

Re-imagining the Profession: New Models of Practice



“Schedule III” herbs: use it or lose it or,
you can still ride a bicycle but what
about the traffic?

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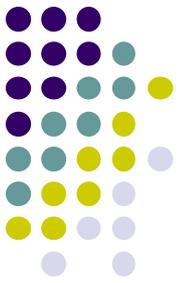
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THE MEDICINES BILL

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President, National Institute of Medical Herbalists



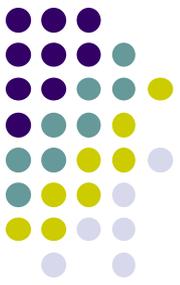
- Current legal status of these herbs
- Long term care: *Convallaria majalis*
- Acute care: *Chelidonium majus*
- Dosage: *Lobelia inflata*
- Quality assurance: *Hyoscyamus niger*
- Practitioners: *Gelsemium sempervirens*

“Schedule III”: Part 3 of SI 1977/2130



- Substances which may be prescribed by herbal practitioners 'after being requested by or on behalf of that person and in that person's presence to use his own judgement as to the treatment required.'
- Medicines [Retail Sale or Supply of Herbal Remedies] Order 1977 (SI 1977/2130):
will form Schedule 20, Human Medicines Regulations 2012 (MHRA, 2011)

DRAFT: The Human Medicines Regulations 2012



3 (1) Subject to paragraph (8), these Regulations shall not apply in circumstances where any of the following paragraphs of this regulation applies.....

(4) This paragraph applies where a herbal medicinal product is manufactured or assembled by a person (“A”) if—

(a) the manufacture or assembly takes place on premises occupied by A and from which A can exclude the public;

(b) the product is for administration to a person (“B”) and A has been requested by or on behalf of B, and in B’s presence, to use A’s judgment as to the treatment required;

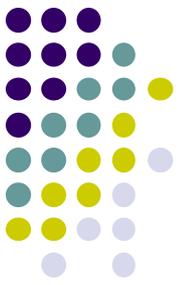
Long term care: *Convallaria majalis*

150mg maximum dose
450mg maximum dose/day

= 2.25 ml daily of 1:5
Tincture
or 15ml per week
(assuming 5ml tds)

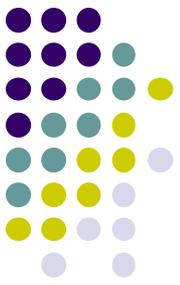


Man, age 83, now 90, atrial fibrillation

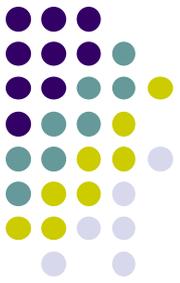


Herb	Tr. Conc.	ml
Flor. <i>Crataegus monogyna</i>	1:3 45%	20
Rad. <i>Salvia miltiorrhiza</i> (own, decocted)	1:4 25%	20
Fol. <i>Convallaria majalis</i>	1:5 45%	10
Fol. <i>Hypericum perforatum</i> (fresh)	1:3 60% (varies)	30
Cort. <i>Cinnamomum zeylanicum</i>	1:3 45%	20
Other herbs: <i>Ginkgo biloba</i> , <i>Aesculus hippocastanum</i> , <i>Zingiber officinalis</i> , <i>Eleutherococcus senticosus</i>		100
Dose: 5ml bd. (takes somewhat less)		

Acute care: *Chelidonium majus*



Man, age 39, attacks of pain for up to 8 hours at night, for last 8 weeks, “too busy to have op”, scan, “inflamed and shrivelled gall bladder”



Herb	Tr. ml.
Fol/flor. <i>Chelidonium majus</i> (own, fresh, 1:3 30% approx.)	15
Rad. <i>Taraxacum officinale</i>	15
Fol. <i>Galium aparine</i>	10
Fol. <i>Verbena officinalis</i>	15
Rad. <i>Echinacea purpurea</i> (decocted)	10
Rad. <i>Astragalus membranaceus</i> (decocted)	15
Rad. <i>Angelica archangelica</i> (fresh)	15
Dose: 5ml tds	95!
Also, <i>Ulmus fulva</i> powder, oats, and to eat sitting down!	Mitte 190!



