New developments from the European Scientific Cooperative on Phytotherapy (ESCOP)

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Contents

1. What is ESCOP?
2. ESCOP monographs
3. ESCOP app
ESCOP

What is ESCOP?

☑ European Scientific Cooperative on Phytotherapy
☑ Umbrella organisation of national associations of phytotherapy and herbal medicine across Europe
☑ Founded 18 June 1989 in Cologne (Germany)

☑ Aims:
  – Assistance in the harmonisation of the regulatory status of HMPs in Europe
  – Advancement of the scientific status of HMPs
<table>
<thead>
<tr>
<th>Country</th>
<th>Organization</th>
</tr>
</thead>
<tbody>
<tr>
<td>Austria</td>
<td>Österreichische Gesellschaft für Phytotherapie</td>
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<tr>
<td>France</td>
<td>Association Française pour le Médicament de Phytothérapie</td>
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<tr>
<td>Germany</td>
<td>Gesellschaft für Phytotherapie eV</td>
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<tr>
<td>Italy</td>
<td>Società Italiana di Fitochimica (Fitoterapia)</td>
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<tr>
<td>Netherlands</td>
<td>Nederlandse Vereniging voor Fytotherapie</td>
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<tr>
<td>Poland</td>
<td>Polish Herbal Committee</td>
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<tr>
<td>Portugal</td>
<td>Sociedade Portuguesa Fitoquimica e Fitoterapia (SpFito)</td>
</tr>
<tr>
<td>Romania</td>
<td>National Inter-Professional Organization of Associations in the Field of Medicinal and Aromatic Plants</td>
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<td>Spain</td>
<td>Sociedad Española de Fitoterapia (SEFIT)</td>
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<td>Switzerland</td>
<td>Schweizerische Medizinische Gesellschaft für Phytotherapie</td>
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<td>Turkey</td>
<td>Turkish Society of Pharmacognosy and Phytotherapy</td>
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<td></td>
<td>Türk Fitoterapi Dernegi</td>
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<tr>
<td>United Kingdom</td>
<td>British Herbal Medicine Association</td>
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Objectives

- Creation of **harmonised criteria** for efficacy and safety.
- **Scientific monographs** on the therapeutic use of herbal drugs.
- **Promotion** of phytotherapy on a European level, especially within general medical practice.
- **Strengthen** the **cooperation** among national associations of phytotherapy to advance these aims and objectives.
Follow the format of the Summary of Product Characteristics (SPC), which is a part of the application for marketing authorisation of a medicinal product in the EU.
1. Definition
2. Constituents
3. **Clinical particulars**
4. Pharmacological properties
5. References

- **Therapeutic indications.**
- **Posology and method of administration.**
- **Contra-indications.**
- **Special warnings and special precautions of use.**
- **Interactions.**
- **Pregnancy and lactation.**
- **Effects on ability to drive and use machines.**
- **Undesirable effects.**
- **Overdose.**
Contents

1. Definition
2. Constituents
3. Clinical particulars
4. Pharmacological properties
5. References

- **Pharmacodynamic properties**
  - *In vitro* and *in vivo* experiments
  - Pharmacological studies in humans
    - Clinical studies
- **Pharmacokinetic properties**
  - Pharmacokinetics in animals
  - Pharmacokinetics in humans
- **Preclinical safety data**
  - Acute toxicity
  - Chronic toxicity
  - Mutagenicity, carcinogenicity, teratogenicity and embryotoxicity
- **Clinical safety data**
Uses

✓ Support of applications for marketing authorisation or registration of HMP

✓ Support of comments on HMPC-drafts

✓ Calculations of dosages in animal studies or clinical studies

✓ To substantiate and harmonize indications

✓ Teaching in the field of Phytotherapy
**Advantages**

- Balanced evaluation of literature due to the composition of the Scientific Committee
- Comprehensive compilations of relevant pharmacological, toxicological and clinical studies
- Publication of revisions!
ESCOP/ESCOP Monographs

Development (1)

- **1989**
  ESCOP Scientific Committee starts work on the monographs

- **1990 - 1992**
  First publication of monographs
  Submission to the CPMP (EMA)

- **1996 - 1999**
  Publication of 60 monographs
**ES/CoP Monographs**

**Development (2)**

- **2003**
  - 2nd Edition, completely revised and expanded
  - 80 monographs

- **2009**
  - Supplement with:
    - ✔️ 27 new monographs
    - ✔️ 8 revised monographs
From 2011
On-line series

Published until August 2014:

- **8 new** monographs
- **9 revised** monographs

Available at:
www.escop.com
Scientific committee members

- Mariam Aslam (UK)
- Prof. Anna Rita Bilia (I)
- Dr. Jozef G. Corthout (B)
- Prof. Pavel Chirilă (R)
- Dr. Maria do Céu Costa (P)
- Prof. Jürgen Drewe (CH)
- Dr. Frans M. van den Dungen (NL)
- Dr. Marijke Frater-Schröder (CH) (Co-Secretary)
- Dr. Lene Gudiksen (DK)
- Dr. Didier Guédon (F)
- Dr. Ingrid Hook (IRL)
- Dr. Stephan F.A.J. Horsten (NL) (Co-Chair)

- Roberta Hutchins (UK)
- Assoc. Prof. Liselotte Krenn (A)
- Dr. Frédérique Lafforgue (F)
- Dr. Radu Moldavan (R)
- Dr. Andrzej Ostrowicz (PL)
- Dr. Georg Seidel (D)
- Dr. Barbara Steinhoff (D) (Co-Chair)
- Dr. Sonja Sturm (A) (Co-Secretary)
- Prof. Funda Nuray Yalcın (TR)
Advantages of the online format

✓ Single monographs
✓ Prompt publication
✓ Immediate availability

Available at: www.escop.com
ESCOP App

What is in the ESCOP herb reference app?

- Information on over 100 herbs and their uses for a range of everyday health conditions.
- Over 50 searchable health conditions
- Most important information, distilled from the ESCOP monographs.
- Terminology adapted to laypersons
- Information about ESCOP
Information per herbal drug

- Common name
- Plant picture
- Plant botanical name
- Uses
- Plant part used
- Minimum quality criteria
- Dosage
- Special warnings
- Contraindications

Botanical Name
Aesculus hippocastanum L.

Use For:
- Vein problems
  - poor venous circulation
  - varicose veins

Quality Standard
Horse chestnut should contain at least 3% triterpene glycosides (aescin)

Part Used
Seed

Dosage
Preparations containing 50-150 mg aescin per day

Warning
Rare cases of stomach upset and itching have been reported
ESCOP App

Technical data

✓ Operating systems:
  – iOS® (iPhone®)
  – In preparation: Android®

✓ Languages:
  – English
  – German
  – In preparation: Spanish and Portuguese
Conclusions

- The two main current ESCOP developments are:
  - ESCOP monographs, now published individually on-line.
  - The ESCOP herb reference app

- With these two developments ESCOP is giving sound scientific service to:
  - Health practitioners
  - Companies
  - Health authorities
  - Teachers on Phytotherapy
  - General population
Thank you very much for your attention

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