

Hawthorn

Type	Safety	Efficacy	Recommended?
			
Dietary supplement	Regarded as safe	No evidence that it is effective	No

In detail:

Claims for the treatment	That it can improve tinnitus due to its action on the circulatory system
What is the treatment?	Hawthorn extracts can be taken as capsules, powder or a liquid tincture.
What are the downsides of this treatment?	Hawthorn is generally regarded as safe, but it may be toxic in large doses ¹ .
Has there been research into this treatment?	There have been no papers published on hawthorn extracts as a treatment for tinnitus.
What does the research say?	There is no evidence available regarding this treatment for tinnitus.
How high quality is the research?*	None available

Tinnitus UK try very hard to make sure our information is right, but this information should not be taken as medical advice. You should always check with your doctor before trying any tinnitus treatment.

Tinnitus UK's opinion on this treatment:	There is no evidence available regarding this treatment for tinnitus. We would suggest you talk to your GP before taking any new medication or supplement. "Dietary supplements should not be recommended to treat tinnitus." ³
Would Tinnitus UK support further studies into this treatment?	No.
Comments	Hawthorn extracts have been used in the treatment of heart problems, including heart failure as it increases coronary blood flow. It can lower blood pressure ² . Although it may interact with some medications, it is regarded as safe ^{1,2} .

* A = Systematic review/meta analysis. B = Randomised control studies. C = Cohort studies. D = Case control studies. E = case studies/reports. +/- to be used to indicate quality within bands

For further information

The Tinnitus UK Tinnitus Support Team can answer your questions on any tinnitus related topics:

Telephone **0800 018 0527**
 Web chat **tinnitus.org.uk**
 Email **helpline@tinnitus.org.uk**
 Text/SMS **07537 416841**

We also offer a free tinnitus e-learning programme, Take on Tinnitus at takeontinnitus.co.uk

References

All online references accessed 11 October 2022 unless noted.

1. The Drugsite Trust. *Hawthorn*. www.drugs.com/npp/ashwagandha.html
2. Orhan IE. Phytochemical and Pharmacological Activity Profile of

Crataegus Oxyacantha L. (Hawthorn) - A Cardiotonic Herb. *Current Medicinal Chemistry*. (2018) 25(37) 4854-4865. DOI: 10.2174/0929867323666160919095519

3. Coelho C, Tyler R et al. Survey on the Effectiveness of Dietary Supplements to Treat Tinnitus. *American Journal of Audiology*. (2016) 25(3): 184-205

Feedback

We welcome feedback on all our information.

You can pass your comments to our Communications Team by calling us on **0114 250 9933**, emailing **communications@tinnitus.org.uk** or by writing to us at the address overleaf.

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