



EUROPEAN MEDICINES AGENCY  
SCIENCE MEDICINES HEALTH

30 May 2017  
EMA/236406/2017

## Herbal medicine: summary for the public

---

# Diuretic herbal tea combinations

## *Species diureticae*

This is a summary of the scientific conclusions reached by the Committee on Herbal Medicinal Products (HMPC) on the medicinal uses of diuretic herbal tea combinations. The HMPC conclusions are taken into account by EU Member States when evaluating applications for the licensing of herbal medicines containing diuretic herbal tea combinations.

This summary is not intended to provide practical advice on how to use medicines containing these combinations. For practical information about using diuretic herbal tea combination medicines, patients should read the package leaflet that comes with the medicine or contact their doctor or pharmacist.

## What are diuretic herbal tea combinations?

Diuretic herbal tea combinations refer to certain combinations of up to a maximum of 4 of the following herbal substances:

- *Arctostaphylos uva-ursi* (L.) Spreng., folium ([bearberry leaf](#))
- *Agropyron repens* (L.) P. Beauv., rhizoma ([couch grass rhizome](#))
- *Betula pendula* Roth and/or *Betula pubescens* Ehrh., folium ([birch leaf](#))
- *Equisetum arvense* L., herba ([horsetail herb](#))
- *Ilex paraguariensis* St. Hilaire, folium ([maté leaf](#))
- *Juniperus communis* L., galbulus (synonym: *Juniperus communis* L., pseudo-fructus) ([juniper berry](#))
- *Levisticum officinale* Koch, radix ([lovage root](#))
- *Ononis spinosa* L., radix ([restharrow root](#))
- *Orthosiphon stamineus* Benth., folium ([Java tea](#))
- *Phaseolus vulgaris* L., fructus sine semine ([green bean pod](#))
- *Polygonum aviculare* L., herba ([knotgrass herb](#))





- *Solidago virgaurea* L., herba ([goldenrod](#))
- *Urtica dioica* L. and *Urtica urens* L., folium ([nettle leaf](#))

The HMPc conclusions only cover combinations which are obtained by drying and comminuting (reducing into tiny pieces) the relevant plant part.

## **What are the HMPc conclusions on its medicinal uses?**

The HMPc concluded that, on the basis of their long-standing use, diuretic herbal tea combinations can be used in minor complaints affecting the urinary tract (structures that carry urine) to increase production of urine in order to achieve flushing of the urinary tract.

Diuretic herbal tea combinations containing (among other active substances) juniper berry, lovage root, maté leaf, Java tea, green bean pod or bearberry leaf should only be used in adults, whereas those not containing these herbal substances can be used from the age of 12 years. If symptoms last longer than 2 weeks or worsen while taking the medicine, a doctor or a qualified health care practitioner should be consulted. Detailed instructions on how to take medicines containing diuretic herbal tea combinations and who can use them can be found in the package leaflet that comes with the medicine.

## **What evidence supports the use of diuretic herbal tea combinations?**

The HMPc conclusions on the use of these diuretic herbal tea combinations for minor urinary complaints are based on their 'traditional use'. This means that, although there is insufficient evidence from clinical trials, the effectiveness of these combinations is plausible and there is evidence that they have been used safely in this way for at least 30 years (including at least 15 years within the EU). Moreover, the intended use does not require medical supervision.

For information on the studies with the individual herbal substances which have been assessed by the HMPc, see the HMPc assessment report and other information published on the Agency's webpages related to each individual substance.

## **What are the risks associated with diuretic herbal tea combinations?**

For side effects, see the summary of the individual herbal medicine.

Diuretic herbal tea combinations must not be used in patients with conditions where a reduced fluid intake is recommended (such as severe heart or kidney disease).

Diuretic herbal tea combinations containing birch leaf must not be taken by patients who are hypersensitive to birch pollen and those containing lovage root must not be taken by patients who are hypersensitive to other plants of the Apiaceae family or to anethole.

Further information on the risks associated with these diuretic herbal tea combinations, including the appropriate precautions for their safe use, see the monograph and other information published on the Agency's webpages related to each individual substance.

## **How are diuretic herbal tea combinations approved in the EU?**

Any applications for the licensing of medicines containing diuretic herbal tea combinations have to be submitted to the national authorities responsible for medicinal products, which will assess the application for the herbal medicine and take into account the scientific conclusions of the HMPc.



Information on the use and licensing of diuretic herbal tea combinations medicines in EU Member States should be obtained from the relevant national authorities.

### **Other information about diuretic herbal tea combinations**

Further information on the HMPC assessment of diuretic herbal tea combinations, including details of the Committee's conclusions, can be found under the tab 'All documents' on the Agency's website: [ema.europa.eu/Find\\_medicine/Herbal\\_medicines\\_for\\_human\\_use](http://ema.europa.eu/Find_medicine/Herbal_medicines_for_human_use). For more information about treatment with diuretic herbal tea combination medicines, read the package leaflet that comes with the medicine or contact your doctor or pharmacist.