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

Alison Denham BA (Soc), FNIMH
Herbal Practitioner, Leeds
Senior Lecturer, University of Central Lancashire
adenham@uclan.ac.uk
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.'

(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

<table>
<thead>
<tr>
<th>Herb</th>
<th>Tr. Conc.</th>
<th>ml</th>
</tr>
</thead>
<tbody>
<tr>
<td>Flor. <em>Crataegus monogyna</em></td>
<td>1:3</td>
<td>45%</td>
</tr>
<tr>
<td>Rad. <em>Salvia miltiorrhiza</em> (own, decocted)</td>
<td>1:4</td>
<td>25%</td>
</tr>
<tr>
<td>Fol. <em>Convallaria majalis</em></td>
<td>1:5</td>
<td>45%</td>
</tr>
<tr>
<td>Fol. <em>Hypericum perforatum</em> (fresh)</td>
<td>1:3</td>
<td>60%</td>
</tr>
<tr>
<td>Cort. <em>Cinnamomum zeylanicum</em></td>
<td>1:3</td>
<td>45%</td>
</tr>
<tr>
<td>Other herbs: <em>Ginkgo biloba</em>, <em>Aesculus hippocastanum</em>, <em>Zingiber officinalis</em>, <em>Eleutherococcus senticoccus</em></td>
<td></td>
<td>100</td>
</tr>
</tbody>
</table>

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”

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


References


References


