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:

References:


References reviewed:


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 at 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).