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Committee on Herbal Medicinal Products (HMPC)

Assessment report on *Fumaria officinalis* L., herba

Final – Revision 1

Based on Article 16d(1), Article 16f and Article 16h of Directive 2001/83/EC (traditional use)

Herbal substance(s) (binomial scientific name of the plant, including plant part)		<i>Fumaria officinalis</i> L., herba
Herbal preparation(s)		a) Comminuted herbal substance b) Powdered herbal substance c) Dry extract (DER 3.5-5:1), extraction solvent water d) Liquid extract (DER 1:1), extraction solvent ethanol 25% V/V e) Tincture (ratio of herbal substance to extraction solvent 1:5), extraction solvent ethanol 45% V/V f) Juice of fresh plant
Pharmaceutical form(s)		Comminuted herbal substance as herbal tea for oral use. Herbal preparations in solid or liquid dosage forms for oral use.
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Table of contents

Table of contents	2
1. Introduction	4
1.1. Description of the herbal substance(s), herbal preparation(s) or combinations thereof ..	4
1.2. Search and assessment methodology	5
2. Data on medicinal use	6
2.1. Information about products on the market	6
2.1.1. Information about products on the market in the EU/EEA Member States	6
2.1.2. Information on products on the market outside the EU/EEA	8
2.2. Information on documented medicinal use and historical data from literature	8
2.3. Overall conclusions on medicinal use	10
3. Non-Clinical Data	11
3.1. Overview of available pharmacological data regarding the herbal substance(s), herbal preparation(s) and relevant constituents thereof.....	12
3.1.1. Primary pharmacodynamics	12
3.1.2. Secondary pharmacodynamics	12
3.1.3. Safety pharmacology	15
3.1.4. Pharmacodynamic interactions	15
3.1.5. Conclusions	15
3.2. Overview of available pharmacokinetic data regarding the herbal substance(s), herbal preparation(s) and relevant constituents thereof.....	15
3.3. Overview of available toxicological data regarding the herbal substance(s)/herbal preparation(s) and constituents thereof	15
3.3.1. Single dose toxicity.....	16
3.3.2. Repeat dose toxicity.....	16
3.3.3. Genotoxicity	16
3.3.4. Carcinogenicity.....	16
3.3.5. Reproductive and developmental toxicity	16
3.3.6. Local tolerance	16
3.3.7. Other special studies.....	16
3.3.8. Conclusions	16
3.4. Overall conclusions on non-clinical data	16
4. Clinical Data	17
4.1. Clinical pharmacology	17
4.1.1. Overview of pharmacodynamic data regarding the herbal substance(s)/preparation(s) including data on relevant constituents.....	17
4.1.2. Overview of pharmacokinetic data regarding the herbal substance(s)/preparation(s) including data on relevant constituents.....	17
4.2. Clinical efficacy	17
4.2.1. Dose response studies.....	17
4.2.2. Clinical studies (case studies and clinical trials)	17
4.3. Clinical studies in special populations (e.g. elderly and children)	22
4.4. Overall conclusions on clinical pharmacology and efficacy	22

5. Clinical Safety/Pharmacovigilance	22
5.1. Overview of toxicological/safety data from clinical trials in humans.....	22
5.2. Patient exposure	22
5.3. Adverse events, serious adverse events and deaths.....	22
5.4. Laboratory findings.....	23
5.5. Safety in special populations and situations	23
5.5.1. Use in children and adolescents.....	23
5.5.2. Contraindications.....	23
5.5.3. Special warnings and precautions for use	23
5.5.4. Drug interactions and other forms of interaction	23
5.5.5. Fertility, pregnancy and lactation.....	23
5.5.6. Overdose.....	24
5.5.7. Effects on ability to drive or operate machinery or impairment of mental ability	24
5.5.8. Safety in other special situations	24
5.6. Overall conclusions on clinical safety.....	24
6. Overall conclusions (benefit-risk assessment)	24
Annex	25

1. Introduction

1.1. Description of the herbal substance(s), herbal preparation(s) or combinations thereof

- Herbal substance(s)

Fumariae herba, common fumitory, consists of the dried, above-ground parts of *Fumaria officinalis* L. (fam. Papaveraceae), gathered during the flowering season, as well as their preparations in effective dosages (Blumenthal 1998).

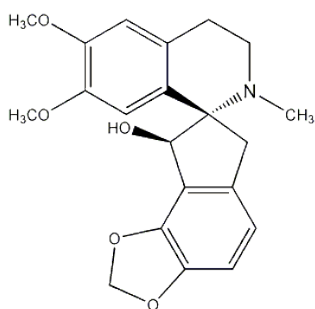
Fumitory is an annual plant of somewhat variable characteristics, often resembling a bush but also growing as a low trailing shrub. It has a grey, pointed leaves that at a distance give the plant a wispy appearance of smoke (hence the common name). The pink-purple flower blooms in spring. The plant is a widely dispersed and can be found in gardens, slopes and in wastelands.

According to the European Pharmacopoeia (Ph. Eur. 10, 1869), the whole or fragmented dried aerial parts of *Fumaria officinalis* L. are harvested in full bloom. They contain a minimum of 0.40% of total alkaloids, expressed as protopine ($C_{20}H_{19}NO_5=353.4$).

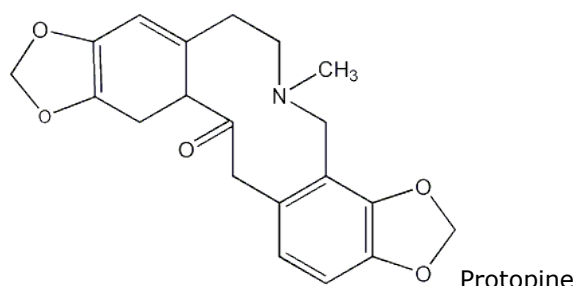
Fumitory comprises of the dried or fresh flowering plant *Fumaria officinalis* L., which is used in herbal medicine. It is an ingredient of preparations used mainly for gastrointestinal and biliary-tract disorders (Ph. Eur. 10, 1869; Martindale 1996).

