

# OAK BARK

*(Quercus robur)*

## Clinical Summary

### Actions

- Astringent
- Antimicrobial
- Anti-inflammatory
- Antioxidant
- Styptic
- Diuretic

### Indications

- Diarrhoea, dysentery
- Sore throat, tonsillitis (gargle), bleeding gums
- Haemorrhage
- Leucorrhoea
- Possible use in oxidative stress and cancer support
- Skin infections (topical)

### Traditional Use

The European oak tree has been used in both industry and medicine for thousands of years. The astringent agents found in oak have been employed for many complaints including diarrhoea, vomiting, mouth ulcers, sore throats and leucorrhoea. The tree was sacred to the Druids and much folklore exists about its magical uses, including the acorns being used for fertility.

- Digestive system: diarrhoea, dysentery, vomiting, haemorrhoids.
- ENT: throat infection, tonsillitis, bleeding gums.
- Skin: topical for bleeding, infections, inflammation, eczema.
- Genitourinary: kidney tonic, leucorrhoea.

### Energetics

Bitter, cooling, drying.

### Constituents

Tannins constitute 15 to 20% of the bark – subcategories include castalagin/vescalagin, gallic acid, valoneic acid bilactone; monogalloyl, digalloyl and trigalloyl glucose, ellagic acid rhamnose, quercitrin and ellagic acid. Oak also includes flavonoid glycosides (including rutin), proanthocyanidins and alpha-tocopherol.

### Use in Pregnancy

Not generally used or recommended during pregnancy.

### Contraindications and Cautions

Topical application of oak should be avoided in cases of significant damage to skin surface.

### Drug Interactions

Due to the tannin content, absorption of alkaloid and alkaline drugs may be inhibited or reduced and caution is warranted.

### Administration and Dosage

Liquid extract 1:1 in 30% alcohol  
20 to 40mL weekly