

London, 8 May 2008
Doc. Ref: EMEA/HMPC/4252/2008

COMMITTEE ON HERBAL MEDICINAL PRODUCTS (HMPC)

DRAFT

LIST OF REFERENCES FOR ASSESSMENT OF:

Urticae folium
Urtica dioica L.; Urtica urens L., folium
(nettle leaf)

The EMEA acknowledges that copies of the underlying works used to produce this monograph were provided for research only with exclusion of any commercial purpose.

A.R. Setty, and L.H. Sigal,MD: Herbal Medications Commonly Used in the Practice of Rheumatology: Mechanism of Action, Efficacy, and Side Effects, Seminars in Arthritis and Rheumatism 773-784, 2005

Anderson BE, Miller CJ, Adams DR: Stinging nettle dermatitis. Am J Contact Dermat. 2003 Mar;14(1):44-6.

Astrid Konrad, Michael Mähler, Stephan Arni, Beatrice Flogerzi, Sonja Klingelhöfer, Frank Seibold: Ameliorative effect of IDS 30, a stinging nettle leaf extract, on chronic colitis. Int J Colorectal Dis. 2005 Jan;20(1):9-17

Benigni R. Et al. In: Piante Medicinali-Chimica,farmacologia e terapia, Volume 2. Milano: Invernì & della Beffa, 1964: 1056-63

Bertok L. : A csalán összetétele és táplálóértéke (The composition and the nutritive value of Nettle) Magyar Allatorvosok Lapja 1956 ;11:162 through Chem .Abstr. 1958;52:20757b

Bombardelli E., Morazzoni P., *Urtica dioica L.* Fitoterapia 1997 ;68 :387-402.

Broer J, Behnke B.: Immunosuppressant effect of IDS 30, a stinging nettle leaf extract, on myeloid dendritic cells in vitro. J Rheumatol. 2002 Apr; 29(4):659-66

Broncano FJ ; Rebuelta M ; Lazaro-Carrasco MJ ; Vivas JM: Study of the effect of different preparations of *Urtica dioica L.* leaves on uterine smooth muscle. An. R. Acad. Farm.; VOL 53 ISS 1 1987, P 69-75, (REF 6)

Cetinus E, Kilinc M, Inanc F, Kurutas EB, Buzkan N.: The role of *urtica dioica* (urticaceae) in the prevention of oxidative stress caused by tourniquet application in rats. Tohoku J Exp Med. 2005 Mar;205(3):215-21.

Chrubasik S. et al: Evidence for antirheumatic effectiveness of Herba *Urticae dioicae* in acute arthritis: A pilot study. Phytomedicine Vol. 4 (2) pp. 105-108, 1997

DAB 10-KOMMENTAR Wissenschaftliche Erläuterungen zum Dutchen Arzneibuch,
10 Ausgabe 1991 Band II/1 Monographien A-D

Deutches Arzneibuch 10 Ausgabe 1991 Brennesselblätter Urticae folium

Durak I, Biri H, Devrim E, Sözen S, Avci A.: Aqueous extract of *Urtica dioica* makes significant inhibition on adenosine deaminase activity in prostate tissue from patients with prostate cancer. *Cancer Biol Ther.* 2004 Sep;3(9):855-7. Epub 2004 Sep 18

Farzami B, Ahmadvand D, Vardasbi S, Majin FJ, Khaghani Sh.: Induction of insulin secretion by a component of *Urtica dioica* leave extract in perfused Islets of Langerhans and its in vivo effects in normal and streptozotocin diabetic rats. *J. Ethnopharmacol.* 2003 Nov;89(1):47-53

Fijałek Z, Sołyk K, Lozak A, Kominek A, Ostapczuk P.: Determination of some micro- and macroelements in preparations made from peppermint and nettle leaves. : *Pharmazie.* 2003 Jul; 58(7):480-2.