According to Goetz *et al.* (2009), British Herbal Pharmacopoeia (1976), British Herbal Compendium (1992) and Paris & Moyse (1981) chemical constituents are:

- Alkaloids (0.3-1% calculated as protopine (0.13%) even though several different types of alkaloids have been isolated and structurally elucidated derivatives;
- Protopines, the quantitatively predominant type, as protopine (fumarine) and cryptopine. Recently fourteen isoquinoline alkaloids were identified, with the principal ones being protopine, cryptopine, sinactine, parfumine, fumariline, fumarophycine, and fumaritine (Vrancheva *et al.*, 2016; Zhang *et al.*, 2020; Raafat & El-Zahaby 2020). Two new isoquinoline alkaloids, named fumaranine and fumarostrejdine, have been structurally determined (Chlebek *et al.*, 2016);
- Protoberberines: aurotensine, stylopine, N-methylsinactine and others;
- Spirobenzylisoquinolines: fumaritine, fumaricine and fumariline and others;
- Benzophenanthridines such as sanguinarine and corydamine (traces);
- Indenobenzazepines: fumaritrididine and fumaritrine (Preininger 1975; Forgacs *et al.*, 1982, 1986; Wawrzynowicz *et al.*, 1968; Hermansson & Sandberg 1973; Mardirossian *et al.*, 1983);



Fumaricine



Protopine

- Flavonoids: principally glucosides of quercetin such as isoquercitrin, rutin, quercetin-3,7-diglucoside-3-arabinoglucoside (Torck *et al.*, 1971 ; Massa *et al.*, 1971);
- Acids : chlorogenic and caffeic acids, also fumaric acid, caffeoylmalic acid and other aliphatic acids (Massa *et al.*, 1971 ; Boegge *et al.*, 1995; Hahn & Nahrstedt 1985);
- Other constituents: bitter principles, mucilage, resin and potassium salts (Barnes *et al.*, 2002).

This monograph refers only to *Fumariae herba*.

- Herbal preparation(s)
 - a) Comminuted herbal substance
 - b) Powdered herbal substance
 - c) Dry extract (DER 3.5-5:1), extraction solvent water
 - d) Liquid extract (DER 1:1), extraction solvent ethanol 25% V/V
 - e) Tincture (ratio of herbal substance to extraction solvent 1:5), extraction solvent ethanol 45% V/V
 - f) Juice of fresh plant
- Combinations of herbal substance(s) and/or herbal preparation(s) including a description of vitamin(s) and/or mineral(s) as ingredients of traditional combination herbal medicinal products assessed, where applicable.

Not applicable.

1.2. Search and assessment methodology

The assessment is based on the sources mentioned in the list of references.

Search terms used : *Fumaria officinalis* L., *Fumariae herba*, fumitory, fumitory alkaloids.

Medical and scientific databases: Pubmed, Cochrane library; Medline, Heal-Link, Scopus, google scholar (December 2020, March 2021).

Toxicological database: Toxnet; same key words.

Pharmacovigilance resources: EudraVigilance, VigiLyze (March 2022, May 2022).

No data available from National pharmacovigilance data.

Data from EU and non-EU regulatory authorities: only from EU market overview.

Other resources: Library of the National and Kapodistrian University of Athens (Pharmacy and Pharmacognosy library).

2. Data on medicinal use

2.1. Information about products on the market

2.1.1. Information about products on the market in the EU/EEA Member States

The following tables abridge information provided by the National Competent Authorities (NCAs) on medicinal products on the market in the European Union (EU)/European Economic Area (EEA) Member States containing *Fumariae herba* (*Fumaria officinalis* L., herba) or its preparations as a single active substance or as a combination of active substances.

Information on medicinal products marketed in the EU/EEA

Table 1: Overview of data obtained from marketed medicinal products

Active substance	Indication	Pharmaceutical form	Regulatory Status
Dry extract, extraction solvent water, DER 5:1, not less than 2.5 mg alkaloids calculated as protopine per film coated tablet 1 film-coated tablet contains 250 mg extract	Pain in the biliary system in case of dyskinesia of the biliary duct, complaints after chole-cystectomy, cholelithiasis when surgery is not possible	Film coated tablet 3 times daily, 1-2 tablets	AT, WEU Since 1978
Dry extract, extraction solvent water, DER not specified, not less than 1.5% alkaloids calculated as protopine 1 film-coated tablet contains 250 mg extract	Dyskinesia of the biliary duct; pain in case of cholelithiasis when surgery is not possible; pain in case of cholecystitis and cholangitis; post-chole-cystectomy syndrome; post-hepatic syndrome with cholestasis	Film coated tablet Adults 3 times daily, 1-2 tablets, single dose: 250 mg Daily dose: 750 mg - 1.5 g	AT, WEU Since 1992
Powdered aerial parts	Traditionally used to promote urinary and digestive elimination functions. Traditionally used as a choleric and cholagogue	220 mg, 3-5 times daily, (1100 mg maximum daily dose)	FR, TU Since 1982
Dried extract (DER: 3.5-4.5:1), solvent water	Traditionally used to promote urinary and digestive elimination	Adults 4 times daily, 250 mg of extract/tablet (1000	FR, TU Since 1963

Active substance	Indication	Pharmaceutical form	Regulatory Status
Coated tablet	functions	mg daily)	
Dried extract (DER: 3.5-4.5:1), solvent water Hard capsules	Traditionally used to promote urinary and digestive elimination functions	2 times daily, 200 mg of extract/capsule	FR, TU Since 1987
Powdered herbal substance for oral use as herbal tea	Traditionally used digestive complaints, difficult digestions	Oral use in adults 2g/250 ml divided in 2-3 times daily, 2-6 g per day	ES, TU Since 1985
Powdered herbal substance for oral use in capsules (160 mg) up to three times daily	Dyspeptic symptoms; THMP to facilitate difficult digestions; spastic discomfort in the gastrointestinal tract (gall bladder)	6-8 capsules (160 mg) daily, 960-1280 mg per day	ES, TU Since 1993
Fumariae herba comminuted herbal substance	Spastic discomfort in the area of the gall bladder and bile ducts, as well as the gastrointestinal tract	Adolescents, adults elderly Herbal tea Single dose: 1.6 g of the comminuted herbal substance in 150 ml (rather 250 ml in the existing MO)_of boiling water as herbal infusion Daily dose: 4.8 – 6.4 g (means 3-4 times) If the symptoms persist longer than 1 week or are recurrent, a doctor should be consulted. The use in children under 12 years of age has not been established due to lack of adequate data.	DE, WEU Since 1986 Standard Marketing Authorisation according to section 36 of the German Medicinal Products Act

This overview is not exhaustive. It is provided for information only and reflects the situation at the time when it was established.

