flos	*Römishe Kamillenblüten*
Apium graveolens	Celery	Apiaceae	Apium graveolens	*Sellerie*
Apium graveolens	Celery herb	Apiaceae	Apii herba	*Selleriekraut*
Apium graveolens	Celery root	Apiaceae	Apii radix	*Selleriewurzel*
Apium graveolens	Celery seed	Apiaceae	Apii fructus	*Selleriefrüchte*
Arctium lappa	Burdock root	Asteraceae	Bardanae radix	*Klettenwurzel*
Arctium minus	Burdock root	Asteraceae	Bardanae radix	*Klettenwurzel*
Arctium tomentosum	Burdock root	Asteraceae	Bardanae radix	*Klettenwurzel*
Arctostaphylos uva-ursi	Uva Ursi leaf	Ericaeae	Uvae ursi folium	*Bärentraubenblätter*
Armoracia rusticana	Horseradish	Brassicaceae	Armoraciae rusticanae radix	*Meerrettich*
Arnica chamissonis	Arnica flower	Asteraceae	Arnicae flos	*Arnikablüten*
Arnica montana	Arnica flower	Asteraceae	Arnicae flos	*Arnikablüten*
Artemisia absinthium	Wormwood	Asteraceae	Absinthii herba	*Wermutkraut*
Artemisia vulgaris	Mugwort herb	Asteraceae	Artemisiae vulgaris herba	*Beifußkraut*
Artemisia vulgaris	Mugwort root	Asteraceae	Artemisiae vulgaris radix	*Beifußwurzel*
Ascophyllum nodosum	Bladderwrack	Fucaceae	Fucus	*Tang*
Asparagus officinalis	Asparagus herb	Liliaceae	Asparagi herba	*Spargelkraut*
Asparagus officinalis	Asparagus root	Liliaceae	Asparagi rhizoma	*Spargelwurzelstock*
Atropa belladonna	Belladonna leaf	Solanaceae	Belladonnae folium	*Tollkirsche*
Atropa belladonna	Belladonna root	Solanaceae	Belladonnae radix	*Tollkirschewurzel*
Atropa belladonna	Deadly Nightshade leaf	Solanaceae	Belladonnae folium	*Tollkirsche*
Atropa belladonna	Deadly Nightshade root	Solanaceae	Belladonnae radix	*Tollkirschewurzel*
Avena sativa	Oat herb	Poaceae	Avenae herba	*Haferkraut*
Avena sativa	Oat straw	Poaceae	Avenae stramentum	*Haferstroh*
Avena sativa	Oats	Poaceae	Avenae fructus	*Haferfrüchte*

Botanical	English	Plant Family	Pharmacopeial	German
Avena sativa	Wild Oat herb	Poaceae	Avenae herba	*Haferkraut*
Barosma betulina	Buchu leaf	Rutaceae	Barosmae folium	*Buccoblätter*
Berberis vulgaris	Barberry	Berberidaceae	Berberis vulgaris	*Berberitze*
Berberis vulgaris	Barberry	Berberidaceae	Berberidis fructus	*Berberitze*
Berberis vulgaris	Barberry bark	Berberidaceae	Berberidis cortex	*Berberitze*
Berberis vulgaris	Barberry root	Berberidaceae	Berberidis radix	*Berberitze*
Berberis vulgaris	Barberry root bark	Berberidaceae	Berberidis radicis cortex	*Berberitzenrinde*
Betula pendula	Birch leaf	Betulaceae	Betulae folium	*Birkenblätter*
Betula pubescens	Birch leaf	Betulaceae	Betulae folium	*Birkenblätter*
Borago officinalis	Borage flower	Boraginaceae	Boraginis flos	*Boretsch*
Borago officinalis	Borage herb	Boraginaceae	Boraginis herba	*Boretsch*
Bryonia alba	Bryonia root	Cucurbitaceae	Bryoniae radix	*Zaunrübenwurzel*
Bryonia cretica	Bryonia root	Cucurbitaceae	Bryoniae radix	*Zaunrübenwurzel*
Calendula officinalis	Calendula flower	Asteraceae	Calendulae flos	*Ringelblumenblüten*
