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

FINAL

COMMUNITY HERBAL MONOGRAPH ON AVENA SATIVA L., HERBA

DISCUSSION IN WORKING PARTY ON COMMUNITY MONOGRAPHS AND COMMUNITY LIST (MLWP)	May 2007 July 2007 September 2007 October 2007
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KEYWORDS	Herbal medicinal products; HMPC; Community herbal monographs; traditional use; <i>Avena sativa</i> L.; Avenae herba; oat herb
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COMMUNITY HERBAL MONOGRAPH ON AVENA SATIVA L., HERBA

1. NAME OF THE MEDICINAL PRODUCT

To be specified for the individual finished product.

2. QUALITATIVE AND QUANTITATIVE COMPOSITION ¹

<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>Avena sativa</i> L., herba (oat herb) aerial parts harvested before flowering –dried or fresh.</p> <p>i) Herbal substance Not applicable</p> <p>ii) Herbal preparations</p> <ul style="list-style-type: none"> - Comminuted herbal substance - Liquid extract (1:4-6; ethanol 15-50% v/v) - Liquid extract (1:4-6; water). <p>iii) Dry extracts corresponding to extracts mentioned under ii)</p> <p>iv) Expressed juice from the fresh herb (1:0.64-0.80)</p>

3. PHARMACEUTICAL FORM

<u>Well-established use</u>	<u>Traditional use</u>
	<p>Herbal preparation in solid or liquid dosage form or as herbal tea for oral use.</p> <p>The pharmaceutical form should be described by the European Pharmacopoeia full standard term.</p>

¹ 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> Traditional herbal medicinal product for relief of mild symptoms of mental stress and to aid sleep. 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> Herbal preparations Single dose Comminuted herbal substance: 3 g for the preparation of an infusion. Liquid extract (1:4-6 ethanol 15-50% v/v): up to 5 ml up to 3 times daily Liquid extract (1:4-6 water): up to 5 ml up to 3 times daily Other preparations corresponding to the daily dose of 3 g dried herb. Expressed juice from the fresh herb: 10 ml 3-4 times 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 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 the lack of adequate data. Caution is advised when used in patients with coeliac disease because data on the protein content are not available. For liquid extracts containing ethanol, the appropriate labelling for ethanol, taken from the 'Guideline on excipients in the label and package leaflet of medicinal products for human use', must be included.
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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> May impair ability to drive and use machines. Affected patients should not drive or operate machinery.
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4.8. Undesirable effects

<u>Well-established use</u>	<u>Traditional use</u> None known. If adverse reactions 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.
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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.
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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.
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6. PHARMACEUTICAL PARTICULARS

<u>Well-established use</u>	<u>Traditional use</u> Not applicable.
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7. DATE OF COMPILATION/LAST REVISION

4 September 2008