Information on relevant combination medicinal products marketed in the EU/EEA

In Austria:

Combination 275.1 mg dry extract, extraction solvent water, DER 4-6:1, not less than 1.5% alkaloids calculated as protopine. 83.1 mg dry extract of <i>Silybi mariani fructus</i> (no more details)	Supportive treatment of dyskinesias of the biliary duct (also after cholecystectomy) in cases of an impairment of the liver	Hard capsules 3 times daily 2 tablets	AT, WEU Since 1988
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In Poland:

Combination product containing: *Aloe ferox*, *Fumaria officinalis* L., 1 mg of boldine (tablet), 15 mg of dry extract of *Aloe ferox* Miller corresponding 3.150-2.745 mg of hydroxy-anthraquinones counted as aloin, extraction solvent: purified water; 10 mg of dry extract of *Fumaria officinalis* L., herba, DER 4-6:1, extraction solvent: purified water; 1 mg of boldine (substance)

Indication: Traditionally used in digestion disturbances (bloating, feeling of fullness, belching) with bile excretion disturbances and slight spasms.

Pharmaceutical form, strength, posology and duration of use:

Adults: in digestive disorders - mild spasmodic gastro-intestinal complaints: 1 to 2 tablets before meals, no more than 4 times a day. Not to be taken >8 tablets a day; in occasional constipation: 3 to 5 tablets once a day, before bedtime. Up to 2-3 times a week.

On the market since 2000.

Information on other products marketed in the EU/EEA (where relevant)

Not applicable.

2.1.2. Information on products on the market outside the EU/EEA

No data available.

2.2. Information on documented medicinal use and historical data from literature

The name of fumitory is said to be derived either from the fact that its whitish, blue-green colour gives it the appearance of smoke rising from the ground, or according to Pliny and Olivier de Serres (XIV century) because the juice of the plant brings on such a flow of tears that the sight becomes dim as with smoke (Delaveau 1980), and hence its reputed use in affections of the eye. The leaves have no odour but a bitter and salty taste.

Fumitory has been known since antiquity and was described in herbals from the Middle-Ages. It was a predominantly the Mediterranean genus that was once used medicinally.

Traditionally the plant has been used as digestive and diuretic.

Fumaria extracts may be useful in the management of disorders of hepatobiliary tract, spastic discomfort in the area of the gallbladder bile ducts as well as gastrointestinal tract.

Unproven uses: in folk medicine, the herbal has been used for skin diseases, constipation, cystitis,

arteriosclerosis, rheumatism, arthritis, as a blood purifier, for hypoglycaemia and infections (Gruenwald *et al.*, 2007).

Traditional preparation involved expressing the juice and evaporating, while the plant has also been used to treat chronic eczema, cutaneous eruptions and other dermatological conditions (DerMarderosian *et al.*, 2005). The use as an eye lotion in conjunctivitis has been reported (British Herbal Pharmacopoeia, 1976).

Physicians and writers from Dioscorides to modern times value its depurative properties. The herbal drug has been monographed in old official pharmacopoeias (e.g. Pharmacopée Française, 1908; British Herbal Pharmacopoeia, 1976; Madaus, 1979; Les Cahier de l'Agence, 2008; Wichtl, 1998; Blaschek *et al.*, 2006; Blumenthal, 1998; British Herbal Compendium, 1992). It was also included in the Pharmacopée Française of 1908 for its diuretic and depurative properties.

Fumitory was officially recognized in 1986 by the French Health authorities (Bulletins Officiels N° 86/20 bis and N° 90/22 bis, Direction de la Pharmacie et du Médicament, 1986) as an herbal remedy traditionally used in renal and digestive elimination functions and to help digestion. Moreover, fumitory is on the United Kingdom General Sales List (GSL) and is approved by the German Commission E Monograph (Blumenthal, 1998). It has been used as a traditional remedy for a long time without safety problems, in Europe and worldwide, for more than 30 years.

The flowers are used to make a yellow dye for wool.

Fumitory is listed by the Council of Europe as a natural source of food flavouring (category N3). This category indicates that fumitory can be added to foodstuffs in the traditionally accepted manner, although there is insufficient information available for an adequate assessment of potential toxicity (Barnes *et al.*, 2002).

Type of tradition: European.

Fumitory (shatara) has been used in Afghanistan for the treatment of asthma (Delaveau, 1980), while in India fumitory has been reported that is used against dyspeptic disorders (Fiegel, 1971).

Fumitory has been used widely ethnomedicinally in five selected remote regions of Pakistan plants against gastrointestinal complaints (Tariq *et al.*, 2015).

A summary of historical data on the use of *Fumariae herba* (*Fumaria officinalis* L., herba) is included in Table 2.

Table 2: Overview of historical data

Herbal preparation	Documented use / Traditional use	Strength (where relevant), Posology, Duration of use	Reference
Liquid extract (1:1), extraction solvent ethanol 25% V/V Tincture (1:5), ethanol 45% V/V Juice of fresh plant	Used for relief of digestive /dyspeptic problems (such as dyspepsia).	Adults and elderly 2-4 ml (30-50 drops) before meals Daily dose 1-4 ml before meals Daily dose 3.5-4 g	From literature references British Herbal Pharmacopoeia 1976; Van Hellemont 1986; British Herbal Compendium 1992; Barnes <i>et al.</i> , 2002; Gruenwald <i>et al.</i> , 2007;

Herbal preparation	Documented use / Traditional use	Strength (where relevant), Posology, Duration of use	Reference
			Goetz <i>et al.</i> , 2009)

2.3. Overall conclusions on medicinal use

According to the overview of the European market, the herbal preparations a), b) and c) fulfil the criteria of the thirty years of period of medicinal use, including at least 15 years in Europe. The herbal preparations d), e) and f) were found in literature references, also for at least 30 years (British Herbal Pharmacopoeia 1976 and later versions).

For *Fumariae herba*, a period of at least 30 years in medicinal use, as requested by Directive 2004/24 EC for qualification as a traditional herbal medicinal product, is easily fulfilled. The evidence on traditional medicinal use is supported by a number of publications providing consistent information.

A summary of evidence on period of medicinal use of *Fumariae herba* (*Fumaria officinalis* L., herba) is included in Table 3.

