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**COMMITTEE ON HERBAL MEDICINAL PRODUCTS
(HMPC)**

FINAL

COMMUNITY HERBAL MONOGRAPH ON *POLYPODIUM VULGARE* L., RHIZOMA

DISCUSSION IN WORKING PARTY ON COMMUNITY MONOGRAPHS AND COMMUNITY LIST (MLWP)	January 2008 March 2008 May 2008
ADOPTION BY HMPC FOR RELEASE FOR CONSULTATION	8 May 2008
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REDISCUSSION IN WORKING PARTY ON COMMUNITY MONOGRAPHS AND COMMUNITY LIST (MLWP)	November 2008
ADOPTION BY HMPC	6 November 2008

KEYWORDS	Herbal medicinal products; HMPC; Community herbal monographs; traditional use; <i>Polypodium vulgare</i> L.; Polypodii rhizoma; polypody rhizome
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¹ No comments were received during the public consultation period.

COMMUNITY HERBAL MONOGRAPH ON *POLYPODIUM VULGARE* L., RHIZOMA

1. NAME OF THE MEDICINAL PRODUCT

To be specified for the individual finished product.

2. QUALITATIVE AND QUANTITATIVE COMPOSITION²

<u>Well-established use</u>	<u>Traditional use</u>
	<p>With regard to the registration application of Article 16d(1) of Directive 2001/83/EC as amended</p> <p><i>Polypodium vulgare</i> L., rhizoma (polypody rhizome)</p> <p>i) Herbal substance Not applicable</p> <p>ii) Herbal preparations Comminuted herbal substance for tea preparation</p>

3. PHARMACEUTICAL FORM

<u>Well-established use</u>	<u>Traditional use</u>
	<p>Herbal preparations in solid dosage forms for oral use.</p> <p>The pharmaceutical form should be described by the European Pharmacopoeia full standard term.</p>

² The declaration of the active substance(s) for an individual finished product should be in accordance with relevant herbal quality guidance.

4. CLINICAL PARTICULARS

4.1. Therapeutic indications

<u>Well-established use</u>	<u>Traditional use</u> a) Traditional herbal medicinal product used as an expectorant in cough and cold. b) Traditional herbal medicinal product for short-term use in cases of occasional constipation. The product is a traditional herbal medicinal product for use in specified indications exclusively based upon long-standing use.
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4.2. Posology and method of administration

<u>Well-established use</u>	<u>Traditional use</u> Posology <i>Adolescents over 12 years of age, adults, elderly</i> Indication a) Comminuted herbal substance for tea preparation. Dried polypody rhizome: 4-5 g 3- 4 times daily Indication b) Comminuted herbal substance for tea preparation Dried polypody rhizome: 14-30 g daily The use is not recommended in children under 12 years of age (see section 4.4 'Special warnings and precautions for use'). Duration of use Not to be taken for more than 1 week. If the symptoms persist during the use of the medicinal product, a doctor or a qualified health care practitioner should be consulted. Method of administration Oral use.
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4.3. Contraindications

<u>Well-established use</u>	<u>Traditional use</u> Hypersensitivity to the active substance.
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4.4. Special warnings and precautions for use

<u>Well-established use</u>	<u>Traditional use</u> The use is not recommended in children under 12 years of age due to lack of adequate data. When dyspnoea, fever or purulent sputum occurs, a doctor or a qualified health care practitioner should be consulted.
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4.5. Interactions with other medicinal products and other forms of interaction

<u>Well-established use</u>	<u>Traditional use</u> None reported.
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4.6. Pregnancy and lactation

<u>Well-established use</u>	<u>Traditional use</u> Safety during pregnancy and lactation has not been established. In the absence of sufficient data, the use during pregnancy and lactation is not recommended.
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4.7. Effects on ability to drive and use machines

<u>Well-established use</u>	<u>Traditional use</u> No studies on the effect on the ability to drive and use machines have been performed.
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4.8. Undesirable effects

<u>Well-established use</u>	<u>Traditional use</u> <u>Indication a)</u> Mild laxative effect when used in cough and cold. The frequency is not known. <u>Indication b)</u> None known. If other adverse reactions not mentioned above occur, a doctor or a qualified health care practitioner should be consulted.
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4.9. Overdose

<u>Well-established use</u>	<u>Traditional use</u> No case of overdose has been reported.
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5. PHARMACOLOGICAL PROPERTIES

5.1. Pharmacodynamic properties

<u>Well-established use</u>	<u>Traditional use</u>
	Not required as per Article 16c(1)(a)(iii) of Directive 2001/83/EC as amended.

5.2. Pharmacokinetic properties

<u>Well-established use</u>	<u>Traditional use</u>
	Not required as per Article 16c(1)(a)(iii) of Directive 2001/83/EC as amended.

5.3. Preclinical safety data

<u>Well-established use</u>	<u>Traditional use</u>
	Not required as per Article 16c(1)(a)(iii) of Directive 2001/83/EC as amended, unless necessary for the safe use of the product. Tests on reproductive toxicity, genotoxicity and carcinogenicity have not been performed.

6. PHARMACEUTICAL PARTICULARS

<u>Well-established use</u>	<u>Traditional use</u>
	Not applicable.

7. DATE OF COMPILATION/LAST REVISION

6 November 2008