

# Heal-all - Prunella Vulgaris - Oral

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HEAL-ALL - PRUNELLA VULGARIS - 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 - 299 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 April 28, 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) Prunella vulgaris Common selfheal Heal-all Prunella Self-heal Woundwort Xiakucuo Prunella vulgaris Leaf Shoot Shoot and leaf Dry References: Proper name: USDA 2019; Common names: USDA 2019, McGuffin et al. 2000, Meyer 1993, Lust 1987; Source information: Bartram 1998, Hoffmann 1996. Route(s) 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 help relieve sore throats (Hoffmann 1996; Felter and Lloyd 1983; Wren 1907; Meyrick 1790). Traditionally used in Herbal Medicine (as an astringent) to help relieve diarrhoea (Grieve 1971; Wren 1907; Hoffmann 1996; Felter and Lloyd 1983). Traditionally used in Herbal Medicine (as an astringent) to help relieve haemorrhoids (Grieve 1971; Wren 1907; Hoffmann 1996; Meyrick 1790). 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 Aqueous Extracts (Dry extract, Decoction, Infusion) 28-32 grams of dried shoots and/or leaves, per day (Grieve 1971; Wren 1907). Note: Dried or powdered shoots and/or leaves should be prepared as an infusion (see direction for use). Methods of preparation: Non-Standardized Ethanolic Extracts (Dry extract, Tincture, Fluid extract) 0.75-3 grams of dried shoots and/or leaves, per day (Chevallier 1996; Hoffmann 1996). Direction(s) for use Dried or powdered shoots and/or leaves Pour 475 ml (1 pint) of boiling water over 32 g (1 ounce) of dried/powdered shoots/shoots and leaves/leaves, infuse for 10 minutes and strain (Grieve 1971; Wren 1907). 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) 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 (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 Bartram T. 1998. Bartram's Encyclopedia of Herbal Medicine. New York (NY): Marlowe and Company. Chevallier A. 1996. The Encyclopedia of Medicinal Plants. London (UK): Dorling Kindersley Limited. Culpeper N. 1995. Complete Herbal. Ware (UK): Wordsworth Editions Limited; [Reprint of 1653 original]. Felter HW, Lloyd JU. 1983. King's American Dispensatory, Volume 1, 18th edition. Sandy (OR): Eclectic Medical Publications; [Reprint of 1898 original]. Grieve M. 1971. A Modern Herbal, Volume 1. New York (NY): Dover Publications; [Reprint of 1931 Harcourt, Brace & Company publication]. Hoffmann D. 1996. The Complete Illustrated Holistic Herbal. Boston (MA): Element Books Ltd. Lust J. 1987. The Herb Book. New York (NY): Bantam Books Incorporated, published by arrangement with Benedict Lust Publications. McGuffin M, Kartesz JT, Leung AY, Tucker AO, 2000. editors. Herbs of Commerce, 2nd edition. Silver Spring (MD): American Herbal Products Association. Meyer JE. 1993. The Herbalist. Glenwood (IL): Meyerbooks. Meyrick W. 1790. 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. USDA 2019: United States Department of Agriculture, Agricultural Research Service, National Genetic Resources Program. Germplasm Resources Information Network (GRIN) [online database]. *Prunella vulgaris* L. Beltsville (MD): National Germplasm Resources Laboratory. [Accessed 2019 July 10]. Available from: <https://npgsweb.ars-grin.gov/gringlobal/taxon/taxonomysimple.aspx> Williamson EM. 2003. *Potter's Herbal Cyclopaedia*. Saffron Walden (UK): C.W. Daniel Company Limited. Wren RC. 1907. *Potter's Cyclopaedia of Botanical Drugs and Preparations*. London (UK): Potter and Clark. References reviewed Bensky D and Gamble A. 1993. *Chinese Herbal Medicine Materia Medica*. Revised edition. Seattle (WA): Eastland Press, Incorporated. Duke JA, Bogenschutz-Godwin MJ, du Cellier J, Duke PK. 2002. *Handbook of Medicinal Herbs*, 2nd edition. Boca Raton (FL): CRC Press. Fauci AS, Braunwald E, Isselbacher KJ, Wilson JD, Martin JB, Kasper DL, Hauser SL and Longo DL, 1998. editors. *Harrison's Principles of Internal Medicine*, 14th edition. Toronto (ON): McGraw-Hill Health Professions Division. Fetrow CW, Avila JR. 2004. *Professional's Handbook of Complementary and Alternative Medicines*, 3rd edition. Philadelphia (PA): Lippincott Williams and Wilkins. Gerard J. 1975. *The Herbal or General History of Plants. The Complete 1633 Edition as Revised and Enlarged by Thomas Johnson*. NY (NY): Dover Publications. Hoffmann D. 2003. *Medical Herbalism*. Rochester (VT): Healing Arts Press. Sherman JA. 1993. *The Complete Botanical Prescriber*, 3rd edition. Corvallis (OR): self-published. Shou-zhong Y, translator. 2004. *The Divine Farmer's Materia Medica - A translation of the Shen Nong Ben Cao Jing*. Boulder (CO): Blue Poppy Press. Wiersema J, León B. 1999. *World Economic Plants: A Standard Reference*. Boca Raton (FL): CRC Press LLC. Williamson EM, Evans FJ, Wren RC. 1988. *Potter's New Cyclopaedia of Botanical Drugs and Preparations*. Saffron Walden (UK): C.W. Daniel Company Limited. Wiseman N and Ye F. 1999. *A Practical Dictionary of Chinese Medicine*. 2nd edition. Brookline (MA): Paradigm Publications. Yeung H. 1998. *Handbook of Chinese Herbal Formulas*. Rosemeade (CA): Institute of Chinese Medicine. 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 (NHPR).

## **DOSAGE FORM(S)**

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.

## **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) 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 (NHPR).

STORAGE CONDITION(S)

Must be established in accordance with the requirements described in theNatural 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.

Proper name(s)	Common name(s)	Source information		
Source material(s)	Part(s)	Preparation(s)		
Prunella vulgaris	Common selfhealHeal-allPrunellaSelf-healWo	Prunella vulgaris	LeafShootShoot and leaf	Dr