Table 3: Overview of evidence on period of medicinal use

Herbal preparation Pharmaceutical form	Indication	Posology, Strength	Period of medicinal use
a) Comminuted herbal substance (<i>Fumariae herba</i>) as herbal tea for oral use.	Traditional herbal medicinal product used to promote digestive elimination functions (France) Traditional herbal medicinal product for the symptomatic relief of digestive disorders such as dyspepsia and flatulence (Spain)	2-6 g per day (2 g/250 ml), 2-3 times daily To be taken 30 minutes before meals Duration of use Up to 2 weeks	TU, Spain, Since 1985
Comminuted herbal substance	Spastic discomfort in the area of the gall bladder and bile ducts, as well as the gastrointestinal tract	Adolescents, adults elderly Herbal tea Single dose: 1.6 g of the comminuted herbal substance in 150 ml of boiling water as herbal infusion Daily dose: 4.8 – 6.4 g (means 3-4 times) If the symptoms persist	Since 1986, DE, WEU, Standard Marketing Authorisation according to section 36 of the German Medicinal Products Act

Herbal preparation Pharmaceutical form	Indication	Posology, Strength	Period of medicinal use
		longer than 2 weeks or are recurrent, a doctor should be consulted The use in children under 12 years of age has not been established due to lack of adequate data. In the current MO adolescents are also excluded	
b) Powdered herbal substance	Used to promote digestive functions	Single dose of 220 mg, up to 1100 mg of herbal substance daily	In France since 1982
c) Dry extract (DER 3.5-5:1), extraction solvent water	As digestive	Single dose of 250 mg of extract, up to 1000 mg daily	In France since 1963 and in Austria since 1978
d) Liquid extract (1:1), extraction solvent ethanol 25% V/V e) Tincture (1:5), ethanol 45% V/V f) Juice of fresh plant	As digestive	Liquid extract: 2-4 ml daily (30-50 drops) before meals (divided between meals) Tincture: daily dose 1-4 ml (divided between meals) Juice: daily dose 3.5-4 g	From the literature (British Herbal Pharmacopoeia 1976; Van Hellemont 1986; British Herbal Compendium 1992; Barnes <i>et al.</i> , 2002; Gruenwald <i>et al.</i> , 2007; Goetz <i>et al.</i> , 2009)

3. Non-Clinical Data

***In vitro* and animal studies**

The herbal has been used as amphotocholeretic¹ (Boucard & Laubenheimer 1966; Fiegel 1971; British Herbal Compendium 1992).

¹ stimulates both the production and elimination of bile.

3.1. Overview of available pharmacological data regarding the herbal substance(s), herbal preparation(s) and relevant constituents thereof

3.1.1. Primary pharmacodynamics

A summary of the main non-clinical data/conclusions regarding *Fumariae herba* (*Fumaria officinalis* L., herba) is included in Table 4.

Table 4: Overview of the main non-clinical data/conclusions

Herbal preparation tested	Posology <i>Strength</i> <i>Dosage</i> <i>Route of administration</i>	Experimental model <i>In vivo/In vitro</i>	Reference <i>Year of publication</i>	Main non-clinical conclusions
Water extract (not further defined)	Oral use (no further data given)	<i>In vivo</i>	Boucard & Laubenheimer 1966	The amphocholeretic activity of fumitory revealed that it has no effect on normal choleresis but modified bile flow which was experimentally increased or decreased, by slowing down the artificially increased flow and by increasing reduced flow, together with light antispasmodic activity.
Water extract (not further defined)	Oral use (no further data given)	<i>In vivo</i>	Lagrange & Arousseau 1973	Fumitory extract inhibited the formation of gall bladder calculi.
Water extract (not further defined)	Oral use (no further data given)	<i>In vivo</i> in rats	Reynier <i>et al.</i> , 1977ii	Preparations of the herbal had no effect on normal choleresis but modified bile flow that had been artificially increased or decreased.
Single substances alkaloid protopine from Fumitory	Oral use	<i>In vivo</i>	Van Hellefont 1986	The alkaloid protopine has a contractile action on Oddi's sphincter in animals.

3.1.2. Secondary pharmacodynamics

Antibacterial activity

Bactericidal activity against the Gram-positive organisms *Bacillus anthracis* and *Staphylococcus* has been reported (Preininger 1975).

Antibacterial activity was evaluated using liquid medium against *Acinetobacter calcoaceticus*, *Propionibacterium acnes* and *Corynebacterium xerosis*. Evaluation of minimum inhibitory concentration (MIC) showed low values, indicating an interesting antibacterial capacity. The MIC of 0.33 mg/ml recorded against *Propionibacterium acnes* with alkaloid extracts showed the effectiveness of this plant as an antibacterial agent. The greater effectiveness of the acid fraction (AF) and the total alkaloid extract (TA) against the three strains tested was correlated to their richness in protopine with levels of 51.75% and 34.48%, respectively (Khamtache *et al.*, 2016).

Inhibition of enzymes (acetylcholinesterase, etc)

All of the investigated alkaloid extracts from fumitory have significantly inhibited acetylcholinesterase activity, (IC_{50} 0.13 \pm 0.01 mg extract/ml) (Vrancheva *et al.*, 2016).

Several metabolites isolated in sufficient amounts were evaluated for their acetylcholinesterase, butyrylcholinesterase, prolyl oligopeptidase (POP), and glycogen synthase kinase-3 β inhibitory activities. Parfumidine and sinactine exhibited potent POP inhibition activities (IC_{50} 99 \pm 5 and 53 \pm 2 μ M, resp.) (Chlebek *et al.*, 2016).

Antioxidant activity / antiulcer activity

The crude extract of total alkaloids from fumitory and its fractions showed high antioxidant activity against the free radical DPPH (IC_{50} NF (15.74 \pm 0.04 μ g/ml)), the 2,2'-azino-bis(3-ethylbenzothiazoline-6-sulfonic acid (ABTS) radical (IC_{50} BF (70.71 \pm 0.04 μ g/ml)), and the hypochlorous acid radical (IC_{50} NF (304.19 \pm 0.29 μ g/ml)), Total Antioxidant Capacity (TA (14.23 \pm 0.04 mg eq ascorbic acid/g DM)), lipid peroxidation inhibition (IC_{50} TA (41.67 \pm 0.17 μ g/ml)) and ferric reducing power (FRP) (BF (3.49 \pm 0.11 mg eq ascorbic acid/g DM)) (Khamtache *et al.*, 2016).

A methanolic extract of *Fumaria officinalis* L. showed an inhibitory concentration of IC_{50} :35.5 μ g/ml while ascorbic acid as reference standard antioxidant showed an inhibitory concentration of IC_{50} :20.10 μ g/ml in a DPPH assay (Khare & Upmanyu_2019).

An *in vitro* alpha-amylase inhibitory activity assay was performed on n-hexane, chloroform, methanol and water extracts of fumitory by using dinitrosalicylic acid. All the plant extracts showed variable values of alpha-amylase inhibition in terms of percentage with the aqueous extract giving the maximum inhibition (Fatima *et al.*, 2019).

