

LUNGWORT

Date: April 24, 2008

Proper name(s): *Pulmonaria officinalis* L. (Boraginaceae) (USDA 2004)

Common name(s): Lungwort (USDA 2004; McGuffin et al. 2000)

Source material(s): Leaf (Williamson 2003, BHP 1983)

Route(s) of administration: Oral, topical

Dosage form(s): Those suited to the allowable routes 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 as an expectorant to help relieve the symptoms of bronchitis and catarrhs of the upper respiratory tract (Wichtl 2004; Williamson 2003; BHP 1983; Remington et al. 1918).
- ▶ Traditionally used in Herbal Medicine as a demulcent (Sayre 1917) to help relieve sore throat (Williamson 2003; Bisset and Wichtl 2001; BHP 1983).
- ▶ Traditionally used in Herbal Medicine as an astringent and/or a demulcent (Sayre 1917) to help relieve diarrhoea (Wichtl 2004; Williamson 2003; BHP 1983; Lust 1974).
- ▶ Traditionally used in Herbal Medicine as an astringent and/or a demulcent (Sayre 1917) to help relieve haemorrhoids (Williamson 2003; BHP 1983; Lust 1974).
- ▶ Traditionally used in Herbal Medicine as a mild diuretic (Bisset and Wichtl 2001; Lust 1974).

Topical:

Used in Herbal Medicine to aid in the healing of minor wounds and cuts (vulnerary) (Williamson 2003; BHP 1983; Lust 1974).

Dose(s): Preparations equivalent to 2-4 g dried leaves, 3 times per day (Williamson 2003; BHP 1983)

Directions for use (topical only): Apply to affected area(s).

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):

Oral: Consult a health care practitioner prior to use if you are pregnant or breastfeeding.

All routes of administration: Consult a health care practitioner if symptoms persist or worsen.

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:

Berardi RR, DeSimone EM, Newton GD, Oszko MA, Popovich NG, Rollins CJ, Shimp LA, Tietze KJ, editors. Handbook of Nonprescription Drugs: An Interactive Approach to Self-Care, 13th edition. Washington (DC): American Pharmaceutical Association; 2002.

BHP 1983: British Herbal Pharmacopoeia. Cowling (UK): British Herbal Medical Association; 1983.

Bisset NG, Wichtl M, editors. Herbal Drugs and Phytopharmaceuticals: A Handbook for Practice on a Scientific Basis, 2nd edition. Stuttgart (D): Medpharm GmbH Scientific Publishers; 2001.

CPA 2002: Canadian Pharmacists Association. Patient Self-Care. Helping Patients Make Therapeutic Choices. Ottawa (ON): Canadian Pharmacists Association; 2002.

Lust J. The Herb Book. New York (NY): Bantam Books Incorporated, published by arrangement with Benedict Lust Publications; 1974.

McGuffin M, Kartesz JT, Leung AY, Tucker AO, editors. Herbs of Commerce, 2nd edition. Silver Spring (MD): American Herbal Products Association; 2000.

Remington JP and Woods HC, et al. editors. The Dispensatory of the United States of America, 20th edition. 1918. [Accessed 2008-04-24]. Available from: <http://www.swsbm.com/homepage/>

Sayre LE. A Manuel of Organic Materia Medica and Pharmacognosy, 4th edition. Philadelphia (PA): P. Blakiston's Son & Co; 1917. [Accessed 2008-04-24]. Available from: <http://www.swsbm.com/SayreMM/SayreMM.html>.

USDA 2004: United States Department of Agriculture, Agricultural Research Service, National Genetic Resources Program. Germplasm Resources Information Network (GRIN). *Pulmonaria officinalis* L. National Germplasm Resources Laboratory, Beltsville (MD). [Accessed 2008-04-24]. Available from: http://www.ars-grin.gov/cgi-bin/npgs/html/tax_search.pl

Wichtl M, editor. Herbal Drugs and Phytopharmaceuticals: A Handbook for Practice on a Scientific Basis, 3rd edition. Stuttgart (D): Medpharm GmbH Scientific Publishers; 2004.

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

Williamson EM. Potter's Herbal Cyclopaedia: The Authoritative Reference work on Plants with a Known Medical Use. Saffron Walden (UK): The C.W. Daniel Company Limited; 2003.

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Blumenthal M. The Complete German Commission E Monographs. Austin (TX): American Botanical Council; 1998.

Chevallier A. The Encyclopedia of Medicinal Plants. London (UK): Dorling Kindersley Limited; 1996.

Duke JA, Bogenschutz-Godwin MJ, duCellier J, Duke PK. Handbook of Medicinal Herbs, 2nd edition. Boca Raton (FL): CRC Press; 2002.

Gruenwald J, Bendler T, Jaenicke C, editors. PDR for Herbal Medicines, 3rd edition. Montvale (NJ): Thompson PDR; 2004.

McGuffin M, Hobbs C, Upton R, Goldberg A, editors. American Herbal Products Association's Botanical Safety Handbook. Boca Raton (FL): CRC Press; 1997.

Williamson EM, Evans FJ, Wren RC. Potter's New Cyclopaedia of Botanical Drugs and Preparations. Saffron Walden (UK): C.W. Daniel Company Limited; 1988.

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

Oral and topical:

Dried leaf: 2-4 g, 3 times per day (Williamson et al. 2003; BHP 1983)

Infusion: 2-4 g dried leaf, 3 times per day (BHP 1983)

Fluidextract 2-4 g dried equivalent, 3 times per day
(1:1, 25% alcohol, 2-4 ml) (BHP 1983)

Directions for use (topical only):

Apply to affected area(s).