



MUGWORT

- Date:** January 15, 2008
- Proper name(s):** *Artemisia vulgaris* L. (Asteraceae) (USDA 2007)
- Common name(s):** Mugwort, Summitates Artemisiae (vulgaris), Felon herb, Wild wormwood, St. John's plant (Wichtl 2004; McGuffin et al. 2000).
- Source material(s):** Aerial parts (Bradley 2006; Grieve 1971 [1931])
- Route(s) of administration:** Oral
- Dosage form(s):** Those suited to the allowable route(s) of administration. This monograph is not intended to include food-like dosage forms such as bars, chewing gums or beverages.
- Use(s) or Purpose(s):** Statement(s) to the effect of:
- ▶ Traditionally used in Herbal Medicine to stimulate the appetite (orexigenic) (Bradley 2006; Williamson et al. 1988; Grieve 1971 [1931]).
 - ▶ Traditionally used in Herbal Medicine to aid digestion (stomachic) (Bradley 2006; Hoffmann 2003; Williamson et al. 1988; Grieve 1971 [1931]).
 - ▶ Traditionally used in Herbal Medicine to stimulate secretion of bile (choloretic) (Bradley 2006; Wichtl 2004; Williamson et al. 1988).
- Dose(s):** Preparations equivalent to 0.2-2.4 g dried aerial parts, three times per day (Bradley 2006; Wichtl 2004; Hoffmann 2003).
- See Appendix 1 for examples of appropriate dosage preparations, frequencies of use and directions for use, according to cited references. The purpose of Appendix 1 is to provide guidance to industry.

Duration of use: No statement required.
Risk information: Statement(s) to the effect of:

Caution(s) and warning(s): Consult a health care practitioner if symptoms persist or worsen.

Contraindication(s):

- ▶ Do not use if you are pregnant or breastfeeding (Brinker 2001; Blumenthal et al. 1998; Williamson et al. 1988).
- ▶ Do not use if you are allergic to plants of the Asteraceae/Compositae/Daisy family (Wichtl 2004; Hoffmann 2003; Brinker 2001).

Known adverse reaction(s):

Hypersensitivity/allergy is known to occur, in which case, discontinue use (Wichtl 2004; Hoffmann 2003; Brinker 2001).

Non-medicinal ingredients: Must be chosen from the current NHPD *List of Acceptable Non-medicinal Ingredients* and must meet the limitations outlined in the list.

Specifications: Must comply with the minimum specifications outlined in the current NHPD *Compendium of Monographs*.

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

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Wichtl M, editor. Herbal Drugs and Phytopharmaceuticals: A Handbook for Practice on a Scientific Basis, 3rd edition. Stuttgart (D): Medpharm GmbH Scientific Publishers; 2004.

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Appendix 1: Examples of appropriate dosage preparations, frequencies of use and directions for use

Infusion:

- ▶ 0.5-2 g dried aerial parts, 3 times per day (Bradley 2006)
- ▶ 1.2 g (1 teaspoon) dried aerial parts, 2-3 times per day
Directions for use: Pour 150 ml boiling water over dried aerial parts, steep for 5 minutes in a covered cup, then strain (Wichtl 2004).
- ▶ 1.2-2.4 g (1-2 teaspoons) dried aerial parts, 3 times per day
Directions for use: Pour 250 ml (one cup) of boiling water over dried aerial parts and infuse for 10 to 15 minutes in a covered container (Hoffmann 2003).

Fluidextract:

0.5-2 g dried equivalent, 3 times per day
(1:1, 25% alcohol, 0.5-2 ml) (Bradley 2006)

Tincture:

0.2-0.8 g dried equivalent, 3 times per day
(1:5, 25% alcohol, 1-4 ml) (Hoffmann 2003)