EUROPEAN MEDICINES AGENCY
SCIENCE MEDICINES HEALTH

27 March 2018
EMA/HMPC/48745/2017
Committee on Herbal Medicinal Products (HMPC)

European Union herbal monograph on *Cimicifuga racemosa* (L.) Nutt., rhizoma

Final

Initial assessment	
Discussion in Working Party on European Union monographs and list (MLWP)	January 2008 March 2008 January 2009 July 2009 September 2009
Adoption by Committee on Herbal Medicinal Products (HMPC) for release for consultation	17 September 2009
End of consultation (deadline for comments)	15 February 2010
Re-discussion in MLWP	July 2010 November 2010
Adoption by HMPC Monograph (EMA/HMPC/600717/2007) AR (EMA/HMPC/3968/2008) List of references (EMA/HMPC/102303/2008) Overview of comments received during public consultation (EMA/HMPC/439318/2010) HMPC Opinion (EMA/HMPC/756918/2010)	25 November 2010
First systematic review	
Discussion in MLWP	January 2017 March 2017 May 2017
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Keywords	Herbal medicinal products; HMPC; European Union herbal monographs; well-established medicinal use; *Cimicifuga racemosa* (L.) Nutt., rhizoma; Cimicifugae rhizoma; black cohosh

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BG (bulgarski): Цимицифуга, коренище CS (čeština): ploštičníkový kořen DA (dansk): Sølvlysrhizom DE (Deutsch): Cimicifugawurzelstock EL (elliniká): ακταίας βοτρυοειδούς ρίζωμα EN (English): black cohosh ES (español): Cimicifuga, rizoma de ET (eesti keel): lursslillejuurikas FI (suomi): tähkäkimikki, juurakko FR (français): actée à grappes (rhizome d') HR (hrvatski): cimucifugin podanak HU (magyar): fürtös poloskavész gyökértörzs IT (italiano): Cimicifuga rizoma	LT (lietuvių kalba): Kekinių blakėžudžių šakniastiebiai LV (latviešu valoda): Sudrabsveces saknenis MT (Malti): riżoma tal-Koħox NL (Nederlands): Zilverkaars PL (polski): Kłącze pluskwicy groniastej PT (português): cimicifuga, rizoma RO (română): rizom de cimicifuga SK (slovenčina): podzemok ploštičníka SL (slovenščina): korenika grozdnate svetlike (cimicifuge) SV (svenska): läkesilverax, jordstam IS (íslenska): NO (norsk): Klaseormedruerot

European Union herbal monograph on *Cimicifuga racemosa* (L.) Nutt., rhizoma

1. Name of the medicinal product

To be specified for the individual finished product.

2. Qualitative and quantitative composition[1, 2]

Well-established use	Traditional use
With regard to the marketing authorisation application of Article 10(a) of Directive 2001/83/EC *Cimicifuga racemosa* (L.) Nutt., rhizoma (black cohosh) i) Herbal substance Not applicable ii) Herbal preparations a) Dry extract (DER 5-10:1), extraction solvent ethanol 58% (V/V) b) Dry extract (DER 4.5-8.5:1), extraction solvent ethanol 60% (V/V) c) Dry extract (DER 6-11:1), extraction solvent propan-2-ol 40% (V/V)	

3. Pharmaceutical form

Well-established use	Traditional use
Herbal preparation in solid dosage forms for oral use. The pharmaceutical form should be described by the European Pharmacopoeia full standard term.	

1 The declaration of the active substance(s) for an individual finished product should be in accordance with relevant herbal quality guidance.

2 The material complies with the Ph. Eur. monograph (ref.: 2069)

4. Clinical particulars

4.1. Therapeutic indications

Well-established use	Traditional use
Herbal medicinal product for the relief of menopausal complaints such as hot flushes and profuse sweating.	

