

CATNIP

- Date:** April 28, 2008
- Proper name(s):** *Nepeta cataria* L. (Lamiaceae) (USDA 2001)
- Common name(s):** Catnip, catmint (McGuffin et al. 2000)
- Source material(s):** Aerial parts (Hoffmann 2003; 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 digestive spasms (antispasmodic) and flatulent dyspepsia (carminative) (Hoffmann 2003; BHP 1983; Felter and Lloyd 1983 [1898]; Grieve 1971 [1931]).
 - ▶ Traditionally used in Herbal Medicine to help relieve feverish conditions by inducing sweating (diaphoretic) (Hoffmann 2003; Felter and Lloyd 1983 [1898]).
 - ▶ Traditionally used in Herbal Medicine to help relieve nervousness (nervine) (Hoffmann 2003; Williamson 2003; BHP 1983; Grieve 1971 [1931]).
 - ▶ Traditionally used in Herbal Medicine as an astringent (Hoffmann 2003; Moerman 1998; Mills 1985) to help relieve diarrhoea (Hoffmann 2003; Williamson 2003; Moerman 1998; BHP 1983).
- Dose(s):** Preparations equivalent to 1.2-12 g dried aerial parts, per day (Hoffmann 2003; Williamson 2003; Mills 1985; BHP 1983).

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 breastfeeding.

Contraindication(s): Do not use if you are pregnant (Brinker 2001; McGuffin et al. 1997).

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.

Brinker F. Herb Contraindications and Drug Interactions, 3rd edition. Sandy (OR): Eclectic Medical Publications; 2001.

Felter HW, Lloyd JU. King's American Dispensatory, Volume 1, 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, Hobbs C, Upton R, Goldberg A, editors. American Herbal Products Association's Botanical Safety Handbook. Boca Raton (FL): CRC Press; 1997.

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

Mills S. The Dictionary of Modern Herbalism. Wellingborough (UK): Thorsons Publishers Ltd; 1985.

Moerman DE. Native American Ethnobotany. Portland (OR): Timber Press; 1998.

USDA 2001: United States Department of Agriculture, Agricultural Research Service, National Genetic Resources Program. Germplasm Resources Information Network (GRIN). *Nepeta cataria* L. National Germplasm Resources Laboratory, Beltsville (MD). [Accessed 2008-04-28]. Available from: http://www.ars-grin.gov/cgi-bin/npgs/html/tax_search.pl

Williamson EM. Potter's Herbal Cyclopaedia: The Authoritative Reference work on Plants with a Known Medical Use. Saffron Walden (UK): The C.W. Daniel Company Limited; 2003.

References reviewed:

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 Cyclopaedia of Botanical Drugs and Preparations. London (UK): Potter and Clark; 1907.

Appendix 1: Examples of appropriate dosage preparations and frequencies of use

Dried aerial parts:

- ▶ 2-4 g, per day (Williamson 2003)
- ▶ 1-4 g, 3 times per day (Mills 1985)
- ▶ 2-4 g, 3 times per day (BHP 1983)

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

Fluidextract: 2-4 g dried equivalent, 3 times per day
(1:1, 25% alcohol, 2-4 ml) (BHP 1983)

Tincture:

- ▶ 0.4-1.2 g dried equivalent, 3 times per day
(1:5, 25% alcohol, 2-6 ml) (Hoffmann 2003)
- ▶ 0.6-1.2 g dried equivalent, 3 times per day
(1:5, 25% alcohol, 3-6 ml) (BHP 1983)