

NATURAL HEALTH PRODUCT

BLESSED THISTLE – *CNICUS BENEDICTUS*

Topical

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 October 30, 2018

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

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

Proper name(s)	Common name(s)	Source material(s)		
		Proper name(s)	Part(s)	Preparation(s)
<i>Cnicus benedictus</i>	<ul style="list-style-type: none"> ▶ Blessed thistle ▶ Holy thistle 	<i>Cnicus benedictus</i>	Herb tops	Dried

References: Proper name: USDA 2018; Common names: McGuffin et al. 2000, Bradley 1992, Felter and Lloyd 1983; Source material: Williamson 2003, Bradley 1992.

Route of administration

Topical

Dosage form(s)

Acceptable dosage forms for the age category listed in this monograph and specified route of administration are indicated in the Compendium of Monographs Guidance Document.

Use(s) or Purpose(s)

Used in Herbal Medicine to aid in the healing of minor wounds and cuts (vulnerary) (Williamson 2003; Bradley 1992).



Dose(s)

Subpopulation(s)

Adults 18 years and older

Quantity(ies)

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

1.5 - 2 grams of dried herb tops (Blumenthal et al. 2000; Bradley 1992)

Direction(s) for use

Apply to affected areas as needed (Bradley 1992).

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)

No statement required.

Known adverse reaction(s)

Stop use if hypersensitivity/allergy occurs (Brinker 2010; Blumenthal et al. 2000).

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

No statement required.

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, Goldberg A, Brinkmann J, editors. Herbal Medicine: Expanded Commission E Monographs. Boston (MA): Integrative Medicine Communications; 2000.

Bradley PR, editor. British Herbal Compendium: A Handbook of Scientific Information on Widely Used Plant Drugs, Volume 1. Bournemouth (UK): British Herbal Medicine Association; 1992.

Brinker F. Herb Contraindications and Drug Interactions, 4th edition. Sandy (OR): Eclectic Medical Publications; 2010.

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

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

USDA 2018: United States Department of Agriculture, Agricultural Research Service, National Genetic Resources Program. Germplasm Resources Information Network (GRIN). *Cnicus benedictus* L. National Germplasm Resources Laboratory, Beltsville (MD). [Accessed 2018 August 7]. Available from: http://www.ars-grin.gov/cgi-bin/npgs/html/tax_search.pl

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.

References reviewed

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



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.

Bruneton J. Pharmacognosie, phytochimie, plantes médicinales. 3rd edition. Tec & Doc, Paris (FR); 1999.

Dorland's 2004. Dorland's Illustrated Medical Dictionary. Online edition. Toronto (ON): WB Saunders Company, an Elsevier imprint; 2004. [Accessed 2008 January 23]. Available at: http://www.mercksource.com/pp/us/cns/cns_hl_dorlands.jspzQzpgzEzzSzppdocszSzuszSzcommonzSzdorlandzSzdorlandzSzdmd_d_10zPzhtm

Fauci AS, Braunwald E, Isselbacher KJ, Wilson JD, Martin JB, Kasper DI, Hauser SL and Longo DL, editors. Harrison's Principles of Internal Medicine, 14th edition. Toronto (ON): McGraw-Hill Health Professions Division; 1998.

Felter HW. The Eclectic Materia Medica, Pharmacology and Therapeutics. Sandy (OR): Eclectic Medical Publications; 1983 [Reprint of 1922 original].

Hoffmann D. Medical Herbalism. Rochester (VT): Healing Arts Press; 2003. Meyer JE. The Herbalist. Glenwood (IL): Meyerbooks; 1993.

Meyrick W. The New Family Herbal; or, Domestic Physician: enumerating, with accurate descriptions, all the known vegetables which are any way remarkable for medical efficacy; with an account of their virtues in the several diseases incident to the human frame. Birmingham (UK): Knott and Lloyd; 1790.

Pugh MB, editor. Stedman's 27th Medical Dictionary. New York (NY): Lippincott Williams & Wilkins; 2000.

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

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