

NATURAL HEALTH PRODUCT

WITCH HAZEL – *HAMAMELIS VIRGINIANA*

Topical

This monograph is intended to serve as a guide to industry for the preparation of Product Licence Applications (PLAs) and labels for natural health product market authorization. It is not intended to be a comprehensive review of the medicinal ingredient.

Notes

- ▶ Text in parentheses is additional optional information which can be included on the PLA and product label at the applicant's discretion.
- ▶ The solidus (/) indicates that the terms and/or statements are synonymous. Either term or statement may be selected by the applicant

Date

January 21, 2022

Proper name(s), Common name(s), Source information

Table 1. Proper name(s), Common name(s), Source information

Proper name(s)	Common name(s)	Source information		
		Source material(s)	Part(s)	Preparation(s)
<i>Hamamelis virginiana</i>	<ul style="list-style-type: none"> ▶ Hamamelis ▶ Spotted alder ▶ Winter bloom ▶ Witchazel ▶ Witch-hazel 	<i>Hamamelis virginiana</i>	<ul style="list-style-type: none"> ▶ Bark ▶ Leaf 	Dry
<i>Hamamelis virginiana</i>	<ul style="list-style-type: none"> ▶ Hamamelis water¹ ▶ Witch hazel water¹ 	<i>Hamamelis virginiana</i>	Twig dormant	Dry ²

References: Proper name: USDA 2019; Common names: Bradley 2006, ESCOP 2003, McGuffin et al. 2000; Source information: Bradley 2006, ESCOP 2003.

¹Hamamelis/Witch hazel water: macerate in water recently cut and partially dried dormant twigs of *Hamamelis virginiana* in a ratio of 1:2 w/w (twigs:water) for 24 hours, distill twigs to a ratio of 1:0.80-0.85 w/v (twigs:distillate). To the distillate, add 14-15% of ethanol (% of volume of distillate). (USP 32).

²Dry = partially dried as per the USP preparation.

Route of administration

Topical



Dosage form(s)

The following dosage forms are acceptable when used according to the requirements indicated in this monograph.

- ▶ Semisolid dosage forms: Cream; Gel; Lotion; Ointment; Paste; Salve
- ▶ Liquid dosage forms: Liquid; Solution
- ▶ Loose; Powder

Use(s) or Purpose(s)

Hamamelis; Bark and/or Leaf

(Traditionally) used in Herbal Medicine (as an astringent) to help treat varicose veins (Bradley 2006; Mills and Bone 2000; Felter 1983; Grieve 1971).

Hamamelis water

- ▶ (Traditionally) used in Herbal Medicine (as an astringent) to help heal minor skin wounds, burns, bruises, irritations, and local inflammations (Bradley 2006; ESCOP 2003; Blumenthal et al. 2000; Felter 1983).
- ▶ (Traditionally) used in Herbal Medicine (as an astringent) to help relieve haemorrhoids (Bradley 2006; ESCOP 2003; Blumenthal et al. 2000; Ellingwood 1983).

Note

Claims for traditional use must include the term “Herbal Medicine”, “Traditional Chinese Medicine”, or “Ayurveda”.

Dose(s)

Subpopulation(s)

Children 2-11 years, Adolescents 12-17 years and Adults 18 years and older (McIntyre 2005; Bove 2001; Schilcher 1997)

Quantity(ies)

Hamamelis; Bark and/or leaf

Loose; Powder

Methods of preparation: Dry, Powdered

Bark

2 – 3 grams of dried bark, per day (Blumenthal et al. 2000)



Leaf

5 – 10 grams of dried leaf, per day (ESCOP 2003; Blumenthal et al. 2000)

Note: Dried/powdered bark or leaves should be prepared as a decoction (see direction for use).

Cream; Gel; Lotion; Ointment; Paste; Salve

Methods of preparation: Decoction, Fluid extract

Bark

10 % of extract* in a semi solid preparation (Blumenthal et al. 2000)

*Equivalent to 2-3 g of dried bark

Leaf

10 % of extract* in a semi solid preparation (Blumenthal et al. 2000)

*Equivalent to 5-10 g of dried leaf

Hamamelis water

Liquid; Solution

Method of preparation: Distillation

30 – 100% of Hamamelis water (Bradley 2006)

Cream; Gel; Lotion; Ointment; Paste; Salve

Method of preparation: Distillation

20 – 30% of Hamamelis water in a semi solid preparation (Bradley 2006)

Direction(s) for use

All products

Apply to affected area(s) as needed (Bradley 2006).

Dry/Powdered

Bark

Place dried bark in 250 ml of water, bring to a boil and simmer 10-15 minutes; let cool and apply as a compress to affected area(s), or rinse/wash affected areas(s) as needed (Blumenthal et al. 2000)

Leaf

Place dried leaf in 250 ml of water, bring to a boil and simmer 10-15 minutes; let cool and apply as a compress to affected area(s), or rinse/wash affected areas(s) as needed (Blumenthal et al. 2000)

Duration(s) of use

No statement required.

Risk information

Caution(s) and warning(s)

Consult a health care practitioner/health care provider/health care professional/doctor/physician if symptoms persist or worsen.

Contraindication(s)

No statement required.

Known adverse reaction(s)

Some people may experience a (skin) rash (ESCOP 2003; Berardi et al. 2002; Mills and Bone 2000).

Non-medicinal ingredients

Must be chosen from the current Natural Health Products Ingredients Database (NHPID) and must meet the limitations outlined in the database.

Storage conditions

Must be established in accordance with the requirements described in the *Natural Health Products Regulations* (NHPR).



Specifications

- ▶ The finished product specifications must be established in accordance with the requirements described in the Natural and Non-prescription Health Products Directorate (NNHPD) Quality of Natural Health Products Guide.
- ▶ The medicinal ingredient must comply with the requirements outlined in the NHPID.

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