

Lungwort - Topical

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LUNGWORT - PULMONARIA OFFICINALIS - Topical 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 - 46 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 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 on the label. Date February 28, 2025 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 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 Dry References: Proper name: USDA 2024; Common names: USDA 2024; Gardner and McGuffin 2013; Source information: Williamson 2003; BHP 1983. Route of Administration Topical Dosage Form(s) Acceptable dosage forms when used according to the requirements indicated in this monograph: Cream; Gel; Liquid; Lotion; Loose; Ointment; Paste; Powder; Salve; Solution; Topical liquid; Wipe. Use(s) or Purpose(s) Used in Herbal Medicine (as a vulnerary) to help heal minor wounds (such as cuts) (Williamson 2003; BHP 1983; Lust 1974). Dose(s) Subpopulation(s) Adults 18 years and older Quantity(ies) Notes: On the PLA form, quantities can be expressed as percentage weight by weight (% w/w), percentage weight by volume (% w/v) or percentage volume by volume (% v/v), depending on the product formulation. On the product label, quantities can also be expressed in other equivalent concentration units (e.g., mg/mL). For wipes, the information in this section applies to the liquid with which wipes are saturated. Methods of preparation: Dry, Powdered, Fluid Extract 25 - 100% dried leaves (Williamson 1988; BHP 1983). Notes: For fluid extracts, the extract ratio must be 1:1 and the solvent must be ethanol or a mix of ethanol and water. Products in loose or powder dosage forms must be prepared by the consumer prior to use (see direction for use). Methods of preparation: Non-Standardized Liquid Extracts (Decoction, Decoction concentrate, Infusion, Infusion concentrate, Tincture) 50 - 100% dried leaves extract preparation in the finished product (Williamson 1988; BHP 1983). Note: The extract ratio must be between 1:2 and 1:4. The formulation must be prepared in a way which is equivalent to a minimum of 250 milligrams crude dried leaves per 1 gram of finished product. For example, for a tincture prepared with a 1:2 w/v ratio, the concentration of tincture in the finished product must be at least 50% (250 mg crude dried leaves * 2 w/v (dilution) = 0.5 mL liquid extract in 1 mL finished product = 50% v/v extract preparation in the finished product). Methods of preparation: Non-Standardized Dry Extracts (Extract dry) 1.25 - 50% dried leaves extract preparation in the finished product (Williamson 1988; BHP 1983). Notes: For dry extracts, the extract ratio must be between 2:1 and 20:1. The formulation must be prepared in a way which is equivalent to a minimum of 250 milligrams crude dried leaves per 1 gram of finished product. For example, for a dry extract prepared with a 4:1 w/w ratio, the concentration of dry extract in the finished product must be at least 6.25% (250 mg crude dried leaves / 4 w/w (concentration) = 62.5 mg dry extract in 1 g finished product = 6.25% w/w extract preparation in the finished product). Solvents allowed for this method of preparation are ethanol and/or water. Direction(s) for use Loose/Powder dosage forms Prepare as a paste by mixing leaves with a small amount of water until you achieve the desired consistency. Apply to affected area(s), up to 3 times per day (Williamson et al. 2003; BHP 1983). Liquid dosage forms (Liquid, Topical liquid, Solution) Soak a small towel/pad/gauze/cotton in the product. Apply to affected area(s), up to 3 times per day (Williamson et al. 2003; BHP 1983). Cream/Gel/Lotion/Ointment/Paste/Salve/Wipe dosage forms Apply to affected area(s), up to 3 times per day (Williamson et al. 2003; BHP 1983). Duration(s) of Use No statement required. Risk Information Caution(s) and warning(s) For external use only. When using this product avoid contact with eyes. If contact occurs, rinse thoroughly with water. Stop use and ask a health care practitioner/health care provider/health care professional/doctor/physician if symptoms worsen or last (for) more than 7 days. Keep out of reach of children. If swallowed, call a poison control centre or get medical help right away. Contraindication(s) Do not use on deep or puncture wounds, animal bites or serious burns. 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 Must be established in accordance with the requirements described in the Natural Health Products Regulations . 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. EXAMPLE OF PRODUCT FACTS: Consult the Guidance Document, Labelling of Natural Health Products for more details. References Cited BHP 1983: British Herbal Pharmacopoeia. Cowling (UK): British Herbal Medical Association; 1983. Gardner Z, McGuffin M, editors. American Herbal Products Association's Botanical Safety Handbook. 2nd edition. Boca Raton (FL): Taylor and Francis Group; 2013. Lust J. The Herb Book. New York (NY): Bantam Books Incorporated, published by arrangement with Benedict Lust Publications; 1974. USDA 2024: United States Department of Agriculture Agricultural Research Service (USDA ARS), Germplasm Resources Information Network (GRIN) - Global. U.S. National Plant Germplasm System. [Accessed 2024 June 11]. Available from: <https://npgsweb.ars-grin.gov/gringlobal/taxon/taxonomysearch> 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 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. 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. 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. CPA 2002: Canadian Pharmacists Association. Patient Self-Care. Helping Patients Make Therapeutic Choices. Ottawa (ON): Canadian Pharmacists Association; 2002. 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. Remington JP and Woods HC, et al. editors. The Dispensatory of the United States of America, 20th edition. 1918. [Accessed 2024 June 11]. Available from: <http://www.swsbn.com/Dispensatory/USD-1918-complete.pdf> Sayre LE. A Manuel of Organic Materia Medica and Pharmacognosy, 4th edition. Philadelphia (PA): P. Blakiston's Son & Co; 1917. [Accessed 2024 June 11]. Available from: <http://www.swsbn.com/SayreMM/SayreMM.html> 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. Wiersema J, León B. World Economic Plants: A Standard Reference. Boca Raton (FL): CRC Press LLC; 1999. 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 Must be established in accordance with the requirements described in the Natural Health Products Regulations.

RISK INFORMATION

Caution(s) and warning(s) For external use only. When using this product avoid contact with eyes. If contact occurs, rinse thoroughly with water. Stop use and ask a health care practitioner/health care provider/health care professional/doctor/physician if symptoms worsen or last (for) more than 7 days. Keep out of reach of children. If swallowed, call a poison control centre or get medical help right away. Contraindication(s) Do not use on deep or puncture wounds, animal bites or serious burns. 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 Must be established in accordance with the requirements described in the Natural Health Products Regulations.

STORAGE CONDITION(S)

Must be established in accordance with the requirements described in the Natural Health Products Regulations.

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. EXAMPLE OF PRODUCT FACTS: Consult the Guidance Document, Labelling of Natural Health Products for more details.

REFERENCES

Route of Administration Topical

Proper name(s)	Common name(s)	Source information		
Source material(s)	Part(s)	Preparation		
Pulmonaria officinalis	Bloody-butcherBoys-and-girlsHundreds-and-thousands-officials	Pulmonaria officinaliscowslipJerusalem-sageJoseph-and-Mary		