4.2. Posology and method of administration

Well-established use	Traditional use
Posology *Female adults* Herbal preparation a) Single dose: 2.8 mg Dosage frequency: 2 times daily Daily dose: 5.6 mg Herbal preparation b) Single dose: 6.5 mg Dosage frequency: 1 single daily dose Daily dose: 6.5 mg Herbal preparation c) Single dose: 2.5 mg or 5.0 mg Dosage frequency: 1-2 times daily Daily dose: 5.0 mg There is no relevant indication in men, children and adolescents. **Duration of use** If the symptoms persist during the use of the medicinal product, a doctor or a pharmacist should be consulted. Cimicifugae rhizoma should not be taken for more than 6 months without medical advice. **Method of administration** Oral use	

4.3. Contraindications

Well-established use	Traditional use
Hypersensitivity to the active substance.	

4.4. Special warnings and precautions for use

Well-established use	Traditional use
Patients with a history of liver disorder should take Cimicifugae rhizoma preparations with caution (see section 4.8 'Undesirable effects'). Patients should stop taking Cimicifugae rhizoma preparations and consult their doctor immediately if they develop signs and symptoms suggestive of liver injury (tiredness, loss of appetite, yellowing of skin and eyes or severe upper stomach pain with nausea and vomiting or dark urine). If vaginal bleeding occurs or other symptoms occur, a doctor should be consulted. Cimicifugae rhizoma preparations should not be used together with oestrogens unless advised by a doctor. Patients who have been treated or who are undergoing treatment for breast cancer or other hormone-dependent tumours should not use Cimicifugae rhizoma preparations without medical advice. Please see section 5.3. 'Preclinical safety data'. If the symptoms worsen during the use of the medicinal product, a doctor or a pharmacist should be consulted.	

4.5. Interactions with other medicinal products and other forms of interaction

Well-established use	Traditional use
None reported	

4.6. Fertility, pregnancy and lactation

Well-established use	Traditional use
Safety during pregnancy and lactation has not been established. In the absence of sufficient data, the use during pregnancy and lactation is	

Well-established use	Traditional use
not recommended. Women of childbearing potential should consider using effective contraception during treatment. No fertility data are available.	

4.7. Effects on ability to drive and use machines

Well-established use	Traditional use
No studies on the effect on the ability to drive and use machines have been performed.	

4.8. Undesirable effects

Well-established use	Traditional use
Hepatobiliary disorders Liver toxicity (including hepatitis, jaundice, disturbances in the liver function tests) is associated with the use of Cimicifugae rhizoma containing products. The frequency is not known. *Skin and subcutaneous tissue disorders* Allergic skin reactions (urticaria, itching, exanthema), facial oedema and peripheral oedema have been reported. The frequency is not known. *Gastrointestinal disorders* Gastrointestinal symptoms (i.e. dyspeptic disorders, diarrhoea) have been reported. The frequency is not known. If other adverse reactions not mentioned above occur, a doctor or a pharmacist should be consulted.	

4.9. Overdose

Well-established use	Traditional use
No case of overdose has been reported.	

5. Pharmacological properties

5.1. Pharmacodynamic properties

Well-established use	Traditional use
Pharmacotherapeutic group: other gynaecologicals. Proposed ATC code: G02CX04 Neither the mode of action nor the constituents relevant for the improvement of menopausal complaints are known.	

5.2. Pharmacokinetic properties

Well-established use	Traditional use
No data available.	

5.3. Preclinical safety data

Well-established use	Traditional use
In a six-month study in rats the no-observed-effect-level (NOEL) for the isopropanolic extract (granulate) was defined with 22.5 mg native extract/kg bodyweight. Evidence from *in-vitro* and *in-vivo* pharmacological studies suggests that Cimicifugae rhizoma extracts do not influence the latency or development of breast cancer. However, contradictory results have been obtained in other *in-vitro* experiments. In Cimicifugae rhizoma-treated (isopropanolic black cohosh extract equivalent to 40 mg of root and rhizome), tumour-bearing, female transgenic mice, the percentage of mice with detectable metastatic lung tumours at necropsy was increased compared to those on the control diet. However, in the same experimental model, no increase in primary breast tumour was seen. Influence on breast cancer or other hormone-depending tumours cannot be excluded. Adequate tests on genotoxicity, carcinogenicity and reproductive toxicity have not been performed.	

6. Pharmaceutical particulars

Well-established use	Traditional use
Not applicable	

7. Date of compilation / last revision

27 March 2018