

NATURAL HEALTH PRODUCT

MUGWORT – *ARTEMISIA VULGARIS*

This monograph is intended to serve as a guide to industry for the preparation of Product Licence Applications (PLAs) and labels for natural health product market authorization. It is not intended to be a comprehensive review of the medicinal ingredient.

Notes

- ▶ Text in parentheses is additional optional information which can be included on the PLA and product label at the applicant's discretion.
- ▶ The solidus (/) indicates that the terms and/or statements are synonymous. Either term or statement may be selected by the applicant.

Date December 17, 2021

Proper name(s), Common name(s), Source information

Table 1. Proper name(s), Common name(s), Source information

Proper name(s)	Common name(s)	Source information		
		Source material(s)	Part(s)	Preparation(s)
<i>Artemisia vulgaris</i>	<ul style="list-style-type: none"> ▶ Common mugwort ▶ Felon herb ▶ Mugwort ▶ St. John's plant ▶ Wild wormwood 	<i>Artemisia vulgaris</i>	Herb top	Dry

References: Proper name: USDA 2019; Common names: Wichtl 2004, McGuffin et al. 2000; Source information: Bradley 2006, Grieve 1971.

Route of administration

Oral

Dosage form(s)

This monograph excludes foods or food-like dosage forms as indicated in the Compendium of Monographs Guidance Document.

Acceptable dosage forms for oral use are indicated in the dosage form drop-down list of the web-based Product Licence Application form for Compendial applications.



Use(s) or Purpose(s)

- ▶ (Traditionally) used in Herbal Medicine to stimulate the appetite (Bradley 2006; Williamson et al. 1988; Grieve 1971).
- ▶ (Traditionally) used in Herbal Medicine to aid digestion (stomachic) (Bradley 2006; Hoffmann 2003; Williamson et al. 1988; Grieve 1971).
- ▶ (Traditionally) used in Herbal Medicine to help increase bile flow (choleric) (Bradley 2006; Wichtl 2004; Williamson et al. 1988).

The following combined use(s) or purpose(s) is/are also acceptable:

(Traditionally) used in Herbal Medicine to stimulate the appetite and aid digestion (Bradley 2006; Hoffmann 2003; Williamson et al. 1988; Grieve 1971).

Note

Claims for traditional use must include the term “Herbal Medicine”, “Traditional Chinese Medicine”, or “Ayurveda”.

Dose(s)

Subpopulation(s)

Adults 18 years and older

Quantity(ies)

Methods of preparation: Dry, Powder, Non-Standardized Extracts (Dry extract, Tincture, Fluid extract, Decoction, Infusion)

0.2 - 2.4 grams of dried herb top, 3 times per day (Bradley 2006; Wichtl 2004; Hoffmann 2003).

Direction(s) for use

No statement required.

Duration(s) of use

No statement required.

Risk information

Caution(s) and warning(s)

Consult a health care practitioner/health care provider/health care professional/doctor/physician



if symptoms persist or worsen.

Contraindication(s)

Do not use this product if you are pregnant or breastfeeding (Brinker 2001; Blumenthal et al. 1998; Williamson et al. 1988).

Known adverse reaction(s)

Stop use if hypersensitivity/allergy occurs (Wichtl 2004; Hoffmann 2003; Brinker 2001).

Non-medicinal ingredients

Must be chosen from the current Natural Health Products Ingredients Database (NHPID) and must meet the limitations outlined in the database.

Storage conditions

Must be established in accordance with the requirements described in the *Natural Health Products Regulations* (NHPR).

Specifications

- ▶ The finished product specifications must be established in accordance with the requirements described in the Natural and Non-prescription Health Products Directorate (NNHPD) Quality of Natural Health Products Guide.
- ▶ The medicinal ingredient must comply with the requirements outlined in the NHPID.

References cited

Blumenthal M, Busse W, Goldberg A, Gruenwald J, Hall T, Riggins C, Rister R, editors. The Complete German Commission E Monographs: Therapeutic Guide to Herbal Medicines. Austin (TX): American Botanical Council; 1998.

Bradley PR, editor. British Herbal Compendium: A Handbook of Scientific Information on Widely Used Plant Drugs, Volume 2. Bournemouth (UK): British Herbal Medicine Association; 2006.

Brinker F. Herb Contraindications and Drug Interactions, 3rd edition. Sandy (OR): Eclectic Medical Publications; 2001.

Grieve M. A Modern Herbal, Volume 1. New York (NY): Dover Publications; 1971 [Reprint of

1931 Harcourt, Brace & Company publication].

Hoffmann D. Medical Herbalism. Rochester (VT): Healing Arts Press; 2003.

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

USDA 2019: United States Department of Agriculture, Agricultural Research Service, National Genetic Resources Program. Germplasm Resources Information Network (GRIN). *Artemisia vulgaris*. National Germplasm Resources Laboratory, Beltsville (MD). [Accessed 2019 June 25]. Available from: <https://npgsweb.ars-grin.gov/gringlobal/taxon/taxonomysimple.aspx>

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

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

References reviewed

Bartram T. Bartram's Encyclopedia of Herbal Medicine. New York (NY): Marlowe and Company; 1998.

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

Boon H, Smith MJ. The Botanical Pharmacy: The Pharmacology of 47 Common Herbs. Kingston (ON): Quarry Press Inc.; 1999.

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

Gruenwald J, Brendler T, Jaenicke C, editors. PDR for Herbal Medicines, 1st edition. Montvale (NJ): Medical Economics Company; 1998.

Hausen BM. A 6-year experience with compositae mix. American Journal of Contact Dermatitis 1996;7(2):94-99.

Kerckhoffs D, Brouns F, Hornstra G, Mensink R. Effects on the human serum lipoprotein profile of beta-glucan, soy protein isoflavones, plant sterols and satnols, garlic and tocotrienols. Journal of Nutrition 2002;132(9):2494-2505.

Kurz G, Rapaport M. External/internal allergy to plants (Artemesia). Contact Dermatitis 1979;5(6):407-408.



Paulsen E, Anderson K, Hausen B. Sensitization and cross-reaction patterns in Danish Compositae-allergic patients. *Contact Dermatitis* 2001;45(4):197-204.

Peirce A. *The American Pharmaceutical Association Practical Guide to Natural Medicines*. New York (NY): William Morrow and Company, Inc; 1999.