



## NATURAL HEALTH PRODUCT

### BURDOCK – *ARCTIUM LAPPA*

#### Oral

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

January 27, 2023

#### 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>Arctium lappa</i>	<ul style="list-style-type: none"> <li>▶ Burdock</li> <li>▶ Burr seed</li> <li>▶ Cocklebur</li> <li>▶ Edible burdock</li> <li>▶ Gobo</li> <li>▶ Goboshi</li> <li>▶ Great burdock</li> <li>▶ Great burdocks</li> <li>▶ Greater burdock</li> <li>▶ Hardock</li> <li>▶ Harebur</li> <li>▶ Lappa</li> <li>▶ Niu bang zi</li> </ul>	<i>Arctium lappa</i>	Root	Dry

References: Proper name: USDA 2018; Common names: Brinker 2010, McGuffin et al. 2000, BHP 1996; Source information: BHP 1996, 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 as a diuretic (Wichtl 2004; Bradley 1992; Wren 1907).
- ▶ Traditionally used in Herbal Medicine to induce sweating (diaphoretic) (Bradley 1992; Wren 1907).
- ▶ Traditionally used in Herbal Medicine as an alterative to help remove accumulated waste products via the kidneys, skin and mucus membranes (Hoffmann 2003; Wren 1907).
- ▶ Traditionally used in Herbal Medicine to help alleviate the pain associated with rheumatism (Wichtl 2004; Bradley 1992; Grieve 1971).

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

Traditionally used in Herbal Medicine as a diuretic, to induce sweating (diaphoretic) and as an alterative to help remove accumulated waste products via the kidneys, skin and mucus membranes (Wichtl 2004; Hoffmann 2003; Bradley 1992; Wren 1907).

### 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)

1.2 - 18 grams of dried root, per day (Hoffmann 2003; Bradley 1992; BHP 1983).

**Direction(s) for use**

No statement required.

**Duration(s) of use**

*Diuretic*

For occasional use only (Berardi et al. 2002; CPHA 2002).

**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.
- ▶ Consult a health care practitioner/health care provider/health care professional/doctor/physician prior to use if you are breastfeeding.
- ▶ Consult a health care practitioner/health care provider/health care professional/doctor/physician prior to use if you have diabetes (Brinker 2010; Barnes et al. 2007).

**Contraindication(s)**

Do not use this product if you are pregnant (Brinker 2010).

**Known adverse reaction(s)**

Stop use if hypersensitivity/allergy occurs (Brinker 2010).

**Non-medicinal ingredients**

Must be chosen from the current Natural Health Product Ingredient 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

Barnes J, Anderson LA, Philipson JD. Herbal Medicines, 3<sup>rd</sup> edition. London (UK): Pharmaceutical Press; 2007.

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, 13<sup>th</sup> edition. Washington (DC): American Pharmaceutical Association; 2002.

BHP 1996: British Herbal Pharmacopoeia. Bournemouth (UK): The British Herbal Medicine Association; 1996.

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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.

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

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

McGuffin M, Kartesz JT, Leung AY, Tucker AO, editors. Herbs of Commerce, 2<sup>nd</sup> 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). *Arctium lappa* L. National Germplasm Resources Laboratory, Beltsville (MD). [Accessed 2018 August 8]. Available from: [http://www.ars-grin.gov/cgi-bin/npgs/html/tax\\_search.pl](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*, 3<sup>rd</sup> edition. Stuttgart (D): Medpharm GmbH Scientific Publishers; 2004.

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

Mills S, Bone K. *The Essential Guide to Herbal Safety*. St. Louis (MO): Elsevier Churchill Livingstone; 2005.

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