HORSERADISH

Date: February 15, 2008

Proper name(s): *Armoracia rusticana* P. Gaertn. et al. (Brassicaceae) (USDA 2007)

Common name(s): Horseradish (McGuffin et al. 2000; Felter and Lloyd 1983 [1898])

Source material(s): Root (Barnes et al. 2007; Blumenthal et al. 2000; Grieve 1971 [1931]; Wren 1907)

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 to aid digestion (Barnes et al. 2007; Blumenthal et al. 2000; Moerman 1998; Meyer 1993; Felter and Lloyd 1983 [1898]; Wren 1907).
- Traditionally used in Herbal Medicine as a diuretic (Barnes et al. 2007; Blumenthal et al. 2000; Moerman 1998; Mills 1985; Felter and Lloyd 1983 [1898]; Grieve 1971 [1931]; Wren 1907).

Dose(s): Preparations equivalent to 2-20 g root, per day (Blumenthal et al. 2000; Mills 1985; Grieve 1971 [1931]; Wren 1907)

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:

Diuretic: For occasional use only (Berardi et al. 2002; CPA 2002)
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 have excess stomach acid or gastroesophageal reflux or if you are taking antacids (Brinker 2001).
- Consult a health care practitioner prior to use if you have hypothyroidism or if you are taking thyroid replacement medications (Barnes et al. 2007; Brinker 2001; Mills 1985).
- Consult a health care practitioner prior to use if you are breastfeeding (Barnes et al. 2007; Blumenthal et al. 2000).

Contraindication(s):
- Do not use if you are pregnant (Brinker 2001).
- Do not use if you have stomach or intestinal ulcers or stomach inflammation (Brinker 2007; Blumenthal et al. 2000; McGuffin et al. 1997).
- Do not use if you have a kidney disorder (Brinker 2001; Blumenthal et al. 2000; McGuffin et al. 1997).

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:


Felter HW, Lloyd JU. King’s American Dispensatory, Volume 1, 18th edition. Sandy (OR): Eclectic Medical Publications; 1983 [Reprint of 1898 original].


Wren RC. Potter’s Cyclopedia of Botanical Drugs and Preparations. London (UK): Potter and Clark; 1907.
References reviewed:


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

Fresh root: 2-4 g, 3 times per day (Mills 1985)

Direction for use: Take before meals (Mills 1985).

Fresh or dried root: 20 g, per day (Blumenthal et al. 2000)

Infusion: 2 g root, several times per day (Blumenthal et al. 2000)

Direction for use: Pour 150 ml of boiling water over root and infuse for 5 minutes (Blumenthal et al. 2000).

Tincture: 2-4 g dried equivalent, per day (Grieve 1971 [1931]; Wren 1907)

Syrup: 2 g root, per day (Blumenthal et al. 2000)

Direction for use: Prepare a concentrated infusion by steeping root in 150 ml of boiled water in a covered cup for two hours. Strain and add an equal amount of sugar (150 g) to liquid (150 ml) to thicken (Blumenthal et al. 2000).