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.
References cited:


References reviewed:


Felter HW, Lloyd JU. King’s American Dispensatory, Volume 2, 18th edition. Sandy (OR): Eclectic Medical Publications; 1983 [Reprint of 1898 original].


Lontos S, Jones RM, Angus PW, Gow PJ. Acute liver failure associated with the use of herbal preparations containing black cohosh. The Medical journal of Australia 2003;179(7):390-1.


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.