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:**


Felter HW, Lloyd JU. King’s American Dispensatory, Volume 1, 18th edition. Sandy (OR): Eclectic Medical Publications; 1983 [Reprint of 1898 original].


**References reviewed:**


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)