Calendula officinalis	Calendula herb	Asteraceae	Calendulae herba	*Ringelblumenkraut*
Calluna vulgaris	Heather flower	Ericaceae	Callunae vulgaris flos	*Heidekrautblüten*
Calluna vulgaris	Heather herb	Ericaceae	Callunae vulgaris herba	*Heidekraut*
Candida utilis	Yeast, Brewer's	Cryptococcaeae	Faex medicinalis	*Medizinische Hefe*
Capsella bursa pastoris	Shepherd's Purse	Brassicaceae	Bursae pastoris herba	*Hirtentäschelkraut*
Capsicum frutescens	Cayenne (Paprika)	Solanaceae	Capsicum	*Paprika*
Capsicum frutescens	Paprika (Cayenne)	Solanaceae	Capsicum	*Paprika*
Capsicum spp.	Cayenne (Paprika) species low in capsaicin	Solanaceae	Capsicum	*capsaicinarme Paprika-Arten*
Capsicum spp.	Paprika (Cayenne) species low in capsaicin	Solanaceae	Capsicum	*capsaicinarme Paprika-Arten*
Carex arenaria	Sarsaparilla root, German	Cyperaceae	Caricis rhizoma	*Sandriedgraswurzelstock*
Carica papaya	Papain	Caricaceae	Papainum crudum	*Papain*
Carica papaya	Papaya leaf	Caricaceae	Caricae papayae folium	*Baummelonenblätter*
Carum carvi	Caraway oil	Apiaceae	Carvi aetheroleum	*Kümmelöl*
Carum carvi	Caraway seed	Apiaceae	Carvi fructus	*Kümmel*
Cassia acutifolia	Senna leaf	Fabaceae	Sennae folium	*Sennesblätter*
Cassia acutifolia	Senna pod	Fabaceae	Sennae fructus	*Alexandriner-Sennesfrüchte*
Cassia angustifolia	Senna leaf	Fabaceae	Sennae folium	*Sennesblätter*
Cassia angustifolia	Senna pod	Fabaceae	Sennae fructus	*Tinnevelly-Sennesfrüchte*
Cassia senna	Senna leaf	Fabaceae	Sennae folium	*Sennesblätter*
Cassia senna	Senna pod	Fabaceae	Sennae fructus	*Alexandriner-Sennesfrüchte*

Botanical	English	Plant Family	Pharmacopeial	German
Castanea sativa	Chestnut leaf	Fagaceae	Castaneae folium	*Kastanienblätter*
Castanea vesca	Chestnut leaf	Fagaceae	Castaneae folium	*Kastanienblätter*
Castanea vulgaris	Chestnut leaf	Fagaceae	Castaneae folium	*Edelkastanien-blätter*
Centaurea cyanus	Cornflower	Asteraceae	Cyani flos	*Kornblume*
Centaurium minus	Centaury herb	Gentianaceae	Centaurii herba	*Tausendgüldenkraut*
Centaurium umbellatum	Centaury herb	Gentianaceae	Centaurii herba	*Tausendgüldenkraut*
Cetraria islandica	Iceland Moss	Parmeliaceae	Lichen islandicus	*Isländisches Moos*
Chamaemelum nobile	Chamomile, Roman	Asteraceae	Chamomillae romanae flos	*Römishe Kamillenblüten*
Chamomilla recutita	Chamomile, German	Asteraceae	Matricariae flos	*Kamilenblüten*
Chelidonium majus	Celandine herb	Papaveraceae	Chelidonii herba	*Schöllkraut*
Chrysanthemum vulgare	Tansy flower	Asteraceae	Chrysanthemi vulgaris flos	*Rainfarnblüten*
Chrysanthemum vulgare	Tansy herb	Asteraceae	Chrysanthemi vulgaris herba	*Rainfarnkraut*
Cichorium intybus	Chicory	Asteraceae	Cichorium intybus	*Wegwarte*
Cimicifuga racemosa	Black Cohosh root	Ranunculaceae	Cimicifugae racemosae rhizoma	*Cimicifugawurzel-stock*
