AVENS

Date: January 15, 2008

Proper name(s): Geum urbanum L. (Rosaceae) (USDA 2007)


Source material(s): Aerial parts or root (Williamson et al. 1988; 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 to help relieve diarrhoea (antidiarrhoeal) (Wichtl 2004; Williamson et al. 1988; BHP 1983; Grieve 1971 [1931]).
- Traditionally used in Herbal Medicine to help reduce fever (febrifuge) (Williamson et al. 1988; BHP 1983; Grieve 1971 [1931]).
- Traditionally used in Herbal Medicine (as an astringent) to help relieve sore throats (Wichtl 2004; Williamson et al. 1988; Grieve 1971 [1931]).
- Traditionally used in Herbal Medicine to aid digestion (stomachic) (Wichtl 2004; Williamson et al. 1988; Grieve 1971 [1931]).

Dose(s): Preparations equivalent to 1-12 g, dried aerial parts (BHP 1983; Grieve 1971 [1931]) or dried root (Wichtl 2004; Grieve 1971 [1931]), per day.
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):**
- Consult a health care practitioner if symptoms persist or worsen.
- Consult a health care practitioner prior to use if you are pregnant or breastfeeding.

**Contraindication(s):** No statement required.

**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:**


References reviewed:


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

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

Aerial parts:

Powder:
- 1-4 g dried powder, 3 times per day (BHP 1983)
- 1-2 g (15-30 grains) dried powder, per day (Grieve 1971 [1931])

Infusion:
1-4 g dried aerial parts, 3 times per day (BHP 1983)

Fluidextract:
- 1-4 g dried equivalent, 3 times per day
  (1:1, 25% alcohol, 1-4 ml) (BHP 1983)
- 3.7 g (1 drachm) dried equivalent, per day
  (1:1, 3.7 ml) (Grieve 1971 [1931])

Root:

Powder:
1-2 g (15-30 grains) dried powder, per day (Grieve 1971 [1931])

Infusion:
1.8-3.6 g (0.5-1 teaspoon) dried root, several times per day (Wichtl 2004)

Fluidextract:
1.9-3.7 g (0.5-1 drachm) dried equivalent, per day
(1:1, 1.9-3.7 ml) (Grieve 1971 [1931])