The antioxidant and antiulcer activities of a fumitory-containing syrup (NS-a herbal combination containing fumitory, no further specification) were evaluated in mice. Effects of NS (250 and 500 mg/kg, *p.o.*, for 14 days) were studied on pylorus ligation and diclofenac-induced ulcers. Antiulcer activity of NS was assessed from gastric secretion parameters, mucosal nitrite level and mucin content in gastric mucosa. The activity of antioxidant enzymes like super oxide dismutase (SOD), catalase (CAT), reduced glutathione (GSH) and lipid peroxidation (MDA) in the stomach tissue were quantified. Pre-treatment with NS significantly ($p < 0.05$) reduced ulcer score and ulcer index in pylorus ligated (62.20–67.50 % protection) and diclofenac (64.19–70.85 % protection) - induced gastric ulcers. NS decreased the gastric volume, free acidity and total acidity and increased the pH of gastric fluid. Simultaneously, the level mucosal nitrite and mucin content were increased significantly ($p < 0.001$). In addition, pre-treatment with NS significantly increased activities of SOD ($p < 0.001$), CAT ($p < 0.001$), GSH ($p < 0.05$ to $p < 0.001$) and reduced the MDA level ($p < 0.001$). The antiulcer activity might be due to its antisecretory, cytoprotective and antioxidant mechanism (Maheshwari *et al.*, 2014).

Petroleum ether, ethyl acetate, chloroform and methanol fumitory's extracts were investigated *in vitro* and their antioxidant activity was evaluated by DPPH and ABTS methods showing that the methanolic extract had the highest total phenolic and flavonoids contents and exhibited very strong antioxidant activity (Edziri *et al.*, 2020).

Anticoagulant activity

The anticoagulant activity of a series of fumitory extracts (petroleum ether, ethyl acetate, chloroform and methanol ones) were evaluated by prothrombin time (PT) and activated partial thromboplastin time (aPTT) tests, showing the methanolic extract exhibited such properties (Edziri *et al.*, 2020).

Hypoglycaemic action

Effect of aqueous and methanolic extracts of *Fumaria officinalis* L. on blood glucose was evaluated in normo-glycaemic rats and alloxan induced diabetic rats. Glimpiride 0.2 mg/kg was used as standard therapy in diabetic rats. Results showed that methanolic extract exhibited the maximum percentage inhibition of DPPH (86.30%) and alpha-amylase inhibition (94.01%) at 500 µg/ml and 16 mg/ml concentration respectively. Administration in normo-glycaemic rats did not show any significant decrease in blood glucose level at 500 and 750 mg/kg dosage. Aqueous and methanolic extracts exhibited a significant hypoglycaemic effect ($p < 0.05$) at all doses (Fatima *et al.*, 2019).

Cytotoxicity

Cytotoxicity and apoptosis induction by *Fumaria officinalis* L. extracts on two leukaemia and nine multiple myeloma (MM) cell lines was investigated. Chloroform (CF) and ethyl acetate (EF) fractions showed drastic cytotoxic effect on CCRF-CEM and CEM/ADR 5000 cells. NCI-H929 cell line exhibited higher sensitivity against CF, while EF demonstrated its higher cytotoxicity on OPM-2 cells with IC_{50} value 14.80 ± 1.70 and 28.13 ± 1.38 µg/ml respectively. Flow cytometric and morphological studies confirmed that CF and EF induced apoptosis in NCI-H929 cells by loss of MMP, generation of ROS and obvious morphological variations. In DNA histograms, up to 50% of the cells were accumulated by CF and 44% by EF in the sub-G0/G1 phase following 72 h treatment. Moreover, two isoquinoline alkaloids and four flavonoids were identified in the active fractions (Adham *et al.*, 2021).

IBS management

Fumitory has been used against irritable bowel syndrome (IBS) in a herbal combination with *Curcuma xanthorrhiza* and did not demonstrate any benefits in IBS management (Rahimi & Abdollahi, 2012), while has been also suggested among herbals for the management of colitis (Akkol *et al.*, 2020).

Other properties

In two *in vivo* studies on 30 rabbits (divided in three groups of ten substances each one) received 200mg/kg and 400mg/kg of *Fumaria officinalis* L. hydroalcoholic extract for 28 days (groups two and three, respectively). Several haematological parameters (such as creatinine level, packed cell volume (PCV), Hb, mean corpuscular volume (MCV), Red Blood Cells (RBC) and total and differential White Blood Cells (WBC) count were measured (by enzymatic methods) after 28 days, showing that serum creatinine concentrations significantly increased in group taking high doses of fumitory (Khoshvaghti *et al.*, 2013), while is exhibited decrease in PCV, Hb, MCV, RBC, total WBC and neutrophil percentage in the two experimental groups when compared with the control group. Moreover, it increased lymphocyte, eosinophil and monocyte percentages. The results could suggest a potential further use of fumitory in the experimental management of anaemia and immunity-dependent disorders (Khoshvaghti *et al.*, 2014).

In another *in vivo* experiment in rats, the oral administration of a single dose (250 mg/kg bw) of fumitory produced an increase in urinary volumetric excretion as well as of excretion of Na⁺ and K⁺, 24h after the administration (Păltinean *et al.*, 2017).

3.1.3. Safety pharmacology

No data available.

3.1.4. Pharmacodynamic interactions

No data available.

3.1.5. Conclusions

The published data that refers to the indications and preparations is very limited.

Non-clinical data on several fumitory water extracts are referred on *in vivo* choleric, amphocholeric, mild antispasmodic on smooth muscle, (Boucard & Laubenheimer 1966; Reynier *et al.*, 1977ii; Lagrange & Arousseau 1973), inhibition of the formation of gall bladder calculi (Lagrange & Arousseau 1973; Van Hellemont 1986) supporting the traditional use of fumitory in indigestion and indication in the EU herbal monograph on *Fumaria officinalis* L., herba.

3.2. Overview of available pharmacokinetic data regarding the herbal substance(s), herbal preparation(s) and relevant constituents thereof

No pharmacokinetic data on *Fumaria* extracts have been found or reported, while there is only limited data on the alkaloid protopine purified from *Fumaria* extracts.

The alkaloid protopine, the major secondary metabolite was extracted from *Fumaria officinalis* L. and purified by column chromatography. Urine samples were collected from horses and a human volunteer that had been administered either *Fumaria officinalis* L. or protopine free base. Plant and urine samples were acetylated and analysed by GC-MS after solid-phase extraction (SPE). The urinary metabolites of protopine were identified as 4,6,7,13-tetrahydro-9,10-dihydroxy-5-methyl-benzo[e]-1,3-benzodioxolo[4,5-1][2] benzazecin-12(5H)-one, 4,6,7,13-tetrahydro-10-hydroxy-9-methoxy-5-methyl- benzo[e]-1,3-benzodioxolo[4,5-1][2] benzazecin-12(5H)-one and 4,6,7,13-tetrahydro-9-hydroxy-10-methoxy-5-methyl-benzo[e]-1,3-benzodioxolo[4, 5-1][2] benzazecin-12(5H)-one, chelianthifoline, isochelianthifoline and 2-O-desmethylchelianthifoline. The metabolic formation of the tetrahydroprotoberberines by closure of the bridge across N5 and C13 is rate limited and protopine-like metabolites accumulate only when the route is overloaded. Metabolism was qualitatively similar in the horse and human (Wynne *et al.*, 2004).

