

Hawthorn

Latin name: *Crataegus monogyna*, *C. laevigata*

Family: Rosaceae

Miscellaneous:

- Pleasant taste may tempt patient into overindulgence.

Uses:

German Commission E approved for patients with angina, cardiac insufficiency, and feeling of cardiac compression. Recommended for use in CHF, atherosclerosis, and arrhythmia conditions.¹

Mechanism:

Oligomeric procyanidins are responsible for this herb's therapeutic effect. These compounds are similar in effect to beta-blockers and act via dilation of the smooth muscle of coronary arteries to result in a reduction of vascular resistance.¹

Dosage:

Minimal therapeutic dosage is standardized to 5 mg flavone, 10 mg total phenols, or 5 mg epicatechin.

*10% OPC's = 120-240 mg TID

*Unfortunately, standardized extracts are extremely rare in the U.S. Unless standardized, any herb, especially those with cardiac implications, should not be utilized.

Contraindications/Side effects:

Pregnancy/breastfeeding. CNS depression results from high doses. May interact with similar prescription medications. Any heart-ailment should not be solely self-medicated. Nor should any cardiac medication be self-monitored.

Citation References:

1. Tyler, V., Robbers, J.: *Tyler's Herbs of Choice: The Therapeutic Use of Phytomedicinals*: 1999, pp. 129-131.

General References:

1. Tyler, V., Robbers, J.: *Tyler's Herbs of Choice: The Therapeutic Use of Phytomedicinals*: 1999, pp. 129-131.
2. Facts And Comparisons: *Guide To Popular Natural Products*: 1999, pp. 123.
3. Duke, J.: *Dr. Duke's Essential Herbs*: 1999, pp. 145-155.
4. Duke, J.: *The Green Pharmacy*: 1997, pp. 55.
5. Publications International, LTD., In Consultation with the American Association of Naturopathic Physicians.: *Nature's Pharmacy*: 2001, pp. 126-127.