SKULLCAP

Date: January 18, 2008

Proper name(s): Scutellaria lateriflora L. (Lamiaceae) (USDA 2008)

Common name(s): Scullcap, skullcap (McGuffin et al. 2000)

Source material(s): Aerial parts (Barnes et al. 2007)

Route(s) of administration: Oral

Dosage form(s): Those suited to the allowable routes of administration. This monograph is not intended to include food-like dosage forms such as bars, chewing gums or beverages.

Use(s) or Purpose(s): Statement(s) to the effect of:

► Traditionally used in Herbal Medicine to help relieve nervousness (calmative/sedative) (Bradley 2006; Boon and Smith 2004; Hoffmann 2003; Tilgner 1999; Williamson et al. 1988; Ellingwood 1983 [1919]; Felter and Lloyd 1983 [1898]).
► Traditionally used in Herbal Medicine as a sleep aid (in cases of restlessness or insomnia due to stress) (Bradley 2006; Tilgner 1999; Ellingwood 1983 [1919]; Felter and Lloyd 1983 [1898]).
► Traditionally used in Herbal Medicine to help relieve the pain associated with menstruation (antispasmodic) (Bradley 2006; Boon and Smith 2004; Mills and Bone 2000).

Dose(s): Preparations equivalent to 0.25-12 g dried aerial parts, per day (Bradley 2006; Mills and Bone 2005; Boon and Smith 2004; Williamson et al. 1988; BHP 1983)

See Appendix 1 for examples of appropriate dosage preparations and frequencies of use according to cited references. The purpose of Appendix 1 is to provide guidance to industry.
Duration of use: No statement required.

Risk information: Statement(s) to the effect of:

Caution(s) and warning(s):

Sleep aid: Consult a health care practitioner if sleeplessness persists continuously for more than 3 weeks (chronic insomnia) (Berardi et al. 2002; Dipiro et al. 2002).

All products: Consult a health care practitioner if symptoms persist or worsen. Consumption with alcohol, other drugs and/or natural health products with sedative properties is not recommended (Brinker 2001; Gennaro 2000).

Contraindication(s): Do not use if you are pregnant or breastfeeding (Barnes et al. 2007; Boon and Smith 2004).

Known adverse reaction(s): Some people may experience drowsiness (Bradley 2006; Tilgner 1999; Williamson et al. 1988; Ellingwood 1983 [1919]; Felter and Lloyd 1983 [1898]). Exercise caution if operating heavy machinery, driving a motor vehicle or involved in activities requiring mental alertness.

Non-medicinal ingredients: Must be chosen from the current NHPD List of Acceptable Non-medicinal Ingredients and must meet the limitations outlined in the list.

Specifications: Must comply with the minimum specifications outlined in the current NHPD Compendium of Monographs.

References cited:


Felter HW, Lloyd JU. King’s American Dispensatory, Volume 1, 18th edition. Sandy (OR): Eclectic Medical Publications; 1983 [Reprint of 1898 original].


References reviewed:

Appendix 1: Examples of appropriate dosage preparations and frequencies of use

Dried aerial parts:

- 1-2 g, 3 times per day (Bradley 2006)
- 3-6 g, per day (Mills and Bone 2005)
- 0.5-2 g, 1-4 times per day (Boon and Smith 2004)
- 1-2 g, per day (Williamson et al. 1988)
- 1-2 g, 3 times per day (BHP 1983)

Infusion:

- 2 g dried aerial parts, 3 times per day (Bradley 2006)
- 3-6 g dried aerial parts, per day (Mills and Bone 2005)
- 1-2 g dried aerial parts, 3 times per day (BHP 1983)

Fluidextract:

- 2-4 g dried equivalent, 3 times per day (1:1, 25% ethanol, 2-4 ml) (Bradley 2006)
- 6-12 g dried equivalent, per day (1:1, 6-12 ml) (Mills and Bone 2005)
- 0.5-2 g dried equivalent, 1 to 4 times per day (1:1, 25% alcohol, 0.5-2 ml) (Boon and Smith 2004)
- 2-4 g dried equivalent, 3 times per day (1:1, 25% alcohol, 2-4 ml) (BHP 1983)

Tincture:

- 0.4 g dried equivalent, 3 times per day (1:5, 45% ethanol, 2 ml) (Bradley 2006)
- 0.6-1.2 g dried equivalent, per day (1:5, 3-6 ml) (Mills and Bone 2005)
- 0.25-0.5 g dried equivalent, 1-4 times per day (1:8, 25% alcohol, 2-4 ml) (Boon and Smith 2004)
- 0.2-0.4 g dried equivalent, 3 times per day (1:5, 45% alcohol, 1-2 ml) (BHP 1983)