Fintelmann, V. Menßen, G.H., Siegers, C.-P.: Phytotherapy Manual, Hippokrates Verlag Stuttgart, 1989

Friedrich Wolf: Gonarthrose, Brennesselblättter-Extract IDS 23 in der Langzeitwendung Der Kassenarzt Deutches Ärztemagazin 44(1998) 52-54:

Galelli A, Delcourt M, Wagner MC, Peumans W, Truffa-Bachi P.: Selective expansion followed by profound deletion of mature V beta 8.3+ T cells in vivo after exposure to the superantigenic lectin *Urtica dioica* agglutinin. *J Immunol.* 1995 Mar 15;154(6):2600-11.(Abstract)

Guil-Guerrero et al: Fatty acids and carotenoids from Stinging Nettle (*Urtica dioica* L.) Journal of Food Composition and Analysis Volume 16, Issue 2, April 2003, Pages 111-119, *Only abstract*

Gul N, Ahmed SA, Smith LA: Inhibition of the protease activity of the light chain of type A botulinum neurotoxin by aqueous extract from stinging nettle (*Urtica dioica*) leaf. *Basic Clin Pharmacol Toxicol.* 2004 Nov;95(5):215-9.

Gözüm S, Arikan D, Büyükkavci M.: Complementary and alternative medicine use in pediatric oncology patients in eastern Turkey. *Cancer Nurs.* 2007 Jan-Feb; 30(1):38-44. (Abstract)

Gözüm S, Tezel A, Koc M.: Complementary alternative treatments used by patients with cancer in eastern Turkey. *Cancer Nurs.* 2003 Jun;26(3):230-6

Hansen C. Brennesselblätter-Extract wirksam bei Arthroseschmerzen. Aktuelle Ergebnisse einer multizentrischen Anwendungsbeobachtung mit Rheuma-Hek. *Der Allgemeinarzt* 1996:654-7 (In ESCOP Monograph second edition reference 20.

Háznagy-Radnai E, Szendrei K, 2006: About Nettle – for pharmacist II Part Gyógyszerészet 50, 169-173; 179-181

Herbal Gram: The Journal of the American Botanical Council
<http://content.herbalgram.org/iherb/herbalgram/articleview.asp?a=2091>

Klingelhofer S, Obertreis B, Quast S, Behnke B. Antirheumatic effect of IDS 23, a stinging nettle leaf extract, on in vitro expression of T helper cytokines. *J Rheumatol.* 1999 Dec;26(12):2517-22.

Kültür S.: Medicinal plants used in Kırklareli Province (Turkey). *J Ethnopharmacol.* 2007 May 4; 111(2): 341-64.Epub 2006 Dec 12.

Lozak A, Sołyk K, Ostapczuk P, Fijałek Z.: Determination of selected trace elements in herbs and their infusions. *Sci Total Environ.* 2002 Apr 22;289(1-3):33-40. *Only abstract.*

Max Wichtle: Herbal Drugs and Phytopharmaceuticals, A Handbook for Practice on a Scientific Basis. Third expanded and completely revised edition 2004. medpharm GmbH Scientific Publisher

Mohammed El Haouari, Mohamed Bnouham, Mourad Bendahou, Mohammed Aziz, Abderrahim Ziyyat , Abdelkhaleq Legssyer , Hassane Mekhfi : Inhibition of Rat Platelet Aggregation by *Urtica dioica* Leaves Extracts, Phytother Res. 2006 Jul; 20(7):568-72.

Notten MJ, Oosthoek AJ, Rozema J, Aerts R: Heavy metal pollution affects consumption and reproduction of the landsnail *Cepaea nemoralis* fed on naturally polluted *Urtica dioica* leaves. Ecotoxicology. 2006 Apr; 15(3):295-304. Epub 2006 Apr 19.

Obertreis B, Giller K, Teucher T, Behnke B, Schmitz H. Antiphlogistische Effekte von Extraktum Urticae dioicae foliorum im Vergleich zu Kaffeoyläpfeläsäure. Arzneim-Forsch/Drug Res 1996a; 46:52-6

Obertreis B, Ruttkowski T, Teucher T, Behnke B, Schmitz H. Ex-vivo in-vitro inhibition of lipopolysaccharide stimulated tumor necrosis factor- α and interleukin-1 β secretion in human whole blood by Extraktum Urticae dioicae foliorum. Arzneim-Forsch/Drug Res 1996b; 46:389-94

Otoom SA, Al-safi SA, Kererm ZK, Alkofahi A.: The use of medicinal herbs by diabetic Jardanian patients. J. Herb Pharmacother. 2006;6(2):31-41 (Abstract)

