**Crataegus spp. Espinheiro - branco**

<table>
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<th>SCIENTIFIC NAME:</th>
<th>FAMILY NAME:</th>
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<td>Crataegus spp.</td>
<td>Rosaceae</td>
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**COMMON NAME:**
hawthorn

http://www.herbmed.org/members/images/bar_line_olive.gif

http://www.herbmed.org/members/images/bg_paper.jpg

http://www.herbmed.org/members/images/bar_line_olive.gif

**EVIDENCE FOR EFFICACY (HUMAN DATA)**

http://www.herbmed.org/members/images/bar_line_olive.gif

**Clinical Trials**

http://www.herbmed.org Korodin Herz-Kreislauf-Tropfen, a herbal drug containing D-camphor (2.5 %) & fresh hawthorn berries extract (97.3%), was found effective & safe in the treatment of orthostatic hypotension for all age groups (11-102 yrs) in 490 patients & independent of initial blood pressures. [Article in German] Hempel 2005


http://www.herbmed.org In a randomized trial of Korodin Herz-Kreislauf-Tropfen, a combination of natural D-camphor and an extract from fresh crataegus berries, was found to be efficacious for orthostatic hypotension in patients over 50 years. Kroll 2005


http://www.herbmed.org [Phytotherapy tested in heart-healthy seniors. More vital with Crataegus monogyna]. [Article in German] [No authors listed] 2004

http://www.herbmed.org Administration of a hydroalcoholic extract of Crataegus curvisepala in total of 92 men and women with primary mild hypertension, aged 40-60 years, 3 times daily for more than 4 months showed a decrease in both systolic and diastolic BP after 3 months. Asgary 2004

http://www.herbmed.org Hawthorn special extract WS 1442 was prescribed for the treatment of 588 patients with heart failure stage NYHA II & favorable effects on clinical symptoms were achieved although the patients in Crataegus cohort received markedly fewer chemical-synthetic drugs than patients in comparative cohort. Habs 2004

http://www.herbmed.org The preparation containing fixed quantities of Crataegus oxyacantha, Eschscholtzia californica, and magnesium proved safe and more effective than placebo in treating mild-to-moderate anxiety disorders in 264 patients (81% female; mean age: 44.6 years). Hanus 2004
Double-blind, randomized, placebo-controlled studies using sublingual/oral administration of D-camphor, an extract from fresh crataegus berries & a combination of the 2 (CCC) showed that CCC, depending on pressoric activity of its 2 mono-components, counteracts orthostatic fall in blood pressure. Belz 2003

A placebo controlled, randomised, multicentre trial in 143 patients with cardiac failure NYHA class II, showed the efficacy and safety of a standardised extract of fresh berries of Crataegus oxyacantha L. & monogyna under long term therapy. Degenring 2003

The results of meta-analysis of randomized trials using hawthorn extract for treating chronic heart failure suggest that there is a significant benefit from hawthorn extract as an adjunctive treatment for chronic heart failure. Pittler 2003

Administration of the homeopathic Crataegus-based preparation Cralonin in 110 patients aged 50-75 years was found to be non-inferior to usual ACE inhibitor/diuretics treatment (n=102) for mild cardiac insufficiency on all parameters except BP reduction. Schroder 2003

A randomized, crossover trial with 8 healthy volunteers, evaluating digoxin 0.25 mg alone for 10 days and digoxin 0.25 mg with Crataegus special extract WS 1442 (450 mg) twice daily suggests that both hawthorn and digoxin, in the doses and dosage form studied, may be coadministered safely. Tankanow 2003

Oral administration of the camphor-crataegus berry combination as a single regimen in 3 different dosages of 5 drops, 20 drops and 80 drops in 48 patients decreased orthostatic fall in blood pressure. Belz 2002

Clinical studies have found that standardized extracts of Crataegus species show promise as adjunctive agents for the treatment of left ventricular dysfunction. Fong 2002

Both efficacy and tolerability were rated best for the 1800 mg of crataegus extract WS 1442 group of patients with heart failure & the incidence of adverse events was lowest in the 1800 mg of WS 1442 group & particularly with respect to dizziness and vertigo. Tauchert 2002

Administration of (a) 600 mg Mg, (b) 500 mg hawthorn extract, (c) a combination of (a) and (b), (d) placebo in 36 mildly hypertensive subjects showed a promising reduction in resting diastolic blood pressure at week 10 in 19 subjects who were assigned to hawthorn extract, compared to other groups. Walker 2002

Treatment with standardized extract of fresh Crataegus berries (Rob 10) in 88 patients with congestive heart failure led to an increase of exercise time of 38.9 s vs placebo & quality of life improved accordingly in favour of Rob 10. [Article in German] Rietbrock 2001

In a randomised, placebo-controlled, double-blind clinical study of Crataegus extract WS 1442, standardised to 18.75% oligomeric procyanidines, on 40 outpatients suffering from congestive heart failure NYHA class II revealed that it was clinically effective, safe and well tolerated. Zapfe jun 2001

A first, international, randomized, placebo-controlled, double-blind study to investigate the influence of the herbal drug Crataegus Special Extract WS 1442 (hawthorn leaves) on mortality of 2300 patients with congestive heart failure was carried out. Holubarsch 2000

Administration of an herbal crataegus-camphor combination in 190 patients with functional cardiovascular disorders showed that 71.6% of subjects in the active drug group were satisfied with their treatment compared with just 52.7% in the placebo group. [Article in German] Schmidt 2000

Treatment of Crataegus extract WS 1442 in 1,011 patients with cardiac insufficiency stage NYHA II, showed significant improvement in clinical symptoms like reduced performance in the exercise tolerance test, fatigue, palpitation & exercise dyspnea, ankle edema & nocturia by 83%. [Article in German] Tauchert 1999
300 clinical studies carried out in Germany with standardized phytopharmaceuticals, including Crataegus, Silybum, Ginkgo, etc showed that these phyto-pharmaceuticals were therapeutically equivalent with chemotherapeutics and also being devoid of any adverse effects. Wagner 1999

Euphytose (mixture of Crataegus, Ballota, Passiflora, Valeriana, Cola and Paulinia) reduced anxiety more than placebo in a double blind study with 182 patients Bourin 1997

Folk usage and modern clinical trials indicate benefit for congestive heart failure. No adverse drug reactions have been reported [Article in German] Weihmayr 1996

Extract WS 1442 benefited patients with NYHA stage II cardiac insufficiency in a double blind study with 136 patients treated with extract WS 1442 or placebo for 8 weeks. There was improvement in heart rate, blood pressure, shortness of breath and edema Weikl 1996

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Exercise blood pressure and pulse were improved by 8 weeks of extract WS 1442 compared with placebo in a trial with 30 patients with stage NYHA II cardiac insufficiency Leuchtgens 1993

Crataegus can be used for cardiological indications for which digitalis is not (yet) indicated. The effects, mainly from the flavonoids, indicate a simultaneous cardiotropic and vasodilatory action, as confirmed clinically in controlled studies Blesken 1992

Treatment of decreasing cardiac performance. Therapy using standardized crataegus extract in advanced age [Article in German] O'Conolly 1986

Therapeutic effect of Crataegus pinnatifida on 46 cases of angina pectoris--a double blind study. Weng 1984

On the use of injectable crataegus extracts in therapy of disorders of peripheral arterial circulation in subjects with obliterating arteriopathy of the lower extremities [Article in Italian] Di Renzi 1969

The therapeutic effect of hawthorn extract in myocardial hypoxia [Article in German] Piotti 1965