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:**


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

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)