STINGING NETTLE

Date: January 30, 2008

Proper name(s): *Urtica dioica* L. (Urticaceae) (USDA 2008)

Common name(s): Stinging nettle, common nettle, nettle (Blumenthal et al. 2000; McGuffin et al. 2000)

Source material(s): Aerial parts or root (ESCOP 2003; Wren 1907)

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:

Aerial Parts:
- Traditionally used in Herbal Medicine as a diuretic (Mills and Bone 2005; ESCOP 2003; Bisset and Wichtl 2001; Blumenthal et al. 2000; Tilgner 1999; Bradley 1992; Wren 1907).
- Used in Herbal Medicine as supportive therapy to help relieve rheumatic complaints (Mills and Bone 2005; ESCOP 2003; Blumenthal et al. 2000; Bradley 1992).
- Used in Herbal Medicine as a nutritive tonic (Hoffman 2003; Tilgner 1999).
- Used in Herbal Medicine to help relieve seasonal allergy symptoms (Mills and Bone 2005; Tilgner 1999).

Root: Used in Herbal Medicine to help reduce difficulty in urination associated with the early stages of benign prostatic hyperplasia (BPH) (Bradley 2006; Mills and Bone 2005; ESCOP 2003; Hoffmann 2003; Blumenthal et al. 2000).
Dose(s):

Aerial parts:

- Preparations equivalent to 1.2-18 g dried aerial parts, per day (Mills and Bone 2005; ESCOP 2003; Hoffman 2003; Blumenthal et al. 2000; Bradley 1992)
- Fresh juice: 15-45 ml, per day (ESCOP 2003; Blumenthal et al. 2000; Bradley 1992)

Root:

Preparations equivalent to 0.3-24 g dried root, per day (Bradley 2006; Mills and Bone 2005; ESCOP 2003; Hoffman 2003; Blumenthal et al. 2000)

See Appendix 1 for examples of appropriate dosage preparations, frequencies of use and directions for use, according to cited references. The purpose of Appendix 1 is to provide guidance to industry.

Duration of use:

Diuretic: For occasional use only (Berardi et al. 2002; CPA 2002)

Other uses: No statement required.

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

Caution(s) and warning(s):

For all uses except as a nutritive tonic:
Consult a health care practitioner if symptoms persist or worsen.

Contraindication(s): Do not use if you are pregnant (Barnes et al. 2007; Brinker 2001; Tilgner 1999) or breastfeeding (Barnes et al. 2007).

Known adverse reactions: No statement required.

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:


Appendix 1: Examples of appropriate dosage preparations, frequencies of use and directions for use

Aerial parts:

Dried aerial parts:
- 6-12 g, per day (Mills and Bone 2005)
- 8-12 g per day, divided into 2-3 doses (ESCOP 2003)
- 2-5 g, 3 times per day (Blumenthal et al. 2000)
- 3-6 g, 3 times per day (Bradley 1992)

Infusion:
- 6-12 g dried aerial parts, per day (Mills and Bone 2005)
- 3-5 g dried aerial parts, 1-3 times per day (ESCOP 2003)
- 2-5 g dried aerial parts, 3 times per day (Blumenthal et al. 2000)
- 3-6 g dried aerial parts, 3 times per day (Bradley 1992)

Directions for use: Pour 150 ml of boiling water on dried aerial parts, and infuse for 10 to 15 minutes (Blumenthal et al. 2000).

Decoction: 2-5 g dried aerial parts, 3 times per day (Blumenthal et al. 2000)

Directions for use: Place dried aerial parts in 150 ml cold water and bring to a boil. Boil for 10 to 15 minutes (Blumenthal et al. 2000).

Fluidextract:
- 6-12 g dried equivalent, per day (1:1, 6-12 ml) (Mills and Bone 2005)
- 2-5 g dried equivalent, 3 times per day (1:1, 2-5 ml) (Blumenthal et al. 2000)
- 2-4 g dried equivalent, 3 times per day (1:1, 25% ethanol, 2-4 ml) (Bradley 1992)

Tincture:
- 1.4-2.8 g dried equivalent, per day (1:5, 7-14 ml) (Mills and Bone 2005)
- 0.5-1 g dried equivalent, 3 times per day (1:5, 40% alcohol, 2.5-5 ml) (Hoffman 2003)
- 0.4-1.2 g dried equivalent, 3 times per day (1:5, 25% ethanol, 2-6 ml) (Blumenthal et al. 2000; Bradley 1992)

Fresh juice:
- 15 ml, 1-3 times per day (ESCOP 2003)
- 5-10 ml, 3 times per day (Blumenthal et al. 2000; Bradley 1992)
**Root:**

**Dried root:**
- 0.3-0.6 g, per day (Bradley 2006)
- 4-6 g, per day (Mills and Bone 2005; Blumenthal et al. 2000)

**Infusion:**
- 4-6 g dried root, per day (Mills and Bone 2005; ESCOP 2003)
- 4-6 g dried root, 3-4 times per day (Blumenthal et al. 2000)

**Directions for use:** Pour 150 ml of boiling water on dried root, and infuse for 10 to 20 minutes (Blumenthal et al. 2000).

**Decoction:**
- 4-6 g dried root, per day (Mills and Bone 2005)
- 4-6 g dried root, 3-4 times per day (Blumenthal et al. 2000)

**Directions for use:** Place dried root in cold water, heat to boil and keep boiling for approximately 1 minute. Then, steep covered for 10 minutes (Blumenthal et al. 2000).

**Fluidextract:**
- 1.5-7.5 g dried equivalent, per day (1:1, 1.5-7.5 ml) (Mills and Bone 2005)
- 4.5-7.5 g dried equivalent, per day (1:1, 45% ethanol, 4.5-7.5 ml) (ESCOP 2003)
- 1.5 g dried equivalent, 3 to 4 times per day (1:1, 1.5 ml) (Blumenthal et al. 2000)

**Tincture:**
- 3 g dried equivalent, per day (1:5, 40% ethanol, 15 ml) (ESCOP 2003)
- 0.5-1 g dried equivalent, 3 times per day (1:5, 40% alcohol, 2.5-5 ml) (Hoffman 2003)
- 1-1.5 g dried equivalent, 3 to 4 times per day (1:5, 5-7.5 ml) (Blumenthal et al. 2000)

**Solid extract:**
- 2.1-8.4 g dried equivalent, per day (7-14:1, 20% methanol, 0.3-0.6 g) (ESCOP 2003)
- 4.5-12.1 g dried equivalent, per day (12-16:1, 70% ethanol, 0.378-0.756 g) (ESCOP 2003)