



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:

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

Blumenthal M, Goldberg A, Brinkmann J, editors. Herbal Medicine: Expanded Commission E Monographs. Boston (MA): Integrative Medicine Communications; 2000.

Bradley PR, editor. British Herbal Compendium: A Handbook of Scientific Information on Widely Used Plant Drugs, Volume 2. Bournemouth (UK): British Herbal Medicine Association; 2006.

Brinker F. Online Updates and Additions to Herb Contraindications and Drug Interactions, 3rd edition. Sandy (OR): Eclectic Medical Publications; 2008. [Accessed 2008-04-10]. Available from: <http://www.eclecticherb.com/emp/updatesHCDI.html>

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

ESCOP 2003: ESCOP Monographs: The Scientific Foundation for Herbal Medicinal Products, 2nd edition. Exeter (UK): European Scientific Cooperative on Phytotherapy and Thieme; 2003.

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.

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

USDA 2007: ARS, National Genetic Resources Program. Germplasm Resources Information Network (GRIN). *Cynara cardunculus* L. National Germplasm Resources Laboratory, Beltsville (MD). [Accessed 2008-04-10]. Available from: http://www.ars-grin.gov/cgi-bin/npgs/html/tax_search.pl

References reviewed:

Sinayoko L, Menecier D, El Jahir Y, Corberand D, Harnois F, Thiolet C, Farret O. [Acute hepatic injury secondary to ingestion of artichoke extracts (Hepanephrol).] Atteinte hépatique aiguë secondaire à la prise d'extraits d'artichaut (Hépanéphrol®). Gastroentérologie clinique et biologique 2007; 31(11):1039-1040 (in French).

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)