

# GRINDELIA

*(Grindelia robusta)*

## Clinical Summary

### Actions

- Anti-inflammatory
- Antispasmodic
- Bronchodilator
- Expectorant
- Alterative
- Antibacterial
- Demulcent
- Diuretic
- Hypotensive
- Sedative
- Vulnerary
- Antiasthmatic

### Indications

- Respiratory disorders including asthma, whooping cough, bronchitis, hay fever, upper respiratory catarrh, the common cold
- Heart disease including tachycardia and palpitations
- Bladder and urinary tract infections
- Externally for hot and dry skin conditions especially poison ivy dermatitis

### Traditional Use

Grindelia is a traditional medicine of Californian Native Americans such as the Chumash people. The resins produced by grindelia are similar in chemistry and physical properties to those obtained from pine trees for use in the naval stores industry.

### Energetics

Cooling, moistening, pungent, bitter.

### Constituents

Resin containing diterpenoid acids including grindelic acid, phenolic acids, flavonoids, tannins, essential oil and small amounts of saponins.

### Use in Pregnancy

Insufficient reliable information is available so avoid using.

### Contraindications and Cautions

Use with caution for those with acute kidney infections.

### Drug Interactions

None known.

### Administration and Dosage

Liquid extract 1:1 in 60% alcohol  
10 to 20mL weekly