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

AHP Releases Monograph Standards, Osha Root (*Ligusticum porteri* and closely related species) Monograph and Therapeutic Compendium

The American Herbal Pharmacopoeia (AHP) is pleased to announce the release of a Monograph and Therapeutic Compendium for Oshá *Ligusticum porteri* and closely related species. The monograph was a joint effort of AHP, United Plant Savers, and the ERB Foundation of the American Herbal Products Association (AHPA). According to AHP President Roy Upton; The osha monograph is historic in that it is the first pharmacopoeia monograph ever developed for this botanical. Not only does it present the rich history of ethnobotanical use of one of the most important of North American indigenous plants, it presents detailed information on sustainable harvest practices based on formal population studies that were also underwritten by the AHPA-ERB Foundation and conducted by Dr. Kelly Kindscher of the University of Kansas."

The unique history of oshá, also known as bear root, will be an especially pleasurable read due to stories of the herb-bear relationship recounted by noted professor of biology Dr. Shawn Sigstedt, traditional uses to ward off snakes and cut worms, and even an account relayed by herbalist Ann Drucker of a bear who used the root in an attempt to heal its gunshot wounds. A unique feature of the oshá monograph is that it recognizes the fact that multiple species of *Ligusticum* were referred to as oshá or bear root, most specifically include *L. canbyi*, *L. filicinum*, *L. grayi*, and *L. tenuifolium*. This is significant in that most anyone using osha believes they are using *L. porteri*, because that is the name assigned to osha in popular writings and in *Herbs of Commerce*. However, the reality is that the species are very difficult even for experts to distinguish. This is equally significant due to the fact that oshá is not readily cultivated. While some successful attempts have been made, it has not yet proven to be a commercially sustainable proposition. This makes utilization of multiple species, especially closely related species such as European lovage (*Levisticum officinalis*) that are easily cultivated, important to consider.

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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