Cinchona pubescens	Cinchona bark	Rubiaceae	Cinchonae cortex	*Chinarinde*
Cinchona succirubra	Cinchona bark	Rubiaceae	Cinchonae cortex	*Chinarinde*
Cinnamomum aromaticum	Cinnamon flower	Lauraceae	Cinnamomi flos	*Zimtblüten*
Cinnamomum aromaticum	Cinnamon bark, Chinese	Lauraceae	Cinnamomi cassiae cortex	*Chinesischer Zimt*
Cinnamomum camphora	Camphor	Lauraceae	Camphora	*Campher*
Cinnamomum cassia	Cinnamon flower	Lauraceae	Cinnamomi flos	*Zimtblüten*
Cinnamomum cassia	Cinnamon bark, Chinese	Lauraceae	Cinnamomi cassiae cortex	*Chinesischer Zimt*
Cinnamomum verum	Cinnamon	Lauraceae	Cinnamomi ceylanici cortex	*Zimtrinde*
Cinnamomum zeylanicum	Cinnamon	Lauraceae	Cinnamomi ceylanici cortex	*Zimtrinde*
Citrullus colocynthis	Colocynth	Cucurbitaceae	Colocynthidis fructus	*Koloquinthen*
Citrus aurantium	Bitter Orange flower	Rutaceae	Aurantii flos	*Pomeranzenblüten*
Citrus aurantium	Bitter Orange flower oil	Rutaceae	Aurantii flos aetheroleum	*Pomeranzenblütenöl*
Citrus aurantium	Bitter Orange peel	Rutaceae	Aurantii pericarpium	*Pomeranzenschale*
Citrus sinensis	Orange peel	Rutaceae	Citri sinensis pericarpium	*Orangenschalen*

Botanical	English	Plant Family	Pharmacopeial	German
Claviceps purpurea	Ergot	Clavicipitaceae	Secale cornutum	*Mutterkorn*
Cnicus benedictus	Blessed Thistle herb	Asteraceae	Cnici benedicti herba	*Benediktenkraut*
Cochlearia armoracia	Horseradish	Brassicaceae	Armoraciae rusticanae radix	*Meerrettich*
Coffea arabica	Coffee charcoal	Rubiaceae	Coffeae carbo	*Kaffeekohle*
Coffea canephora	Coffee charcoal	Rubiaceae	Coffeae carbo	*Kaffeekohle*
Coffea liberica	Coffee charcoal	Rubiaceae	Coffeae carbo	*Kaffeekohle*
Coffea spp.	Coffee charcoal	Rubiaceae	Coffeae carbo	*Kaffeekohle*
Cola nitida	Cola nut	Sterculiaceae	Colae semen	*Kolasamen*
Cola spp.	Cola nut	Sterculiaceae	Colae semen	*Kolasamen*
Colchicum autumnale	Autumn Crocus	Liliaceae	Colchicum, Colchicum autumnale	*Herbstzeitlose*
Colchicum autumnale	Meadow saffron	Liliaceae	Colchicum, Colchicum autumnale	*Herbstzeitlose*
Commiphora molmol	Myrrh	Burseraceae	Myrrha	*Myrrhe*
Convallaria majalis	Lily-of-the-valley herb	Liliaceae	Convallariae herba	*Maiglöckchenkraut*
Coriandrum sativum	Coriander	Apiaceae	Coriandri fructus	*Koriander*
Corynanthe yohimbi	Yohimbe bark	Rubiaceae	Yohimbehe cortex	*Yohimberinde*
Crataegus laevigata	Hawthorn berry	Rosaceae	Crataegi fructus	*Weißdornfrüchte*
Crataegus laevigata	Hawthorn flower	Rosaceae	Crataegi flos	*Weißdornblätter*
Crataegus laevigata	Hawthorn leaf	Rosaceae	Crataegi folium	*Weißdornblätter*
Crataegus laevigata	Hawthorn leaf with flower	Rosaceae	Crataegi folium cum flore	*Weißdornblätter mit Blüten*
Crataegus monogyna	Hawthorn berry	Rosaceae	Crataegi fructus	*Weißdornfrüchte*
Crataegus monogyna	Hawthorn flower	Rosaceae	Crataegi flos	*Weißdornblätter*
Crataegus monogyna	Hawthorn leaf	Rosaceae	Crataegi folium	*Weißdornblätter*
