**Butcher’s Broom**  
*Ruscus aculeatus* L.  
dry extract 10% ruscogenin

**Chronic venous insufficiency, anti-oedema, warts and chilblains**

**Psoriasis, atopic dermatitis, vitiligo, eczema, UV protection**

**Wild pansy**  
*Viola tricolor* L.  
dry extract 2,5% flavonoids

**Acne, eczema, impetigo, baby milk crust vulvar itching**

**Calaguala**  
*Polypodium leucotomos* Poir  
aqueous dry extract

Newsletter n. 4
**Ruscus aculeatus L.**

*dry extract 10% ruscogenin*

1- **Botanical information:** *Ruscus aculeatus* L. (*Asparagaceae*), also known as Butcher’s broom.

2- **Parts used:** dried roots.

3- **Active constituents:** steroidal compounds (0.5% to 1.5%), comprising the aglycones ruscogenin and neoruscogenin and their glycosides.

4- **Galenic forms:** dry powdered extract standardised to contain 10% total saponins express as ruscogenin.

5- **Traditional uses:** Since the Middle Ages Butcher’s broom root was traditionally used for chronic venous insufficiency (CVI) and as a diuretic, diaphoretic, mild laxative and expectorant; it was also used to treat dropsy, urinary obstruction or gravel, dysuria, oedema, ascites, jaundice, eczema, difficult breathing and for the removal of phlegm. For the treatment of haemorrhoids it was used both orally and locally. In light of this, Butcher’s broom has been the subject of several scientific investigations, including clinical trials. The research has focused on its anti-oedema and venotonic properties, which make it an effective therapy for symptoms associated with varicose veins, varicose ulcers, lymphoedema, congestive symptoms of pre-menstrual syndrome and haemorrhoids. It is used in the treatment of warts and chilblains and locally against inflammation and arthritis. It has also good antioxidant activity and antimicrobial properties, as well as it exerts an inhibitory effect on capillary permeability.

6- **Safety and warnings:** The use of Butcher’s broom is generally regarded as safe. The common dosage of an extract standardised to contain 10% total saponins expressed as ruscogenin is: 70-111mg/die (which corresponds to 7-11mg/die of ruscogenins).
Polypodium leucotomos Poir
aqueous dry extract

1- Botanical information: Polypodium leucotomos Poir. (Polypodiaceae), also known as Calaguala.

2- Parts used: dried rhizome.

3- Active constituents: phenolic components among which p-coumaric, ferulic, caffeic vanillic and chlorogenic acids

4- Galenic forms: dry powdered extract manufactured by aqueous extraction.

4- Traditional uses: P. leucotomos extracts have been traditionally used for skin problems. Growing in vivo and in vitro evidences as well as clinical trials confirmed its tradition of use, also shading light on mechanisms of action. P. leucotomos is used for the treatment of psoriasis, atopic dermatitis, vitiligo and, because it affords sun protection from ultraviolet radiation, it is also used for the prevention of polymorphic light eruption. It is also used in sunburn and squamous cell carcinoma. Some of the mechanisms verified concern: reducing UV-induced cell damage, reducing oxidative stress and DNA damage, increasing cyclobutene pyrimidine dimer removal (DNA repair), being a potent antioxidant agent; blocking UV radiation-induced immune suppression, reducing the acute inflammation via Cox-2 enzyme inhibition, decreasing inflammatory cytokines, activating p53, being a good anti-inflammatory agent. The health benefits of this plant make it suitable to counteract skin aging problems.

6- Safety and warnings: According to literature data and clinical trials, the use of Polypodium is generally regarded as safe. The recommended dosage of this extract is 500mg/die.
Viola tricolor L.
dry extract 2,5% flavonoids

1- Botanical information: Viola tricolor L. (Violaceae), also known as Wild Pansy or Heartsease.

2- Parts used: dried aerial part with flowers

3- Active constituents: flavonoids mainly rutin, luteolin-7-O-glucoside, violanthin and vitexin; phenol carboxylic acids; mucilage; tannins; hydroxycoumarins. Viola tricolor contains some hemolytic, cytotoxic cyclopeptides, which are supposed to be absent in the aqueous extract due to their lipophilic nature.

4- Galenic forms: dry powdered extract manufactured by aqueous extraction, standardised to contain 2.5% total flavonoids expressed as violanthin.

5- Traditional uses and cautions: The traditional use of Viola tricolor goes back at least to the Middle Ages, mainly as a depurative and diuretic. The plant has soothing, emollient and antipruriginous properties and it has cheratolytic and anti-inflammatory action. It improves the microcirculation. It is used for eczema, impetigo and acne, vulvar itching and the crusta lactea of newborn babies. It is also used topically for psoriasis. Other indications are as an expectorant in bronchitis and as a diuretic in urinary tract disorders, such as cystitis and dysuria and in rheumatism.

6- Safety and warnings: According to literature data, the use of Wild pansy is generally regarded as safe. The recommended dosage of this extract is 1g 1-3 times daily.
**General bibliography**

1. EMA assessment report and Community Herbal Monograph.
3. European Pharmacopoeia 9.0 edition
5. ESCOP Monograph, Rusci rhizome – Butcher’s broom; 2017

**Additional bibliography is available upon request.**

This monograph is intended for informational purposes only and should not be interpreted as specific medical advice. You should consult with a qualified healthcare provider before making decisions about therapies and/or health conditions.

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