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**American Herbal Pharmacopoeia® and Therapeutic Compendium
Standards of Analysis, Quality Control, and Therapeutics**

AHP Releases Monograph Standards, Motherwort Aerial Parts (*Leonurus cardiaca*; *Leonurus quinquelobatus*) Monograph and Therapeutic Compendium

The American Herbal Pharmacopoeia® (AHP), a California-based non-profit research organization, has released its quality control standards and therapeutic compendium for the botanical dietary supplement *Motherwort aerial Parts (Leonurus cardiaca*; *L. quinquelobatus*). Each monograph establishes standards for assuring authenticity, purity, and quality control of the monographed botanical. Accompanying the standards is the AHP Therapeutic Compendium which provides a complete and critical review of the pharmacological and safety data currently available, including information on pharmacokinetics, pharmacodynamics, actions, medical indications, historical and modern and traditional use, structure and function claims, dosages, interactions, side effects, contraindications, toxicology, and more.

This monograph was a result of an international collaboration of researchers at the University Medical Center Göttingen, Germany; the Poznan University of Medical Sciences, Department of Pharmacognosy in Poland; the University of Medicine and Pharmacy Department of Pharmacognosy, Phytochemistry, and Phytotherapy, Bucharest, Romania; the University of Vienna, Austria; and University of Reading, United Kingdom and included reviewers from China, Kazakhstan, and Russia, as well as the United States. There is strong traditional data regarding the efficacy of motherwort in treating cardiac palpitations, high blood pressure, and occasional anxiety, among other uses. Clinical evidence points to its use for cardiac complaints, hypertension, and symptoms associated with hypertension.

Of specific interest is the relationship between *L. cardiaca* and *L. quinquelobatus*, formerly *L. cardiaca* var *villosus*. The two appear to be virtually identical with the exception of the latter species being much more hairy than *L. cardiaca*. Both occur on the North American market, only *L. quinquelobatus* does not occur in most texts and is lacking from the 2nd edition of Herbs of Commerce (HOC). This may lead some to believe it is an adulterant for those only labeling their products as "motherwort," which according to HOC, must be *L. cardiaca*. This is an artifact of botanical nomenclatural changes and ***L. quinquelobatus* should not be considered an adulterant of *L. cardiaca***. Also addressed is the potential for mixups to occur between Western motherwort (*L. cardiaca*/*L. quinquelobatus*) and Asian motherwort (*L. japonicus*). While the two are very similar from a traditional use perspective (actually identically), morphologically,

chemically, and pharmacologically, there are differences that can be discerned and methods are provided.

"Motherwort is an underutilized botanical. Thanks to the many international collaborators, this monograph represents the most complete body of information on motherwort to date."

Roy Upton, President, American Herbal Pharmacopoeia

Each monograph is available for \$44.95 (print) or \$39.95 (PDF) through the American Herbal Pharmacopoeia at http://www.herbal-ahp.org/order_online.htm

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