3.3. Overview of available toxicological data regarding the herbal substance(s)/herbal preparation(s) and constituents thereof

The main constituents of fumitory include alkaloids (principally protopines, protoberberines, spirobenzyl-isoquinolines, benzo-phenanthridines and indeno-benzazepines types), flavonoids (principally glycosides of quercetin), acids (chlorogenic and caffeic acids, fumaric acid and other aliphatic acids).

3.3.1. Single dose toxicity

No data available.

3.3.2. Repeat dose toxicity

No data available.

3.3.3. Genotoxicity

Very limited genotoxicity data are available on fumitory according to scientific literature.

Very recently the antioxidant, anticoagulant and *in vitro* genotoxic properties of *Fumaria officinalis* L. have been investigated (Edziri *et al.*, 2020).

In vitro toxic and genotoxic properties of several extracts (petroleum ether, ethyl acetate, chloroform and methanol ones) of *Fumaria officinalis* L. were assessed with respectively the Neutral red uptake method and the bacterial Vitotox test and Comet assay in human C3A cells. This study showed that the methanolic extract had the highest total phenolic and flavonoids contents. The bacterial Vitotox test revealed absence of genotoxicity for all extracts. This was confirmed in the Comet assay except for the methanolic extract where DNA damage appeared to be significantly increased at non-toxic concentrations (Edziri *et al.*, 2020).

3.3.4. Carcinogenicity

No data available.

3.3.5. Reproductive and developmental toxicity

No reproductive and developmental toxicity studies have been carried out on fumitory according to available scientific literature.

3.3.6. Local tolerance

No data available.

3.3.7. Other special studies

None reported.

3.3.8. Conclusions

Tests on reproductive toxicity and carcinogenicity have not been performed. Adequate tests on genotoxicity have not been performed.

3.4. Overall conclusions on non-clinical data

The published data that refers to the indications and preparations is very limited.

The existing published non-clinical data on fumitory are old, while the water preparations used were not well defined. In all cases the *in vivo* data referred to choleric, amphocholeric, mild antispasmodic on smooth muscle activities (Reynier *et al.*, 1977ii; Lagrange & Arousseau 1973;

Boucard & Laubenheimer 1966) while protopine which is among characteristic alkaloids of the herbal has shown a contractile action on Oddi's sphincter in animals (Van Hellemont, 1986). All these data could be seen as supportive for the traditional use of *Fumaria officinalis* L. and preparations thereof in the proposed indication: traditional herbal medicinal product used for the relief of symptoms of indigestion (such as sensation of fullness, flatulence and slow digestion). However, the value of these studies has not been assessed.

The efficacy of traditional herbal medicinal products is only plausible but not proven by clinical data. The reported pharmacological effects are not considered contradictory to the traditional uses. Nevertheless, the safety must be guaranteed.

Specific data on pharmacokinetics and interactions are not available.

As there is no information on reproductive and developmental toxicity, the use during pregnancy and lactation cannot be recommended.

Tests on reproductive toxicity and carcinogenicity have not been performed. Adequate tests on genotoxicity have not been performed.

4. Clinical Data

4.1. Clinical pharmacology

4.1.1. Overview of pharmacodynamic data regarding the herbal substance(s)/preparation(s) including data on relevant constituents

No data available.

4.1.2. Overview of pharmacokinetic data regarding the herbal substance(s)/preparation(s) including data on relevant constituents

No data available.

4.2. Clinical efficacy

No data available.

4.2.1. Dose response studies

No data available.

4.2.2. Clinical studies (case studies and clinical trials)

There is a lack of clinical research assessing the effects of fumitory; therefore, rigorous randomised controlled clinical trials are required.

The following data on clinical studies has been found in the literature:

Biliary disorders

Clinical trials

Fablet *et al.* (1968): The therapeutic activity of the extract of *Fumaria officinalis* L. against the hepatobiliary syndrome and the depending migraines has been studied in a group of 101 patients (82 women and 19 men of 16-79 years old) (no further information on study design and outcome available).

Heully *et al.* (1969): The effect of a water extract of *Fumariae herba* has been studied in a group of 20 persons *vis-a-vis* the choloretic result in a dose containing 500 mg of direct infusion in duodenal. The results appeared very variable and not comparable. The tolerability reported to the extract was good.

In a clinical study involving 105 patients with biliary disorders (hepatopathy, cholelithiasis, post-operation cholecystectomy syndrome) favourable results were claimed (British Herbal Compendium 1992; Fiegel 1971). Doses of 2 tablets containing sprayed water extract (3-6:1) in tablets of 250 mg each, in a dose of 2 tablets 3 times per day were used for a period of 2-6 months. No detailed response has been given but a very good tolerability was reported.

In another clinical trial by Müscher (1971), herbal medicinal product (Fumitory herbal water extract 4-6:1, in tablets containing 250 mg of sprayed water extract) with a claimed amphocholoretic effect was used for one year in a group of 178 patients with biliary disorders. Ninety-six treated patients (20-70 years old) were suffering from biliary disorders (especially dyskinesia), taking doses of 3 tablets per day (two before the meals and the 3rd before sleep). The safety and tolerability were proven and for 64 patients the results were characterised as successful, especially against the symptoms of fullness and flatulence. Another 43 patients (40-70 years old) with diagnosed chololithiasis and post-operation syndrome were treated with 2 tablets containing 250 mg, 3 times daily for a period of 3 weeks, showing for 36 among them successful results, good tolerability and safety. In total, 125 patients among the 176 treated claimed favourable results. In all cases the tablets were taken before meals and the safety and tolerability were proven.

Roux (1977): In that clinical study 31 patients (16 men and 15 women, 25-78 years old) with biliary syndrome (either dyskinesia or low digestion) and digestive complains (diarrhoea) have shown - according to the authors- 'very positive amphocholoretic effects'. The treatment lasted 15-30 days (depending on the problem) with doses of 2 dragees containing 250 mg of a water extract of fumitory (no further data were given).

The clinical experience with a *Fumaria officinalis* L. nebulisate (water extract of 4-6:1) as an amphocholinergic agent used in 64 patients suffering from biliary disorders (dyskinesia, hepatopathy etc.) has been published by Zawodsky (1974). All patients were treated with 3 tablets containing 250 mg of the extract daily, for 21 days. No adverse effects were noticed, and a very good tolerability was reported.

