



GROUND IVY

- Date:** March 5, 2008
- Proper name(s):** *Glechoma hederacea* L. (Lamiaceae) (USDA 1994)
- Common name(s):** Ground ivy (McGuffin et al. 2000)
- Source material(s):** Aerial parts (Barnes et al. 2007; Grieve 1971 [1931])
- Route(s) of administration:** Oral, topical
- 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:
- Oral:
- ▶ Traditionally used in Herbal Medicine to aid digestion (stomachic) (Barnes et al. 2007; Grieve 1971 [1931]).
 - ▶ Traditionally used in Herbal Medicine as an expectorant to help relieve coughs, mucous production (anticatarrhal) and bronchial afflictions (Barnes et al. 2007; Bradley 1992; Williamson et al. 1988).
 - ▶ Traditionally used in Herbal Medicine as an astringent (Barnes et al. 2007; Bradley 1992; Williamson et al. 1988; Grieve 1971 [1931]) to help relieve diarrhoea (Barnes et al. 2007; Bartram 1998).
 - ▶ Traditionally used in Herbal Medicine as a diuretic (Barnes et al. 2007; Williamson et al. 1988; Grieve 1971 [1931]).
 - ▶ Traditionally used in Herbal Medicine to help relieve hemorrhoids (Barnes et al. 2007; Williamson et al. 1988).
- Topical:
- Traditionally used in Herbal Medicine to help heal minor cuts and wounds (vulnerary) and to help soothe inflammation (Barnes et al. 2007; Williamson et al. 1988; Grieve 1971 [1931]).

Dose(s):

Oral: Preparations equivalent to 2-12 g dried aerial parts, per day (Bradley 1992; Williamson et al. 1988; Grieve 1971 [1931])

Topical: Preparations equivalent to 2-4 g dried aerial parts (Williamson et al. 1988)

Directions for use: Apply to affected area(s) as needed.

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:

For diuretic use: For occasional use only (Berardi et al. 2002; CPA 2002)

For other uses: 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 or breastfeeding (Barnes et al. 2007).

Contraindication(s): No statement required.

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*.

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Wiersema J, Léon B. World Economic Plants: A Standard Reference. Boca Raton (FL): CRC Press LLC; 1999.

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

Oral:

Dried aerial parts: 2-4 g, 3 times per day (Bradley 1992)

Infusion: 2-4 g dried aerial parts, 3 times per day (Bradley 1992)

Fluidextract:

- ▶ 2-4 g dried equivalent, 3 times per day (1:1; 25% ethanol, 2-4 ml) (Bradley 1992)
- ▶ 2-4 g dried equivalent per day (1:1, 2-4 ml) (Williamson et al. 1988; Grieve 1971 [1931])

Tincture: 1-2 g dried equivalent, 3 times a day (1:5, 25% ethanol, 5-10 ml) (Bradley 1992)

Topical:

Fluidextract: 2-4 g dried equivalent (1:1, 2-4 ml) (Williamson et al. 1988)

Direction for use: Apply to affected area(s) as needed.