Date: January 15, 2008

Proper name(s): *Angelica archangelica* L. (Apiaceae) (USDA 2007)


Source material(s):
- Root and rhizome (Bradley 2006; Blumenthal et al. 2000)
- Leaf (Barnes et al. 2007; Hoffmann 2003; Grieve 1971 [1931])
- Seed (fruit) (Barnes et al. 2007; Mills 1985; Felter and Lloyd 1983 [1898]; Grieve 1971 [1931])

Route(s) of administration: Oral

Dosage form(s): Those suited to the allowable route(s) 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 as an expectorant to help relieve bronchial illness, coughs and colds (Bradley 2006; Hoffmann 2003; Blumenthal et al. 2000; Grieve 1971 [1931]).
- Traditionally used in Herbal Medicine to aid digestion (stomachic) (Bradley 2006; Hoffmann 2003; Blumenthal et al. 2000; Mills 1985; Grieve 1971 [1931]).
- Traditionally used in Herbal Medicine to help relieve flatulent dyspepsia (carminative) (Bradley 2006; Hoffmann 2003; Grieve 1971 [1931]).
- Traditionally used in Herbal Medicine to help relieve feverish
conditions by inducing sweating (diaphoretic) (Bradley 2006; Grieve 1971 [1931]).

Traditionally used in Herbal Medicine as a diuretic (Barnes et al. 2007; Hoffmann 2003; Mills 1985; Felter and Lloyd 1983 [1898]).

**Dose(s):**

Root and Rhizome: Preparations equivalent to 0.3-12 g dried root and rhizome, per day (Barnes et al. 2007; Bradley 2006; Blumenthal et al. 2000; Mills 1985)

Leaf: Preparations equivalent to 0.4-5 g dried leaf, 3 times per day (BHP 1983)

Seed: Preparations equivalent to 1-2 g dried seed, 3 times per day (Mills 1985)

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):**

- Consult a health care practitioner if symptoms persist or worsen.
- Avoid prolonged exposure to sunlight, ultraviolet light (UV) or UV therapy (Barnes et al. 2007; Brinker 2001; Blumenthal et al. 2000).
- Consult a health care practitioner prior to use if you have a peptic ulcer (Brinker 2001).
- Consult a health care practitioner prior to use if you are breastfeeding (Barnes et al. 2007).

**Contraindication(s):** Do not use if you are pregnant (Barnes et al. 2007; Brinker 2001; Blumenthal et al. 2000).

**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 1, 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

**Root and rhizome:**

Dried root and rhizome:
- 0.6-2 g, 3 times per day (Bradley 2006)
- 4.5 g, per day (Blumenthal et al. 2000)
- 1-2 g, 3 times per day (Blumenthal et al. 2000; Mills 1985)

Infusion:
- 1-2 g dried root and rhizome, 3 times per day (Barnes et al. 2007)
- 0.6-2 g dried root and rhizome, 3 times per day (Bradley 2006)
- 2-4 g dried root and rhizome, 3 times per day (Blumenthal et al. 2000)

**Directions for use:** Pour 150 ml of boiling water on dried root and rhizome and steep for approximately 10 minutes. Drink warm, one half-hour before meal times (Blumenthal et al. 2000).

Decoction: 1.5 g dried root and rhizome, 3 times per day (Blumenthal et al. 2000)

**Directions for use:** Place dried root and rhizome in 150-250 ml of cold water, bring to a boil and simmer for approximately 10 minutes in a covered vessel. Drink warm, one half-hour before meal times (Blumenthal et al. 2000).

Fluidextract:
- 0.5-2 g dried equivalent, 3 times per day (1:1, 25% alcohol, 0.5-2 ml) (Bradley 2006)
- 1.5-3 g dried equivalent, per day (1:1, 1.5-3 ml) (Blumenthal 1998)

Tincture:
- 100-400 mg dried equivalent, 3 times per day (1:5, 50% alcohol, 0.5-2 ml) (Bradley 2006)
- 300 mg dried equivalent, per day (1:5, 1.5 ml) (Blumenthal et al. 1998)

**Leaf:**

Dried leaf: 2-5 g, 3 times per day (BHP 1983)

Infusion: 2-5 g dried leaf, 3 times per day (BHP 1983)

Fluidextract: 2-5 g dried equivalent, 3 times per day (1:1, 25% alcohol, 2-5 ml) (BHP 1983)
Tincture: 0.4-1 g dried equivalent, 3 times per day (1:5, 45% alcohol, 2-5 ml) (BHP 1983)

Seed (fruit):

Dried seed: 1-2 g, 3 times per day (Mills 1985)