Crataegus monogyna	Hawthorn leaf with flower	Rosaceae	Crataegi folium cum flore	*Weißdornblätter mit Blüten*
Crocus sativa	Saffron	Iridaceae	Croci stigma	*Safran*
Cucurbita pepo	Pumpkin seed	Cucurbitaceae	Cucurbitae peponis semen	*Kürbissamen*
Curcuma aromatica	Turmeric root	Zingiberaceae	Curcumae longae rhizoma	*Curcumawurzelstock*
Curcuma domestica	Turmeric root	Zingiberaceae	Curcumae longae rhizoma	*Curcumawurzelstock*
Curcuma longa	Turmeric root	Zingiberaceae	Curcumae longae rhizoma	*Curcumawurzelstock*
Curcuma xanthorrhiza	Turmeric, Javanese	Zingiberaceae	Curcumae xanthorrhizae rhizoma	*Javanische Gelbwurzel*
Curcuma zedoaria	Zedoary rhizome	Zingiberaceae	Zedoariae rhizoma	*Zitwerwurzelstock*

Botanical	English	Plant Family	Pharmacopeial	German
Cymbopogon citratus	Citronella	Poaceae	Cymbopogon species	*Cymbopogon-Arten*
Cymbopogon citratus	West Indian Lemongrass	Poaceae	Cymbopoginis citrati herba	*Cymbopogon-Arten*
Cymbopogon citratus	West Indian Lemongrass oil	Poaceae	Cymbopoginis citrati aetheroleum	*Cymbopogon-Arten*
Cymbopogon nardus	Ceylon Citronella grass	Poaceae	Cymbopoginis nardi herba	*Cymbopogon-Arten*
Cymbopogon nardus	Citronella	Poaceae	Cymbopogon species	*Cymbopogon-Arten*
Cymbopogon spp.	Cymbopogon	Poaceae	Cymbopogon species	*Cymbopogon-Arten*
Cymbopogon winterianus	Citronella	Poaceae	Cymbopogon species	*Cymbopogon-Arten*
Cymbopogon winterianus	Java citronella oil	Poaceae	Cymbopoginis winteriani aetheroleum	*Cymbopogon-Arten*
Cynara scolymus	Artichoke leaf	Asteraceae	Cynarae folium	*Artischokenblätter*
Cynoglossum clandestinum	Hound's Tongue herb	Boraginaceae	Cynoglossi herba	*Hundszungenkraut*
Cynoglossum officinale	Hound's Tongue herb	Boraginaceae	Cynoglossi herba	*Hundszungenkraut*
Cytisus scoparius	Broom flower, Scotch	Fabaceae	Cytisi scoparius flos	*Besenginsterblüten*
Cytisus scoparius	Broom herb, Scotch	Fabaceae	Cytisi scoparius herba	*Besenginsterkraut*
Cytisus scoparius	Scotch Broom flower	Fabaceae	Cytisi scoparii flos	*Besenginsterblüten*
Cytisus scoparius	Scotch Broom herb	Fabaceae	Cytisi scoparii herba	*Besenginsterkraut*
Datura stramonium	Jimsonweed leaf	Solanaceae	Stramonii folium	*Stramoniumblätter*
Datura stramonium	Jimsonweed seed	Solanaceae	Stramonii semen	*Stramoniumsamen*
Delphinium consolida	Delphinium flower	Ranunculaceae	Delphinii flos	*Rittersporнblüten*
Drosera intermedia	Sundew	Droseraceae	Droserae herba	*Sonnentaukraut*
Drosera longifolia	Sundew	Droseraceae	Droserae herba	*Sonnentaukraut*
Drosera ramentacea	Sundew	Droseraceae	Droserae herba	*Sonnentaukraut*
Drosera rotundifolia	Sundew	Droseraceae	Droserae herba	*Sonnentaukraut*
Dryopteris filix-mas	Male fern herb	Aspleniaceae	Filicis maris herba	*Wurmfarmkraut*
Dryopteris filix-mas	Male fern leaf	Aspleniaceae	Filicis maris folium	*Wurmfarmblätter*
