



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:

Barnes J, Anderson LA, Philipson JD. Herbal Medicines, 3rd edition. London (UK): The Pharmaceutical Press; 2007.

Berardi RR, DeSimone EM, Newton GD, Oszko MA, Popovich NG, Rollins CJ, Shimp LA, Tietze KJ, editors. Handbook of Nonprescription Drugs: An Interactive Approach to Self-Care, 13th edition. Washington (DC): American Pharmaceutical Association; 2002.

Bisset NG, Wichtl M, editors. Herbal Drugs and Phytopharmaceuticals. 2nd edition. Stuttgart (Germany): medpharm GmbH Scientific Publishers; 2001.

Blumenthal M, Goldberg A, Brinkmann J, editors. Herbal Medicine: Expanded Commission E Monographs. Boston (MA): Integrative Medicine Communications; 2000.

Bradley PR, editor. British Herbal Compendium: A Handbook of Scientific Information on Widely Used Plant Drugs, Volume 1. Bournemouth (UK): British Herbal Medicine Association; 1992.

Bradley PR, editor. British Herbal Compendium: A Handbook of Scientific Information on Widely Used Plant Drugs, Volume 2. Bournemouth (UK): British Herbal Medicine Association; 2006.

Brinker F. Herb Contraindications and Drug Interactions, 3rd edition. Sandy (OR): Eclectic Medical Publications; 2001.

CPA 2002: Canadian Pharmacists Association. Patient Self-Care. Helping Patients Make Therapeutic Choices. Ottawa (ON): Canadian Pharmacists Association; 2002.

ESCOP 2003: ESCOP Monographs: The Scientific Foundation for Herbal Medicinal Products, 2nd edition. Exeter (UK): European Scientific Cooperative on Phytotherapy and Thieme; 2003.

Hoffmann D. Medical Herbalism. Rochester (VT): Healing Arts Press; 2003.

McGuffin M, Kartesz JT, Leung AY, Tucker AO, editors. Herbs of Commerce, 2nd edition. Silver Spring (MD): American Herbal Products Association; 2000.

Mills S, Bone K. The Essential Guide to Herbal Safety. St. Louis (MO): Elsevier Churchill Livingstone; 2005.

Tilgner S. Herbal Medicine from the Heart of the Earth. Creswell (OR): Wise Acre Press; 1999.

USDA 2008: United States Department of Agriculture, Agricultural Research Service, National Genetic Resources Program. Germplasm Resources Information Network (GRIN). *Urtica dioica* L. National Germplasm Resources Laboratory, Beltsville (MD). [Accessed 2008-01-18]. Available from: http://www.ars-grin.gov/cgi-bin/npgs/html/tax_search.pl

Wren RC. Potter's Cyclopedia of Botanical Drugs and Preparations. London (UK): Potter and Clark; 1907.

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)