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**American Herbal Pharmacopoeia® and Therapeutic Compendium
Standards of Analysis, Quality Control, and Therapeutics**

AHP Releases Monograph Standards, Osha Root (*Ligusticum porteri* and closely related species) Monograph and Therapeutic Compendium

The American Herbal Pharmacopoeia (AHP) is pleased to announce the release of a Monograph and Therapeutic Compendium for Oshá *Ligusticum porteri* and closely related species. The monograph was a joint effort of AHP, United Plant Savers, and the ERB Foundation of the American Herbal Products Association (AHPA). According to AHP President Roy Upton; The osha monograph is historic in that it is the first pharmacopoeia monograph ever developed for this botanical. Not only does it present the rich history of ethnobotanical use of one of the most important of North American indigenous plants, it presents detailed information on sustainable harvest practices based on formal population studies that were also underwritten by the AHPA-ERB Foundation and conducted by Dr. Kelly Kindscher of the University of Kansas."

The unique history of oshá, also known as bear root, will be an especially pleasurable read due to stories of the herb-bear relationship recounted by noted professor of biology Dr. Shawn Sigstedt, traditional uses to ward off snakes and cut worms, and even an account relayed by herbalist Ann Drucker of a bear who used the root in an attempt to heal its gunshot wounds. A unique feature of the oshá monograph is that it recognizes the fact that multiple species of *Ligusticum* were referred to as oshá or bear root, most specifically include *L. canbyi*, *L. filicinum*, *L. grayi*, and *L. tenuifolium*. This is significant in that most anyone using osha believes they are using *L. porteri*, because that is the name assigned to osha in popular writings and in *Herbs of Commerce*. However, the reality is that the species are very difficult even for experts to distinguish. This is equally significant due to the fact that oshá is not readily cultivated. While some successful attempts have been made, it has not yet proven to be a commercially sustainable proposition. This makes utilization of multiple species, especially closely related species such as European lovage (*Levisticum officinalis*) that are easily cultivated, important to consider.

Some of what the herbal world is saying about osha:

I just had the luxury of reading your amazing work! I got chills, I cried, and I am in deep gratitude to you for putting together such a tribute to osha. Thank you for all your time, effort and dedication. What a gift you have given to the earth and all of us!

~ Ann Drucker, Herbal Healing Arts

Thank you and good work! Hard to believe this has not been done until now.

~ Andrew Weil MD, Arizona Center for Integrative Medicine

Super!!!

~ Michael McGuffin, American Herbal Products Association (AHPA)

The monograph is excellent, and you can be sure it will be widely accepted among the pharmacognosy community in Mexico. Congratulations for an additional monograph carried out with the highest standard of quality.

~ Rachel Mata PhD, Universidad Nacional Autonoma de Mexico

Wow, what a very thorough monograph. I can see why you say this an historic monograph for many reasons. Closely related species, 87-page monograph, deep historical information, lots of Native American historical data, etc. I commend you and the gigantic effort to publish this monograph and organizing and coordinating all the data and reviewers' input.

~ Edward J Fletcher, Herbal Ingenuity

This monograph is a major contribution to all the fields that are touched by herbalism. Excellent science, ethnobotany and respect for this very special plant, that is communicated with clear writing and informative graphics. Keep up this good work!

~ David Hoffmann, Traditional Medicinals

It's an amazing, beautiful monograph. Thanks again!

~ Steven Dentali PhD, Dentali Botanical Sciences

This monograph looks great. I am happy to be part of such a useful endeavor!

~ Eike Reich PhD, Camag

Congrats. This will be my favorite monograph for sure. It is personal. Feels like home. I appreciate what you do!!!!!!!!!!

~ Mitch Coven, Vitality Works

The Oshá Monograph and Therapeutic Compendium (PDF) is available by ordering from the AHP website at http://www.herbal-ahp.org/order_online.htm

Sincerely,

A handwritten signature in black ink, appearing to read 'Roy Upton'.

Roy Upton RH, DipAyu
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