Dryopteris filix-mas	Male fern rhizome	Aspleniaceae	Filicis maris rhizoma	*Wurmfarmwurzelstock*
Echinacea angustifolia	Echinacea Angustifolia herb	Asteraceae	Echinaceae angustifoliae herba	*schmalblättriges Sonnenhutkraut*
Echinacea angustifolia	Echinacea Angustifolia root	Asteraceae	Echinaceae angustifoliae radix	*schmalblättriges Sonnenhutwurzel*
Echinacea pallida	Echinacea Pallida herb	Asteraceae	Echinaceae pallidae herba	*Blasses Kegelblumenkraut*
Echinacea pallida	Echinacea Pallida root	Asteraceae	Echinaceae pallidae radix	*Echinacea-pallida Wurzel*

Botanical	English	Plant Family	Pharmacopeial	German
Echinacea purpurea	Echinacea Purpurea herb	Asteraceae	Echinaceae purpureae herba	*Purpursonnenhutkraut*
Echinacea purpurea	Echinacea Purpurea root	Asteraceae	Echinaceae purpureae radix	*Purpursonnenhutwurzel*
Echinacea purpurea	Purple Coneflower herb	Asteraceae	Echinaceae purpureae herba	*Purpursonnenhutkraut*
Echinacea purpurea	Purple Coneflower root	Asteraceae	Echinaceae purpureae radix	*Purpursonnenhutwurzel*
Elettaria cardamomum	Cardamom	Zingiberaceae	Cardamomi fructus	*Kardamomen*
Eleutherococcus senticosus	Eleuthero root	Araliaceae	Eleutherococci radix	*Eleutherococcus-senticosus-Wurzel*
Eleutherococcus senticosus	Siberian Ginseng	Araliaceae	Eleutherococci radix	*Eleutherococcus-senticosus-Wurzel*
Ephedra shennungiana	Ephedra	Ephedraceae	Ephedrae herba	*Ephedrakraut*
Ephedra sinica	Ephedra	Ephedraceae	Ephedrae herba	*Ephedrakraut*
Equisetum arvense	Horsetail herb	Equisetaceae	Equiseti herba	*Schachtelhalmkraut*
Erythraea centaurium	Centaury herb	Gentianaceae	Centaurii herba	*Tausendgüldenkraut*
Eschscholzia californica	California Poppy	Papaveraceae	Eschscholziae	*Kalifornischer Goldmohn*
Eucalyptus fructicetorum	Eucalyptus oil	Myrtaceae	Eucalypti aetheroleum	*Eucalyptusöl*
Eucalyptus globulus	Eucalyptus leaf	Myrtaceae	Eucalypti folium	*Eucalyptusblätter*
Eucalyptus globulus	Eucalyptus oil	Myrtaceae	Eucalypti aetheroleum	*Eucalyptusöl*
Eucalyptus polybractea	Eucalyptus oil	Myrtaceae	Eucalypti aetheroleum	*Eucalyptusöl*
Eucalyptus smithii	Eucalyptus oil	Myrtaceae	Eucalypti aetheroleum	*Eucalyptusöl*
Eugenia caryophyllata	Cloves	Myrtaceae	Caryophylli flos	*Gewürznelken*
Euphrasia officinalis	Eyebright herb	Scrophulariaceae	Euphrasiae	*Augentrostkraut*
Ficus carica	Figs	Moraceae	Caricae fructus	*Feigen*
Filipendula ulmaria	Meadowsweet	Rosaceae	Filipendula ulmaria	*Mädesüß*
Foeniculum vulgare	Fennel oil	Apiaceae	Foeniculi aetheroleum	*Fenchelöl*
Foeniculum vulgare	Fennel seed	Apiaceae	Foeniculi fructus	*Fenchel*
Fragaria vesca	Strawberry leaf	Rosaceae	Fragariae folium	*Erdbeerblätter*
Fragaria viridis	Strawberry leaf	Rosaceae	Fragariae folium	*Erdbeerblätter*
Frangula alnus	Buckthorn bark	Rhamnaceae	Frangulae cortex	*Faulbaumrinde*
Frangula alnus	Frangula	Rhamnaceae	Frangulae cortex	*Faulbaumrinde*
