



AVENS

- Date:** January 15, 2008
- Proper name(s):** *Geum urbanum* L. (Rosaceae) (USDA 2007)
- Common name(s):** Avens, Herb Bennet, Wood avens, Colewort, Geum, City Avens, Wild Rye, Way Bennet, Goldy Star, Clove Root, Blessed Herb (McGuffin et al. 2000; BHP 1983; Grieve 1971 [1931])
- 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:

BHP 1983: British Herbal Pharmacopoeia. Cowling (UK): British Herbal Medical Association; 1983.

Grieve M. A Modern Herbal, Volume 1. New York (NY): Dover Publications; 1971 [Reprint of 1931 Harcourt, Brace & Company publication].

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

USDA 2007: United States Department of Agriculture, Agricultural Research Service, National Genetic Resources Program. Germplasm Resources Information Network (GRIN). *Geum urbanum*. National Germplasm Resources Laboratory, Beltsville (MD). [Accessed 2007-12-18]. Available from: http://www.ars-grin.gov/cgi-bin/npgs/html/tax_search.pl

Wichtl M, editor. Herbal Drugs and Phytopharmaceuticals: A Handbook for Practice on a Scientific Basis, 3rd edition. Stuttgart (D): Medpharm GmbH Scientific Publishers; 2004.

Williamson EM, Evans FJ, Wren RC. Potter's New Cyclopaedia of Botanical Drugs and Preparations. Saffron Walden (UK): C.W. Daniel Company Limited; 1988.

References reviewed:

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

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

Gruenwald J, Brendler T, Jaenicke C, editors. PDR for Herbal Medicines, 1st edition. Montvale (NJ): Medical Economics Company; 1998.

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])