

## BLESSED THISTLE

- Date:** February 13, 2008
- Proper name(s):** *Cnicus benedictus* L. (Asteraceae) (USDA 1994)
- Common name(s):** Blessed thistle, holy thistle (McGuffin et al. 2000; Bradley 1992; Felter and Lloyd 1983 [1898])
- Source material(s):** Aerial parts (Williamson 2003; Bradley 1992)
- Route(s) of administration:** Oral, topical
- 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:
- Oral:
- ▶ Traditionally used in Herbal Medicine as a digestive tonic and bitter to increase appetite and aid digestion (stomachic) (Blumenthal et al. 2000; Bradley 1992; Felter and Lloyd 1983 [1898]; Wren 1907).
  - ▶ Traditionally used in Herbal Medicine to help relieve dyspepsia (Bradley 1992; Felter and Lloyd 1983 [1898]; Wren 1907).
  - ▶ Traditionally used in Herbal Medicine as an expectorant to help relieve cold symptoms such as excessive catarrh (Williamson 2003; Felter and Lloyd 1983 [1898]).
- Topical:
- Used in Herbal Medicine to aid in the healing of minor wounds and cuts (vulnerary) (Williamson 2003; Bradley 1992).
- Dose(s):**
- Oral:
- Preparations equivalent to 0.6-6 g dried aerial parts, per day (Blumenthal et al. 2000; Bradley 1992; Felter and Lloyd 1983 [1898])

Topical: Preparations equivalent to 1.5-2 g dried aerial parts (Blumenthal et al. 2000; Bradley 1992)

**Directions for use:** Apply to affected areas as needed (Bradley 1992).

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):**

All routes of administration: Consult a health care practitioner if symptoms persist or worsen.

Oral: Consult a health care practitioner prior to use if you are breastfeeding.

**Contraindication(s):**

All routes of administration: Do not use if you are allergic to plants of the Asteraceae/Compositae/Daisy family (Brinker 2001; Blumenthal et al. 2000).

Oral: Do not use if you are pregnant (McGuffin 1997; Bradley 1992; Felter and Lloyd 1983 [1898]).

**Known adverse reaction(s):** Hypersensitivity and/or an allergy are known to occur; in which case, discontinue use (Brinker 2001; Blumenthal et al. 2000).

**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:

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- Bradley PR, editor. British Herbal Compendium: A Handbook of Scientific Information on Widely Used Plant Drugs, Volume 1. Bournemouth (UK): British Herbal Medicine Association; 1992.
- Brinker F. Herb Contraindications and Drug Interactions, 3<sup>rd</sup> edition. Sandy (OR): Eclectic Medical Publications; 2001.
- Felter HW, Lloyd JU. King's American Dispensatory, Volume 1, 18<sup>th</sup> edition. Sandy (OR): Eclectic Medical Publications; 1983 [Reprint of 1898 original].
- McGuffin M, Hobbs C, Upton R, Goldberg A, editors. American Herbal Products Association's Botanical Safety Handbook. Boca Raton (FL): CRC Press; 1997.
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- USDA 1994: United States Department of Agriculture, Agricultural Research Service, National Genetic Resources Program. Germplasm Resources Information Network (GRIN). *Cnicus benedictus* 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](http://www.ars-grin.gov/cgi-bin/npgs/html/tax_search.pl)
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- Blumenthal M, Busse W, Goldberg A, Gruenwald J, Hall T, Riggins C, Rister R, editors. The Complete German Commission E Monographs: Therapeutic Guide to Herbal Medicines. Austin (TX): American Botanical Council; 1998.
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Felter HW. The Eclectic Materia Medica, Pharmacology and Therapeutics. Sandy (OR): Eclectic Medical Publications; 1983 [Reprint of 1922 original].

Hoffmann D. Medical Herbalism. Rochester (VT): Healing Arts Press; 2003.

Meyer JE. The Herbalist. Glenwood (IL): Meyerbooks; 1993.

Meyrick W. The New Family Herbal; or, Domestic Physician: enumerating, with accurate descriptions, all the known vegetables which are any way remarkable for medical efficacy; with an account of their virtues in the several diseases incident to the human frame. Birmingham (UK): Knott and Lloyd; 1790.

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

**Oral:**

Dried aerial parts:

- ▶ 4-6 g, per day (Blumenthal et al. 2000)
- ▶ 0.6-4 g (10-60 grains), per day (Felter and Lloyd 1983 [1898])

Infusion: 1.5-2 g dried aerial parts, 3 times per day (Blumenthal et al. 2000; Bradley 1992)

**Directions for use:** Pour 150 ml of boiling water on dried aerial parts and infuse (Blumenthal et al. 2000).

Fluidextract: 1.5-2 g dried equivalent, 3 times per day (1:1, 25% ethanol, 1.5-2 ml) (Blumenthal et al. 2000; Bradley 1992)

Tincture:

- ▶ 1.5-2 g dried equivalent, 3 times per day (1:5, 7.5-10 ml) (Blumenthal et al. 2000)
- ▶ 0.6-1.2 g dried equivalent, 3 times per day (1:5, 25% ethanol, 3-6 ml) (Bradley 1992)

**Topical:**

Infusion: 1.5-2 g dried aerial parts (Blumenthal et al. 2000; Bradley 1992)

**Directions for use:** Pour 150 ml of boiling water on dried aerial parts and infuse. Cool and apply to affected areas as needed (Bradley 1992).