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Motherwort

Leonurus cardiaca L., herba

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

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

What is motherwort?

Motherwort is the common name for the flowering parts of the plant *Leonurus cardiaca* L.

The HMPC conclusions only cover motherwort preparations that are obtained by drying and either comminuting (reducing into tiny pieces) or powdering the flowering parts, or by putting the plant material in a solvent (such as ethanol) to dissolve compounds and form a liquid extract.

Herbal medicines containing these motherwort preparations are usually available as herbal tea to be drunk or in liquid and solid forms to be taken by mouth.

Motherwort preparations may also be found in combination with other herbal substances in some herbal medicines. These combinations are not covered in this summary.

What are the HMPC conclusions on its medicinal uses?

The HMPC concluded that, on the basis of its long-standing use, these motherwort preparations can be used to relieve symptoms of nervous tension and nervous conditions of the heart such as palpitations (more noticeable heartbeats), after serious conditions have been excluded by a medical doctor.

Motherwort medicines should only be used in adults. If the symptoms continue longer than 4 weeks or worsen while taking the medicine, a doctor or a qualified health care practitioner should be consulted. Detailed instructions on how to take motherwort medicines and who can use them can be found in the package leaflet that comes with the medicine.



What evidence supports the use of motherwort medicines?

The HMPC conclusions on the use of these motherwort or medicines for nervous tension and nervous heart complaints are based on their 'traditional use'. This means that, although there is insufficient evidence from clinical trials, the effectiveness of these herbal medicines 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.

In its assessment, the HMPC also considered a clinical study in patients with high blood pressure and symptoms of anxiety and sleep disorders treated with motherwort. Although a possible effect in reducing blood pressure was observed, firm conclusions could not be drawn as the study was of short duration and motherwort was not compared with any other treatment. Therefore, the HMPC conclusions on the use of these motherwort medicines are based on their long-standing use.

For detailed information on the studies assessed by the HMPC, see the HMPC assessment report.

What are the risks associated with motherwort medicines?

At the time of the HMPC assessment, no side effects had been reported with these medicines.

Motherwort medicines must not be taken during pregnancy.

Further information on the risks associated with these motherwort medicines, including the appropriate precautions for their safe use, can be found in the monograph, which is published on the Agency's website under the section 'Documents': ema.europa.eu/medicines/herbal/leonuri-cardiaca-herba.

How are motherwort medicines approved in the EU?

Any applications for the licensing of medicines containing motherwort 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 motherwort medicines in EU Member States should be obtained from the relevant national authorities.

Other information about motherwort medicines

Further information on the HMPC assessment of motherwort medicines, including details of the Committee's conclusions, can be found in the section 'Documents' on the Agency's website: ema.europa.eu/medicines/herbal/leonuri-cardiaca-herba. For more information about treatment with motherwort medicines, read the package leaflet that comes with the medicine or contact your doctor or pharmacist.