



EUROPEAN MEDICINES AGENCY
SCIENCE MEDICINES HEALTH

15 May 2019
EMA/166144/2019

Green bean pods

Phaseolus vulgaris L., fructus sine semine

This is a summary of the scientific conclusions reached by the Committee on Herbal Medicinal Products (HMPC) on the medicinal uses of green bean pods. The HMPC conclusions are taken into account by EU Member States when evaluating applications for the licensing of herbal medicines containing green bean pods.

This summary is not intended to provide practical advice on how to use medicines containing green bean pods. For practical information about using green bean pods medicines, patients should read the package leaflet that comes with the medicine or contact their doctor or pharmacist.

What are green bean pods?

Green bean pods is the common name for the fruit of the *Phaseolus vulgaris* L. plant which has been freed of seeds.

The HMPC conclusions only cover green bean pods preparations that are obtained by drying and comminuting (reducing into tiny pieces) the pods.

Herbal medicines containing this green bean pods preparation are usually available as herbal tea to be drunk.

Green bean pods preparations may also be found in combination with other herbal substances in some herbal medicines. These combinations are not covered in this summary.

What are the HMPC conclusions on its medicinal uses?

The HMPC concluded that, on the basis of its long-standing use, this green bean pods preparation can be used for minor urinary complaints to increase urine production to achieve flushing of the urinary tract (structure that carries urine).

Green bean pods medicines should only be used in adults. If symptoms continue longer than 2 weeks or worsen while the patient is taking the medicine, a doctor or a qualified health care practitioner should be consulted. Detailed instructions on how to take green bean pods medicines and who can use them can be found in the package leaflet that comes with the medicine.

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What evidence supports the use of green bean pods medicines?

The HMPC conclusions on the use of these green bean pods medicines for minor urinary complaints are based on their 'traditional use'. This means that, although there is insufficient evidence from clinical trials, the effectiveness of these herbal medicines is plausible and there is evidence that they have been used safely in this way for at least 30 years (including at least 15 years within the EU). Moreover, the intended use does not require medical supervision.

In its assessment, the HMPC noted the lack of clinical studies in patients with minor urinary complaints.

For detailed information on the studies assessed by the HMPC, see the HMPC assessment report.

What are the risks associated with green bean pods medicines?

At the time of the HMPC assessment, no side effects had been reported with these medicines.

Further information on the risks associated with these green bean pods medicines, including the appropriate precautions for their safe use, can be found in the monograph, which is published on the Agency's website under the section 'Documents': ema.europa.eu/medicines/herbal/phaseoli-fructus-sine-semine.

How are green bean pods medicines approved in the EU?

Any applications for the licensing of medicines containing green bean pods have to be submitted to the national authorities responsible for medicinal products, which will assess the application for the herbal medicine and take into account the scientific conclusions of the HMPC.

Information on the use and licensing of green bean pods medicines in EU Member States should be obtained from the relevant national authorities.

Other information about green bean pods medicines

Further information on the HMPC assessment of green bean pods medicines, including details of the Committee's conclusions, can be found in the section 'Documents' on the Agency's website: ema.europa.eu/medicines/herbal/phaseoli-fructus-sine-semine. For more information about treatment with green bean pods medicines, read the package leaflet that comes with the medicine or contact your doctor or pharmacist.