The Complete German Commission E Monographs: Therapeutic Guide to Herbal Medicines


Field of medicine: Alternative medicine.


Audience: Practitioners, patients, and pharmacists interested in or requiring information on medicinal herbs.

Purpose: To serve as an official, peer-reviewed guide to herbal medicine.

Content: This book is a translation of all 380 monographs on medicinal herbs published by the German commission E, an expert multidisciplinary group within the German federal health agency charged with evaluating the safety and efficacy of herbal medications. The introduction includes background material on the commission and important information on uses of herbal medicines in Germany. Each monograph includes the pharmacologic effects, kinetics, toxicology, application, contraindications, side effects, interactions, and dosing of an herb or fixed combination of herbs approved by the commission for use. Descriptions of unapproved herbs include similar information and the rationale for lack of approval, which is usually toxicity or lack of efficacy. Substantial appendices cross-reference indications, side effects, and actions of herbs, as well as known interactions with conventional drugs.