CALIFORNIA POPPY

Date: March 17, 2008

Proper name(s): *Eschscholzia californica* Cham. (Papaveraceae) (USDA 2005)

Common name(s): California poppy (McGuffin et al. 2000)

Source material(s): Aerial parts (Mills and Bone 2005; Hoffmann 2003)

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 as a mild sedative and/or sleep aid (hypnotic) (Mills and Bone 2005; Hoffmann 2003; Felter and Lloyd 1983 [1898]).
- Traditionally used in Herbal Medicine as an analgesic (Mills and Bone 2005; Hoffmann 2003; Felter and Lloyd 1983 [1898]).

Dose(s): Preparations equivalent to 0.2-3 g dried aerial parts, per day (Mills and Bone 2005; Hoffmann 2003)

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):

Sleep aid: Consult a health care practitioner if sleeplessness persists continuously for more than 3 weeks (chronic insomnia) (Berardi et al. 2002; Dipiro et al. 2002).

All uses:

➤ Consult a health care practitioner if symptoms persist or worsen.
➤ Consult a health care practitioner prior to use if you are breastfeeding (Brinker 2008; Mills and Bone 2005).
➤ Consumption with alcohol, other medications or natural health products with sedative (Hoffmann 2003; Brinker 2001) and/or analgesic (Mills and Bone 2005; Brinker 2001) properties is not recommended.

Contraindication(s): Do not use if you are pregnant (Brinker 2001; Blumenthal et al. 2000).

Known adverse reaction(s): Some people may experience drowsiness (Mills and Bone 2005; Felter and Lloyd 1983 [1898]). Exercise caution if operating heavy machinery, driving a motor vehicle or involved in activities requiring mental alertness.

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:


References reviewed:


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

Tincture:

- 1.5-3.0 g dried equivalent, per day
  (1:2, 3-6 ml) (Mills and Bone 2005)

- 0.2-0.8 g dried equivalent, per day
  (1:5, 1-4 ml, 25% ethanol) (Hoffmann 2003)

**Directions for use:** Take once at night (Hoffmann 2003).