

BLACK HOREHOUND

- Date:** February 14, 2008
- Proper name(s):** *Ballota nigra* L. (Lamiaceae) (USDA 1997)
- Common name(s):** Black horehound, ballotta, marrubium nigrum, black stinking horehound (Barnes 2007; McGuffin et al. 2000; Grieve 1971 [1931])
- Source material(s):** Aerial parts (BHP 1983)
- 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 nausea and vomiting (anti-emetic) (Bradley 2006; Hoffmann 2003; Williamson et al. 1988).
 - ▶ Traditionally used in Herbal Medicine to help relieve digestive spasms (Bradley 2006) (anti-spasmodic) (Williamson et al. 1988; Felter and Lloyd 1983 [1898]; Grieve 1971 [1931]).
- Dose(s):** Preparations equivalent to 0.3-12 g dried aerial parts, per day (Bradley 2006; Hoffmann 2003; BHP 1983)
- 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: 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 breastfeeding.

Contraindication(s): Do not use if you are pregnant (Brinker 2001).

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:

- ▶ The finished product must comply with the minimum specifications outlined in the current NHPD *Compendium of Monographs*.
- ▶ The medicinal ingredient may comply with the specifications outlined in the Black Horehound Monographs published in the European or British Pharmacopoeias.

References cited:

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

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

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.

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

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

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.

USDA 1997: United States Department of Agriculture, Agricultural Research Service, National Genetic Resources Program. Germplasm Resources Information Network (GRIN). *Ballota nigra* L. National Germplasm Resources Laboratory, Beltsville (MD). [Accessed 2008-01-23]. Available from: http://www.ars-grin.gov/cgi-bin/npgs/html/tax_search.pl

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:

McGuffin M, Hobbs C, Upton R, Goldberg A, editors. American Herbal Products Association's Botanical Safety Handbook. Boca Raton (FL): CRC Press; 1997.

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

Dried leaf: 0.5-4 g, 1-3 times per day (Bradley 2006)

Infusion: 2-4 g dried aerial parts, 3 times per day (BHP 1983)

Directions for use: Pour 250 ml (1 cup) of boiling water over dried aerial parts and infuse for 10 to 15 minutes (Hoffmann 2003).
2 g = 1 tsp (Hoffman 2003)

Fluidextract: 1-3 g dried equivalent, 3 times per day
(1:1, 25% ethanol, 1-3 ml) (Bradley 2006)

Tincture:

- ▶ 0.2-0.4 g dried equivalent, 3 times per day
(1:5, 25% ethanol, 1-2 ml) (Hoffmann 2003)
- ▶ 0.1-0.2 g dried equivalent, 3 times per day
(1:10, 45% ethanol, 1-2 ml) (BHP 1983)