Hunold (1975): The clinical experience with *Fumaria officinalis* L. (water extract of 4-6:1) in primary and secondary, organic or functional affections of the gall bladder and biliary system was checked in a group of 85 patients with no detailed information on the daily doses used during the trial.

Bourjat (1974): A clinical study has been carried out on the effect of trials of treatment with a water extract sprayed in tablets (nebulisate) of *Fumaria officinalis* L. against xerostomia due to radiotherapy, because of pathological sclerose of salivary glands. The results were positive using 2 tablets containing 250 mg of water extract (water extract of 4-6:1) before each meal and before sleep.

Double-blind placebo-controlled clinical trial

One double-blind placebo-controlled clinical trial was performed in a group of 30 patients (20 women, 10 men of 26-57 years old) with different biliary disorders (dyskinesia, cholecystitis, hepatopathy, cholelithiasis, post-operation cholecystectomy syndrome) taking doses of 3 tablets of 'Fumaria-Nebulisa' (water extract 4-6:1) 250 mg per day (two before the meals and the 3rd before sleep) for 28 days. The safety and tolerability were proven, and for all 30 patients the results were described as positive, especially against the symptoms of fullness and flatulence (Kopp, 1979).

Open studies

Kopp (1979): The choleric activity of a herbal medicinal product containing an extract of fumitory was studied in an open study in 18 patients for 10 days with favourable results. No data on the exact preparation or the posology are provided.

Zacharewicz *et al.* (1979): In an open study 45 patients (30 women and 15 men 28-59 years old) among them 27 with biliary dyskinesia problems (20 hypertonic, 7 hypotonic), were treated with 3 tablets containing 250 mg of extract per day (water extract not further specified), for 16 days. In some cases, the daily doses reached 2000 mg. No adverse effects were reported, while 80% of the participants of the open study improved their daily life and their symptoms were reduced.

Irritable bowel syndrome

Neither fumitory nor Javanese turmeric was effective in a study in patients with irritable bowel syndrome (IBS) (Brinkhaus *et al.*, 2005).

The aim of the study was to determine the efficacy of two herbal remedies used in the treatment of IBS. In a randomized, double-blind, placebo-controlled trial, IBS patients were randomly assigned to one of three treatment groups: 1) *Curcuma xanthorrhiza* 60 mg daily (curcuma group) (n=24), 2) *Fumaria officinalis* L. 1500 mg of herbal in powder daily (fumitory group) (n=24), and 3) placebo (n=58). The study treatment was applied three times a day for 18 weeks. The main outcome parameters were changes in global patient ratings of IBS-related pain and distension on a visual analogue scale (0-50 mm) between baseline and at the end of treatment. Additional outcome parameters included global assessments of changes in IBS symptoms and psychosocial stress caused by IBS.

A total of 106 patients (mean age 48±12 years, 63% F) were included in the intention-to-treat group. IBS-related pain decreased by -0.9 ± 11.5 (mm±SD) in the fumitory group, -0.3±9.9 in the placebo group and increased by 2.0±9.5 in the curcuma group (p=0.81). IBS-related distension decreased by -1.4±12.5 in the curcuma group, -2.1±9.2 in the placebo group and increased by 0.3±9.3 in the fumitory group (p=0.48). Additionally, the global assessment of changes in IBS symptoms and psychological stress due to IBS did not differ significantly among the three treatment groups. Neither fumitory nor curcuma showed any therapeutic benefit over placebo in patients with IBS.

A summary of the only clinical study (Brinkhaus *et al.*, 2005) on humans regarding *Fumariae herba* (*Fumaria officinalis* L., herba) is included in Table 5.

Table 5: Clinical study on humans

Type (aim) and objective(s) of Study Reference	Study Design and Type of Control Study duration	Test products, herbal prep., pharm. form; Dosage; Route of admin.; Duration of treatm.	Number of subjects (incl. age, sex, drop out)	Type of subjects (healthy or diagnosis of patients) (inclusion criteria)	Outcomes (primary and secondary endpoints)	Statistical analysis (e.g. ITT yes/no, CI 95%) Quality score	Comments on Clinical relevance of results
Brinkhaus <i>et al.</i> , 2005	Randomized, double-blind, placebo-controlled trial, for 16 days	<p>Determination of efficacy of two herbal remedies used in the treatment of IBS</p> <p>IBS patients were randomly assigned to one of three treatment groups: 1) <i>Curcuma xanthorrhiza</i> 60 mg daily (curcuma group) (n=24), 2) <i>Fumaria officinalis</i> L. 1500 mg daily (fumitory group) (n=24) and 3) placebo (n=58)</p> <p>The study treatment was applied 3 times per day</p>	A total of 106 patients (mean age 48±12 years, 63% F) were included in the intention-to-treat group	IBS diagnosed (Patients with irritable bowel syndrome)	<p>The main outcome parameters were changes in global patient ratings of IBS-related pain and distension on a visual analogue scale (0-50 mm) between baseline and at the end of treatment</p> <p>Additional outcome parameters included global assessments of changes in IBS symptoms and psychosocial stress caused by IBS</p> <p>IBS-related pain decreased by -0.9 ± 11.5 (mm±SD) in the fumitory group, -0.3 ± 9.9 in the placebo group and</p>	No data reported	<p>Neither fumitory nor curcuma showed any therapeutic benefit over placebo in patients with IBS</p> <p>Negative outcome</p>

Type (aim) and objective(s) of Study Reference	Study Design and Type of Control Study duration	Test products, herbal prep., pharm. form; Dosage; Route of admin.; Duration of treatm.	Number of subjects (incl. age, sex, drop out)	Type of subjects (healthy or diagnosis of patients) (inclusion criteria)	Outcomes (primary and secondary endpoints)	Statistical analysis (e.g. ITT yes/no, CI 95%) Quality score	Comments on Clinical relevance of results
					increased by 2.0±9.5 in the curcuma group (p=0.81). IBS-related distension decreased by -1.4±12.5 in the curcuma group, 2.1±9.2 in the placebo group and increased by 0.3±9.3 in the fumitory group (p=0.48). The global assessment of changes in IBS symptoms, psychological stress due to IBS did not differ among the three treatment		

4.3. Clinical studies in special populations (e.g. elderly and children)

No data available.

4.4. Overall conclusions on clinical pharmacology and efficacy

Eight existing clinical studies in 617 patients (British Herbal Compendium 1992; Fiegel 1971; Müscher 1971; Roux 1977; Zawodsky 1974; Hunold 1975; Bourjat 1974; Salembier 1967; Fablet *et al.*, 1968) as well as one existing double blind placebo trial (30 patients) (Kopp 1979) and two open studies in 63 patients (Kopp 1979; Zacharewicz *et al.*, 1979) support the traditional use with intended choleric and digestive effects of fumitory. However, there is a lack of rigorous clinical research assessing the effects of preparations of the herbal, as the majority of the studies are short and old ones, they could report mostly on the safety than efficacy of fumitory water extracts and could only be supportive towards the plausibility impact of the proposed TU.

