MUGWORT

Date: January 15, 2008

Proper name(s): *Artemisia vulgaris* L. (Asteraceae) (USDA 2007)

Common name(s): Mugwort, Summitates Artemisiae (vulgaris), Felon herb, Wild wormwood, St. John’s plant (Wichtl 2004; McGuffin et al. 2000).

Source material(s): Aerial parts (Bradley 2006; Grieve 1971 [1931])

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 stimulate the appetite ( orexigenic) (Bradley 2006; Williamson et al. 1988; Grieve 1971 [1931]).
- Traditionally used in Herbal Medicine to aid digestion (stomachic) (Bradley 2006; Hoffmann 2003; Williamson et al. 1988; Grieve 1971 [1931]).
- Traditionally used in Herbal Medicine to stimulate secretion of bile (choleretic) (Bradley 2006; Wichtl 2004; Williamson et al. 1988).

Dose(s): Preparations equivalent to 0.2-2.4 g dried aerial parts, three times per day (Bradley 2006; Wichtl 2004; Hoffmann 2003).

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: 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.

Contraindication(s):
  ▶ Do not use if you are pregnant or breastfeeding (Brinker 2001; Blumenthal et al. 1998; Williamson et al. 1988).
  ▶ Do not use if you are allergic to plants of the Asteraceae/Compositae/Daisy family (Wichtl 2004; Hoffmann 2003; Brinker 2001).

Known adverse reaction(s):
Hypersensitivity/allergy is known to occur, in which case, discontinue use (Wichtl 2004; Hoffmann 2003; Brinker 2001).

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:


Paulsen E, Anderson K, Hausen B. Sensitization and cross-reaction patterns in Danish Compositae-allergic patients. Contact Dermatitis 2001;45(4):197-204.
Appendix 1: Examples of appropriate dosage preparations, frequencies of use and directions for use

Infusion:
- 0.5-2 g dried aerial parts, 3 times per day (Bradley 2006)
- 1.2 g (1 teaspoon) dried aerial parts, 2-3 times per day
  
  **Directions for use:** Pour 150 ml boiling water over dried aerial parts, steep for 5 minutes in a covered cup, then strain (Wichtl 2004).
- 1.2-2.4 g (1-2 teaspoons) dried aerial parts, 3 times per day
  
  **Directions for use:** Pour 250 ml (one cup) of boiling water over dried aerial parts and infuse for 10 to 15 minutes in a covered container (Hoffmann 2003).

Fluidextract: 0.5-2 g dried equivalent, 3 times per day
(1:1, 25% alcohol, 0.5-2 ml) (Bradley 2006)

Tincture: 0.2-0.8 g dried equivalent, 3 times per day
(1:5, 25% alcohol, 1-4 ml) (Hoffmann 2003)