Health Canada Santé Canada

BURDOCK

Date: January 21, 2008

Proper name(s): *Arctium lappa* L. (Asteraceae) (USDA 2008)

Common name(s): Burdock, burr seed, cocklebur, hardock, harebur (Brinker 2001), gobo, goboshi, great burdock (McGuffin et al. 2000), lappa (BHP 1996)

Source material(s): Dried root (BHP 1996; Grieve 1971 [1931])

Route(s) of administration: Oral or 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 diuretic (Wichtl 2004; Bradley 1992; Wren 1907).
- Traditionally used in Herbal Medicine to induce sweating (diaphoretic) (Bradley 1992; Wren 1907).
- Traditionally used in Herbal Medicine as an alterative (Hoffmann 2003; Wren 1907) to help remove accumulated waste products via the kidneys, skin and mucus membranes (Hoffmann 2003).
- Traditionally used in Herbal Medicine to help alleviate the pain associated with rheumatism (Wichtl 2004; Bradley 1992; Grieve 1971 [1931]).

Topical: Traditionally used in Herbal Medicine to help relieve skin conditions such as dry skin and eczema (Wichtl 2004; Bradley 1992; Williamson et al. 1988; Grieve 1971 [1931]).

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Dose(s):

Oral: Preparations equivalent to 1.2-18 g dried root, per day (Hoffmann 2003; Bradley 1992; BHP 1983)

Topical: Preparations equivalent to 30 g dried root (Grieve 1971 [1931])

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:

Diuretic: For occasional use only (Berardi et al. 2002; CPA 2002).

Other uses: No statement required.

Risk information: Statement(s) to the effect of:

Caution(s) and warning(s):

All uses: Consult a health care practitioner if symptoms persist or worsen.

Oral uses:

- Consult a health care practitioner prior to use if you have diabetes (Barnes et al. 2007; Brinker 2001).
- Consult a health care practitioner prior to use if you are breastfeeding.

Contraindication(s):

- Do not use if you are allergic to plants of the Asteraceae/Compositae/Daisy family (Brinker 2007).
- Do not use if you are pregnant (Brinker 2001).

Known adverse reaction(s): Hypersensitivity/allergy is known to occur; in which case, discontinue use (Brinker 2007).

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:

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

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BHP 1996: British Herbal Pharmacopoeia. Bournemouth (UK): The British Herbal Medicine Association; 1996.

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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. Online Updates and Additions to Herb Contraindications and Drug Interactions, 3rd edition. Sandy (OR): Eclectic Medical Publications; 2007. [Accessed 2008-01-18]. Available from: http://www.eclecticherb.com/emp/updatesHCDI.html

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CPA 2002: Canadian Pharmacists Association. Patient Self-Care. Helping Patients Make Therapeutic Choices. Ottawa (ON): Canadian Pharmacists Association; 2002.

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 2008: United States Department of Agriculture, Agricultural Research Service, National Genetic Resources Program. Germplasm Resources Information Network (GRIN). *Arctium lappa* L. National Germplasm Resources Laboratory, Beltsville (MD). [Accessed 2007-01-18]. 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.

Wren RC. Potter's Cyclopedia of Botanical Drugs and Preparations. London (UK): Potter and Clark; 1907.

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Barnes J, Anderson LA, Phillipson JD. Herbal Medicines: A Guide for Healthcare Professionals, 2nd edition. London (UK): Pharmaceutical Press; 2002.

Bisset NG, Wichtl M, editors. Herbal Drugs and Phytopharmaceuticals: A Handbook for Practice on a Scientific Basis, 2nd edition. Stuttgart (D): Medpharm GmbH Scientific Publishers; 2001.

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

Mills S, Bone K. The Essential Guide to Herbal Safety. St. Louis (MO): Elsevier Churchill Livingstone; 2005.

Peirce A. The American Pharmaceutical Association Practical Guide to Natural Medicines. New York (NY): William Morrow and Company, Inc; 1999.

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

Oral:

Dried root: 2-6 g, 3 times per day (Bradley 1992)

Infusion: 2-6 g dried root, 3 times per day (BHP 1983)

Decoction: 2-6 g dried root, 3 times per day (Bradley 1992)

Directions for use: Place dried root in 250 ml (1 cup) of water, bring to a boil, and simmer for 10 to 15 minutes (Hoffmann 2003).

Fluidextract: 2-6 g dried equivalent, 3 times per day (1:1, 25% ethanol, 2-6 ml) (Bradley 1992)

Tincture:

- 0.4-0.8 g dried equivalent, 3 times per day (1:5, 40% alcohol, 2-4 ml) (Hoffmann 2003)
- 1.6-2.4 g dried equivalent, 3 times per day (1:5, 25% ethanol, 8-12 ml) (Bradley 1992)

Topical:

Decoction: 30 g dried root (Grieve 1971 [1931])

Directions for use: Place dried root in 710 ml (1½ pint) of water, boil down to 475 ml (1 pint) (Grieve 1971 [1931]), let cool and apply as a poultice (Williamson et al. 1988) as needed.

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