

Lungwort - Oral

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LUNGWORT - PULMONARIA OFFICINALIS - Oral Help on accessing alternative formats, such as Portable Document Format (PDF), Microsoft Word and PowerPoint (PPT) files, can be obtained in the alternate format help section. (PDF Version - 50 KB) 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 August 5, 2019 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 Pulmonaria officinalis Bloody-butcher Boys-and-girls Hundreds-and-thousands Jerusalem cowslip Jerusalem-sage Joseph-and-Mary Lungwort Mary-spilt-the-milk Soldiers-and sailors Spotted-dog Pulmonaria officinalis Leaf Dried References: Proper name: USDA 2019; Common names: USDA 2019, McGuffin et al. 2000; Source material: Williamson 2003, BHP 1983. 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 any age category listed in this monograph for the specified route of administration are listed in the Compendium of Monographs Guidance Document. Use(s) or Purpose(s) Traditionally used in Herbal Medicine as an expectorant to help relieve the symptoms of bronchitis and mucous buildup of the (upper) respiratory tract (catarrhs) (Wichtl 2004; Williamson 2003; BHP 1983; Remington et al. 1918). Traditionally used in Herbal Medicine (as a demulcent) to help relieve sore throat (Williamson 2003; Bisset and Wichtl 2001; BHP 1983; Sayre 1917). Traditionally used in Herbal Medicine (as an astringent and/or a demulcent) to help relieve diarrhoea (Wichtl 2004; Williamson 2003; BHP 1983; Lust 1974; Sayre 1917). Traditionally used in Herbal Medicine (as an astringent and/or a demulcent) to help relieve haemorrhoids (Williamson 2003; BHP 1983; Lust 1974; Sayre 1917). Traditionally used in Herbal Medicine as a mild diuretic (Bisset and Wichtl 2001; Lust 1974). The following combined use(s) or purpose(s) is/are also acceptable: Traditionally used in Herbal Medicine as an expectorant to help relieve the symptoms of bronchitis, reduce mucous buildup of the (upper) respiratory tract (catarrhs) and (as a demulcent) to help relieve sore throat (Wichtl 2004; Williamson 2003; Bisset and Wichtl 2001; BHP 1983; Remington et al. 1918; Sayre 1917). 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) 2 - 4 grams of dried leaves, 3 times per day (Williamson 2003; BHP 1983). Direction(s) for use No statement required. Duration(s) of Use Diuretic For occasional use only (Berardi et al. 2002; CPA 2002). Other uses 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. Consult a health care practitioner/health care provider/health care professional/doctor/ physician prior to use if you are pregnant or breastfeeding. Contraindication(s) No statement required. Known adverse reaction(s) No statement required. 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 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 th edition. Washington (DC): American Pharmaceutical Association; 2002. BHP 1983: British Herbal Pharmacopoeia. Cowling (UK): British Herbal Medical Association; 1983. Bisset NG, Wichtl M, editors. Herbal Drugs and Phytopharmaceuticals: A Handbook for Practice on a Scientific Basis, 2 nd edition. Stuttgart (D): Medpharm GmbH Scientific Publishers; 2001. CPA 2002: Canadian Pharmacists Association. Patient Self-Care. Helping Patients Make Therapeutic Choices. Ottawa (ON): Canadian Pharmacists Association; 2002. Lust J. The Herb

Book. New York (NY): Bantam Books Incorporated, published by arrangement with Benedict Lust Publications; 1974. McGuffin M, Kartesz JT, Leung AY, Tucker AO, editors. Herbs of Commerce, 2 nd edition. Silver Spring (MD): American Herbal Products Association; 2000. Remington JP and Woods HC, et al. editors. The Dispensatory of the United States of America, 20 th edition. 1918. [Accessed 2019 June 6]. Available from: <http://www.swsbn.com/Dispensatory/USD-1918-complete.pdf> Sayre LE. A Manuel of Organic Materia Medica and Pharmacognosy, 4 th edition. Philadelphia (PA): P. Blakiston's Son & Co; 1917. [Accessed 2019 June 6]. Available from: <http://www.swsbn.com/SayreMM/SayreMM.html> USDA 2019: United States Department of Agriculture, Agricultural Research Service, National Genetic Resources Program. Germplasm Resources Information Network (GRIN). *Pulmonaria officinalis* L. National Germplasm Resources Laboratory, Beltsville (MD). [Accessed 2019 June 6]. 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, 3 rd edition. Stuttgart (D): Medpharm GmbH Scientific Publishers; 2004. 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 Blumenthal M. The Complete German Commission E Monographs. Austin (TX): American Botanical Council; 1998. Chevallier A. The Encyclopedia of Medicinal Plants. London (UK): Dorling Kindersley Limited; 1996. Duke JA, Bogenschutz-Godwin MJ, duCellier J, Duke PK. Handbook of Medicinal Herbs, 2 nd edition. Boca Raton (FL): CRC Press; 2002. Gruenwald J, Bendler T, Jaenicke C, editors. PDR for Herbal Medicines, 3 rd edition. Montvale (NJ): Thompson PDR; 2004. McGuffin M, Hobbs C, Upton R, Goldberg A, editors. American Herbal Products Association's Botanical Safety Handbook. Boca Raton (FL): CRC Press; 1997. Wiersema J, León 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. Report a problem on this page Date modified: 2019-03-01

MEDICINAL INGREDIENT(S)

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.

DOSAGE FORM(S)

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

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 pregnant or breastfeeding. Contraindication(s) No statement required. Known adverse reaction(s) No statement required.

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.

STORAGE CONDITION(S)

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

Route of Administration Oral

Proper name(s)	Common name(s)	Source material(s)		
Proper name(s)	Part(s)	Preparation		
Pulmonaria officinalis	Bloody-butcherBoys-and-girlsHundreds-and-thousandsJerusalem-cowslipJerusalem-sageJoseph-and-Martha	Pulmonaria officinalis		