Risk/benefit?

- “highly praised in western phytotherapy and traditional Chinese medicine” (Gilca et al., 2010)
- Main indications: “cholecystitis”, gall stones (BHP) but used for liver function in the wider sense
- “Schedule III” dose very high
- BHP (1983) recommends 2-4 mL tds, Tr. 1:10
- 22 spontaneous reports of hepatotoxicity (highly probable 2, probable 6, possible 10) (Teschke et al., 2011)
 - Commission E: “cramp-like disorders of the biliary and gastrointestinal tract”

Dosage: *Lobelia inflata*, as expectorant



Bronchial muscles
relax; cough
productive

“spasmodic asthma
with secondary
bronchitis”

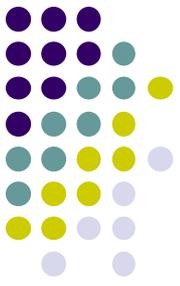
(BHP, 1983)

- Maximum dose: 200 mg
- Maximum daily: 600 mg
- Tincture 1:5: 3 ml daily



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Lobelia inflata, as expectorant



- Only use briefly where the person has low energy (Priest, Priest, 1982)
- So, remember external usage (Church, 1995)
- Cook (1869) argues a 1:10 tincture in vinegar is useful expectorant (less emetic),
5-10 drops per hour in demulcent tea
- And I make this preparation for my dispensary
- I took 5mL, 1:10 at night, 6 nights (500mg)

Traditional expectorant formulations: Acid tincture of *Lobelia inflata*



Skelton (1852) 1:8 (approx)

50g seed, 10g leaf, 1 tsp cayenne in 500 mL vinegar
(Imperial teaspoon was 3.5 mL (Tobyn et al, 2010))

Dose in asthma: 2-3 tsp, night (7-10mL) = 1200 mg

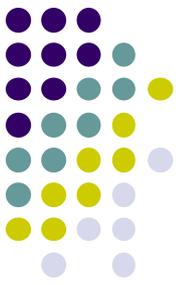
Fox (1909) 1:5 50g seed, 50g herb

Macerate, 500mL vinegar, 7 days. Shake daily.

- Dose: 15 drops tds in tea of *Marrubium vulgare* (for *Marrubium*, see de Vos, 2010).
- Estimating 20 drops = 1 mL, this is 16ml/week.
- Dispense mL not drops!
- Label: Take three 5mL doses a day. Do not exceed dose.

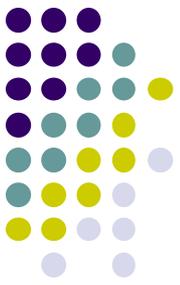
Quality:

Hyoscyamus niger, Turkey

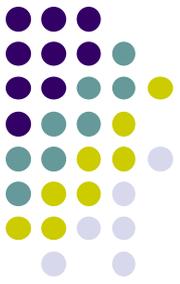


Practitioners:

Gelsemium sempervirens, Italy

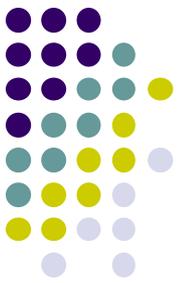


Survey of Members of NIMH: 1998 (Denham, 1999)



Which conditions would you find hard to treat without Gelsemium?

- migraine; recurrent headache
- severe pain due to osteoarthritis, injury, multiple sclerosis
- atrial fibrillation
- Meniere's Disease; insomnia,
- period pain
- Neuralgia; post-herpetic neuralgia; trapped nerve



References:

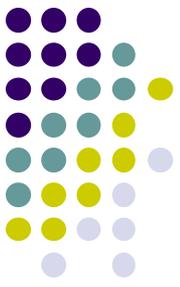
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