ตารางที่ 1 Clinical bibliographic evidence-based support for safety of *Andrographis paniculata* extract for other diseases (Not common cold and uncomplicated upper-respiratory tract infection) with a long-term treatment duration (>1 week)

AP dose and form	Andrographolide daily dose	Formulation	Study design	N	Disease	Duration	Safety/ Adverse events experienced	Country	Reference
340 mg of ethanolic *A. paniculata* extract per day	170 mg of total AP1	Tablet BID p.o. 1 tablet = 85 mg of total AP1(50% w/w), 3 % w/w of AP6, 0.2% w/w of AP4	DB, PC	Total =21 1) AP=11 2) Placebo = 10	Relapsing-remitting multiple sclerosis	12 months	- One patient in the AP group presented a mild and transient skin rash, which was alleviated with anti-histamine treatment for 3 weeks. - The formulation was well tolerated and no changes in clinical parameters were observed.	Chile	(7)
1200 and 1800 mg of ethanolic *A. paniculata* extract per day	NA	Capsule TID p.o.	R, DB, PC	Total=223 1) AP 1200 mg = 57 2) AP 1800 mg = 59 3) Placebo = 64	Ulcerative colitis	8 weeks	- Through week 8, the incidence of adverse events was generally similar among the groups. - A rash occurred in 8% of patients receiving AP and 1% of patients receiving placebo. The rashes were mostly mild, reversible, and did not cause treatment discontinuation.	Multicenter 52 centers in 5 countries (USA, Canada, Germany, Romania, and Ukraine)	(8)
300 mg of ethanolic *A. paniculata* extract per day (30% of total AP1)	90 mg of total AP1	Tablet TID p.o. 1 tablet = 30 mg AP1 (30% w/w, 3% w/w of AP6, 0.2% w/w of AP4)	R, DB, PC	Total=58 1) AP 300 mg = 30 2) Placebo =28 *Only female	Rheumatoid arthritis	14 weeks	- Metabolic parameters such as appetite, weight, liver, and kidney functions, along with hemodynamic and hematological parameters remained stable. - Chest radiological examination did not show pulmonary lesions.	Chile	(9)

AP dose and form	Andrographolide daily dose	Formulation	Study design	N	Disease	Duration	Safety/ Adverse events experienced	Country	Reference
NA	(approximately 300-600 mg of AP1/days) 5 mg/kg BW for 3 weeks followed by 10 mg/kg BW for a further 3 weeks	Capsule TID p.o.	O	Total=17 1) HIV =13 2) Normal = 4	HIV	6 weeks	- One patient had an anaphylactic reaction during week 4 of the study. - There were no significant changes in blood profiles and blood chemistry in the treatment group. - Among HIV subjects, 92 and 62% of patients reported at least one adverse event during week 1-3, and week 4-6 of treatment, respectively.	USA	(10)
600-1800 mg of *A. paniculata* crude per day	NA	Capsule QD or TID p.o.	O	Total = 20	Diabetes mellitus type 2	12 weeks	- After 12 weeks, there were no changes in physical and biochemical parameter of toxicity e.g. body weight, blood pressure, liver function tests, renal function tests, cardiac enzymes, and haemogram. - One patient complained of gastric irritation and nausea.	Malaysia	(11)

Note: NA = Not available, R = Randomized, O = Open label, DB = Double-blind, PC = Placebo-controlled, AP1 = Andrographolide, AP = *Andrographis paniculata*, QD = Once a day, BID =2 times a day, TID = 3 times a day, QID = 4 times a day, p.o. = per oral