Ozen, T., Korkmaz H: Modulatory effect of *Urtica dioica* L. (Urticaceae) leaf extract on biotransformation enzyme systems, antioxidant enzymes, lactate dehydrogenase and lipid peroxidation in mice. Phytomedicine. 2003; 10(5):405-15

Ramm S, Hansen C. 1995: Brennesselblätter-Extract bei rheumatischen Beschwerden. Dtsch Apoth Ztg 1995; 135 (39): 3-8

Ramm S, Hansen C. (1996): Multizentrische Anwendungsbeobachtungen mit Rheuma-Hek Brennesselblätter-Extrakt bei Arthrose und rheumatoider Arthritis Therapiewoche 28 (1996)

Ramm S, Hansen C. (1997): Brennesselblätter-Extrakt: Wirksamkeit und Verträglichkeit bei Arthrose and rheumatoider Arthritis. In: Chrubasik S (Hrsg.): Rheumatherapie mit Phytopharmaka

Ramm S, Hansen C. Arthrose: Brennesselblätter-Extrakt IDS 23 spart NSAR ein. Jatros Ortho 1997(1);12:29-33.

Randall C, Meethan K, Randall H, Dobbs F.: Nettle sting of *Urtica dioica* for joint pain--an exploratory study of this complementary therapy Complement Ther Med. 1999 Sep;7(3):126-31

Randall C, Randall H, Dobbs F, Hutton C, Sanders H: Randomized controlled trial of nettle sting for treatment of base-of-thumb pain. J R Soc Med. 2000 Jun; 93(6):305-9.

Riehemann K, Behnke B, Schulze-Osthoff K: Plant extracts from stinging nettle (*Urtica dioica*), an antirheumatic remedy, inhibit the proinflammatory transcription factor NF-kappaB. FEBS Lett. 1999 Jan 8; 442(1):89-94.

Schoening U., 1996. Strathmann data on file. In Julia E. Chribasik, Basil D. Roufogalis, Hildebert Wagner and Sigrun A. Chribasik : A comprehensive review on nettle effect and efficacy profiles, Part I: Herba urticae Phytomedicine 14 (2007) 423.-435

Schulze-Tanzil G, de SP, Behnke B, Klingelhofer S, Scheid A, Shakibaei M.: Effects of the antirheumatic remedy hox alpha – a new stinging nettle leaf extract – on matrix metalloproteinases in human chondrocytes in vitro. Histol Histopathol. 2002 Apr;17(2):477-85 Only abstract

Sommer R-G., Sinner B: IDS 23 in der Rheumatherapie. Kennen Sie den neuen Zytokin-antagonisten? Therapiewoche 1996; 46:44-49.

Szendrei K, Háznyag-Radnai E 2006. About Nettle – for pharmacist I. Part Gyógyszerészeti 50, 89-94

Taskila K, Saarinen JV, Harvima IT, Harvima RJ.: Histamine and LTC4 in stinging nettle-induced urticaria. Allergy. 2000 Jul;55(7):680-1.

Teucher T, Obertreis B, Ruttkowski T, Schmitz H. Cytokine secretion in whole blood of healthy subjects following oral administration of *Urtica dioica* L. plant extract] Arzneimittelforschung. 1996 Sep;46(9):906-10.

Toldy A, Stadler K, Sasvári M, Jakus J, Jung KJ, Chung HY, Berkes I, Nyakas C, Radák Z. The effect of exercise and nettle supplementation on oxidative stress markers in the rat brain. Brain Res Bull. 2005 May 30;65(6):487-93. Epub 2005 Mar 31

Tropical Plant Database (Rain Tree Nutrition), <http://www.rain-tree.com/nettles.htm>

Turker AU, Usta C. Biological screening of some Turkish medicinal plant extracts for antimicrobial and toxicity activities. Nat Prod Res. 2008 Jan; 22(2):136-46

Wolf F, Gulbin J, Mielke F.: Aktivierter Arthrose Brennesselblätter-Extrakt mit Leitsubstanz HOTrE (SRTAT) hemt Tumor-Nekrose-Faktor- α . Der Kassenarzt 16, 2001