GLOBE ARTICHOKE

Date:        April 10, 2008

Proper name(s):    Cynara cardunculus L., synonym: Cynara scolymus L. (Asteraceae) (USDA 2007)

Common name(s):  Globe artichoke, artichoke, cynara (McGuffin et al. 2000)

Source material(s):  Leaf (Bradley 2006; ESCOP 2003; Blumenthal et al. 2000)

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:

► Used in Herbal Medicine to help relieve digestive disturbances, such as dyspepsia (Bradley 2006; ESCOP 2003; Blumenthal et al. 2000).
► Used in Herbal Medicine to help increase bile flow (choleretic) (Bradley 2006; Mills and Bone 2005; ESCOP 2003; Hoffmann 2003; Blumenthal et al. 2000).

Dose(s): Preparations equivalent to 1.5-10 g dried leaf, per day (Bradley 2006; Mills and Bone 2005; ESCOP 2003; Blumenthal et al. 2000).

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 pregnant (Barnes et al. 2007; Mills and Bone 2005; ESCOP 2003).
> Consult a health care practitioner prior to use if you have gall stones (Mills and Bone 2005; ESCOP 2003; Brinker 2001; Blumenthal et al. 2000)

Contraindication(s):
> Do not use if you are allergic to plants of the Asteraceae/Compositae/Daisy family (Brinker 2008; Bradley 2006; ESCOP 2003; Blumenthal et al. 2000).
> Do not use if you have a bile duct obstruction (Brinker 2008; Bradley 2006; ESCOP 2003; Blumenthal et al. 2000).

Known adverse reaction(s): Hypersensitivity (e.g. allergy) has been known to occur; in which case, discontinue use (Brinker 2008; Bradley 2006; ESCOP 2003; 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:
> The finished product must comply with the minimum specifications outlined in the current NHPD Compendium of Monographs.
> The medicinal ingredient may comply with the specifications outlined in the Artichoke Leaf Monograph published in the British Pharmacopoeia.

References cited:


References reviewed:

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

Dried leaf: 6 g, per day (Blumenthal et al. 2000)

Infusion: 5-10 g dried leaf, per day (ESCOP 2003)

Tincture: 1.5-4 g dried equivalent, per day
(1:2, 3-8 ml) (Mills and Bone 2005)

Dry aqueous extract:
• 4.5-9 g dried equivalent, per day (Bradley 2006)
• 5-10 g dried equivalent, per day (ESCOP 2003)