THUJA

Date: April 25, 2008

Proper name(s): Thuja occidentalis L. (Cupressaceae) (USDA 2007)

Common name(s): Thuja (McGuffin et al. 2000)

Source material(s): Aerial parts (BHP 1983; Felter and Lloyd 1983 [1898])

Route(s) of administration: Oral, topical

Dosage form(s): Those suited to the allowable route(s) of administration.
This monograph does not apply to products for use on mucous membranes.
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:

Oral: Traditionally used in Herbal Medicine as an expectorant to help relieve bronchial catarrh (Hoffmann 2003; Williamson 2003; BHP 1983; Felter and Lloyd 1983 [1898]).

Topical: • Traditionally used in Herbal Medicine to help remove warts on the hands and feet (Hoffmann 2003; Williamson 2003; BHP 1983; Felter and Lloyd 1983 [1898]).
• Used in Herbal Medicine to help relieve fungal infections (Williamson 2003) such as ringworm (Hoffmann 2003).

Dose(s):

Oral: Preparations equivalent to 1-2 g dried aerial parts, 3 times per day (Williamson 2003; BHP 1983)

Topical: Preparations equivalent to 0.1-2 g dried aerial parts, 3 times per day (Hoffmann 2003; BHP 1983)
**Directions for use:** Apply to affected area(s).
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:**

**Oral:** For occasional use only (Brinker 2001; McGuffin 1997)

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

**Caution(s) and warning(s):**

All routes of administration: Consult a health care practitioner if symptoms persist or worsen.

**Oral:**

- Consult a health care practitioner prior to use if you are breastfeeding (Brinker 2008).
- Consult a health care practitioner prior to use if you are taking other herbs containing thujone (e.g. wormwood, sage, tansy, and juniper) (Reitjens et al. 2005; Hoffmann 2003).

**Topical:** Consult a healthcare practitioner prior to use if you have diabetes or poor blood circulation (Berardi et al. 2002).

**Contraindication(s):**

**Oral:** Do not use if you are pregnant (Hoffmann 2003; Brinker 2001; BHP 1983).

**Known adverse reaction(s):** 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:


Felter HW, Lloyd JU. King’s American Dispensatory, Volume 2, 18th edition. Sandy (OR): Eclectic Medical Publications; 1983 [Reprint of 1898 original].


References reviewed:


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

**Oral:**

Dried aerial parts: 1-2 g, 3 times per day (Williamson 2003; BHP 1983)

Infusion: 1-2 g dried aerial parts, 3 times per day (Williamson 2003; BHP 1983)

**Directions for use:** Pour 250 ml of boiling water over dried aerial parts and steep for 10-15 minutes (Hoffmann 2003).

**Topical:**

Fluidextract: 2 g dried equivalent, 3 times per day (1:1, 50% alcohol, 2 ml) (BHP 1983)

Tincture:

- 0.2-0.4 g dried equivalent, 3 times per day (1:5, 60% alcohol, 1-2 ml) (Hoffmann 2003)
- 0.1-0.2 g dried equivalent, 3 times per day (1:10, 60% alcohol, 1-2 ml) (BHP 1983)

**Directions for use:** Apply to affected area(s).