According to the published *in vitro* and *in vivo* studies as well as the existing old small clinical trials an antispasmodic effect on the upper digestive tract is documented supporting the plausibility of the use of fumitory.

5. Clinical Safety/Pharmacovigilance

5.1. Overview of toxicological/safety data from clinical trials in humans

Eight existing clinical studies in 617 patients (British Herbal Compendium 1992; Fiegel 1971; Müscher 1971; Roux 1977; Zawodsky 1974; Hunold 1975; Bourjat 1974; Salembier 1967; Fablet *et al.*, 1968) as well as one existing double blind placebo trial (30 patients) (Kopp 1979) and two open studies in 63 patients (Kopp 1979; Zacharewicz *et al.*, 1979) fully support the traditional use with intended choleric and digestive effects of fumitory. A good tolerability was proven, and no adverse effects have been reported, showing enough safety data for the proposed traditional use of fumitory.

5.2. Patient exposure

See sections 4.2.2 and 5.1.

5.3. Adverse events, serious adverse events and deaths

Raised intraocular pressure and oedema have been reported as possible effects (Anderson & Phillipson, 1986).

One case of an acute hepatitis induced by a combination herbal product containing *Taraxacum officinale*, *Fumaria officinalis* L., *Peumus boldus*, *Cynara cardunculus* extract, *Equisetum arvense*, to a 56-year-old female who has used it for a long period (approximately 7 months) against hyperlipidaemia has been reported by Bonnet *et al.*, (2007). According to information from National data no further adverse events, have been recorded.

No new safety issues have been detected in the EudraVigilance and/or the Vigilize databases up to March 2022, and no causal link could be established between any adverse events and herbal medicinal products containing *Fumaria officinalis* L.

5.4. Laboratory findings

No data available.

5.5. Safety in special populations and situations

No data available.

5.5.1. Use in children and adolescents

In the absence of adequate data, only *Fumaria* herbal preparation a) (comminuted herbal substance as herbal tea) is intended for adolescents, based on the evidence of traditional use.

The use in children under 12 years of age has not been established for any herbal preparations included in the monograph due to lack of adequate data.

5.5.2. Contraindications

Hypersensitivity to the active substance.

5.5.3. Special warnings and precautions for use

Due to possible stimulation on bile secretion *Fumariae herba* is not recommended in case of obstruction of the bile duct, cholangitis, liver disease, gallstones and any other biliary diseases.

For a)

The use in children under 12 years of age has not been established due to lack of adequate data.

For b), c), d), e) and f)

The use in children and adolescents under 18 years of age has not been established due to lack of adequate data.

If the symptoms worsen during the use of the medicinal product, a doctor or a qualified health care practitioner should be consulted.

For tinctures and extracts containing ethanol, the appropriate labelling for ethanol, taken from the 'Guideline on excipients in the label and package leaflet of medicinal products for human use', must be included.

5.5.4. Drug interactions and other forms of interaction

None reported.

5.5.5. Fertility, pregnancy and lactation

Safety during pregnancy and lactation has not been established. In the absence of sufficient data, and in accordance with general medical practice, the use of herbal medicinal products containing fumitory during pregnancy and lactation is not recommended.

No fertility data available.

5.5.6. Overdose

No cases of overdose have been reported in the scientific literature.

5.5.7. Effects on ability to drive or operate machinery or impairment of mental ability

No studies on the effect on the ability to drive and use machines have been performed.

5.5.8. Safety in other special situations

Not applicable.

5.6. Overall conclusions on clinical safety

In the absence of data in special patient populations, *Fumaria* as comminuted herbal substance for herbal tea, is intended only for adolescents, adults and elderly, while all other forms only for adults and elderly.

In the absence of data and in accordance with general medical practice, it is recommended not to use the herbal medicinal products containing fumitory during pregnancy and lactation.

According to information from clinical studies, 710 patients were treated with water extracts of fumitory (mainly 1500 mg daily) for a period from 10 days to 21 weeks with variable results, but showing good tolerability (British Herbal Compendium 1992; Fiegel 1971; Müscher 1971; Roux 1977; Zawodsky 1974; Hunold 1975; Bourjat 1974; Salembier 1967; Fablet *et al.*, 1968; Kopp 1979; Zacharewicz *et al.* 1979). The results support the plausibility of traditional use of fumitory.

There is one reference suggesting that a raised intraocular pressure and oedema have been reported as possible effects (Anderson & Phillipson, 1986) during the use of an herbal medicinal product containing fumitory. One case of an acute hepatitis, probably induced by a combination herbal preparation containing also *Fumaria*, has been reported (Bonnet *et al.*, 2007). No newer data have been further reported from Eudravigilance and Vigibase up to March 2022 linked with safety of fumitory herbal medicinal products.

6. Overall conclusions (benefit-risk assessment)

Considering the lack of adequate controlled clinical studies, using herbal preparations, containing the herbal substance of *Fumariae herba* do not have sufficient data to recognise well-established use. However, they can be regarded as traditional herbal medicinal products in the indications:

Traditional herbal medicinal product used for the relief of digestive disturbances, such as feelings of fullness, slow digestion and flatulence.

In the absence of data in special patient populations, *Fumaria* is intended as comminuted herbal substance (a) only for adolescents, adults and elderly, while the other herbal preparations included in the monograph (b, c, d, e, f) only for adults and elderly.

In the absence of data and in accordance with general medical practice, it is recommended not to use the herbal medicinal products containing fumitory during pregnancy and lactation.

From clinical trials it is known that 710 patients have been treated with water extracts of fumitory (mainly 1500 mg daily) from 10 days up to 21 weeks with reported good tolerability.

No adverse effects have been reported in the above referred clinical studies except one literature report suggesting that a raised intraocular pressure and oedema (Anderson & Phillipson, 1986). In addition, one case of an acute hepatitis probably induced by *Fumaria officinalis* L. and *Vitis vinifera* plant therapy products has been reported by Bonnet *et al.*, (2007).

The reported pharmacological effects are not considered contradictory to the traditional use.

As there is no available data on carcinogenicity and reproducibility on fumitory extracts, and no available data on genotoxicity, the establishment of a EU List Entry is not possible for safety reasons.

No constituent with known therapeutic activity or active marker can be recognised by the HMPC.

Typical analytical marker(s) are alkaloids, expressed as protopine (C₂₀H₁₉NO₅=353.4) (Ph. Eur. 10, 1869).

Annex

List of references