Frangula purshiana	Cascara Sagrada bark	Rhamnaceae	Rhamni purshianae cortex	*Amerikanische Faulbaumrinde*
Fraxinus excelsior	Ash bark	Oleaceae	Fraxini cortex	*Esche*
Fraxinus excelsior	Ash leaf	Oleaceae	Fraxini folium	*Esche*
Fraxinus ornus	Manna	Oleaceae	Manna	*Manna*
Fucus vesiculosus	Bladderwrack	Fucaceae	Fucus	*Tang*

Botanical	English	Plant Family	Pharmacopeial	German
Fumaria officinalis	Fumitory	Fumariaceae	Fumariae herba	*Erdrauchkraut*
Galega officinalis	Goat's Rue herb	Fabaceae	Galegae officinalis herba	*Geißrautenkraut*
Galeopsis ochroleuca	Hempnettle herb	Lamiaceae	Galeopsidis herba	*Hohlzahnkraut*
Galeopsis segetum	Hempnettle herb	Lamiaceae	Galeopsidis herba	*Hohlzahnkraut*
Galium odoratum	Sweet Woodruff	Rubiaceae	Galii odorati herba	*Waldmeisterkraut*
Gelsemiums sempervirens	Yellow Jessamine	Loganiaceae	Gelsemii rhizoma	*Gelsemiumwurzelstock*
Gentiana lutea	Gentian root	Gentianaceae	Gentianae radix	*Enzianwurzel*
Ginkgo biloba	Ginkgo Biloba leaf	Ginkgoaceae	Ginkgo folium	*Ginkgoblätter*
Ginkgo biloba	Ginkgo Biloba leaf Extract	Ginkgoaceae	Ginkgo folium	*Ginkgo biloba Blätter*
Glycine max	Soy Lecithin	Fabaceae	Lecithin ex soja	*Sojalecithin*
Glycine max	Soy Phospholipid	Fabaceae	Phospholipide ex soja cum 73 - 79% (3-Sn Phosphatidyl) - cholin	*Phosphalipide aus Sojabohnen*
Glycyrrhiza glabra	Licorice root	Fabaceae	Liquiritiae radix	*Süßholzwurzel*
Grindelia robusta	Gumweed herb	Asteraceae	Grindeliae herba	*Grindeliakraut*
Grindelia squarrosa	Gumweed herb	Asteraceae	Grindeliae herba	*Grindeliakraut*
Guaiacum officinale	Guaiac wood	Zygophyllaceae	Guaiaci lignum	*Guajakholz*
Guaiacum sanctum	Guaiac wood	Zygophyllaceae	Guaiaci lignum	*Guajakholz*
Gypsophila paniculata	Soapwort root, White	Caryophyllaceae	Gypsophilae radix	*Wieße Seifenwurzel*
Gypsophila paniculata	White Soapwort root	Caryophyllaceae	Gypsophilae radix	*Wieße Seifenwurzel*
Gypsophila spp.	Soapwort root, White	Caryophyllaceae	Gypsophilae radix	*Wieße Seifenwurzel*
Gypsophila spp.	White Soapwort root	Caryophyllaceae	Gypsophilae radix	*Wieße Seifenwurzel*
Hamamelis virginiana	Witch Hazel bark	Hamamelidaceae	Hamamelidis cortex	*Hamamelisrinde*
Hamamelis virginiana	Witch Hazel leaf	Hamamelidaceae	Hamamelidis folium	*Hamamelisblätter*
Harpagophytum procumbens	Devil's Claw root	Pedaliaceae	Harpagophyti radix	*Südafrikanische Teufelskrallenwurzel*
Harungana madagascariensis	Haronga bark and leaf	Hypericaceae	Harunganae madagascariensis cortex et folium	*Harongarinde*
Hedera helix	Ivy leaf	Araliaceae	Hederae helicis folium	*Efeublätter*
Helichrysum arenarium	Sandy Everlasting	Asteraceae	Helichrysi flos	*Ruhrkrautblüten*
Hepatica nobilis	Liverwort herb	Ranunculaceae	Hepatici nobilis herba	*Leberblümchenkraut*
Herniaria glabra	Rupturewort	Caryophyllaceae	Herniariae	*Bruchkraut*
Herniaria hirsuta	Rupturewort	Caryophyllaceae	Herniariae	*Bruchkraut*