

PAEONIA

(Paeonia lactiflora)

Clinical Summary

Actions

- Antioxidant
- Anti-inflammatory
- Antispasmodic
- Anticonvulsant
- Analgesic
- Antithrombotic
- Hormone Modulator
- Hepatoprotective
- Immunomodulator
- Neuroprotective
- Cognitive Enhancer
- Uterine Tonic
- Sedative

Indications

- Dysmenorrhoea, premenstrual syndrome, endometriosis and adenomyosis
- Polycystic ovarian syndrome, ovulatory failure, infertility, androgen excess, mastalgia and menopausal symptoms
- Hyperprolactinaemia
- Headaches and muscular spasm
- Hepatic injury and toxicity
- Cardiovascular disease (including angina, atherosclerosis & thrombosis)
- Oxidative stress and inflammatory disorders
- Memory impairment
- Pre and post operative pain & spasm (colonoscopy)

Traditional Use

In TCM paeonia is often prescribed for a wide range of gynaecological problems making it one of the most versatile herbal medicines for women's health. Paeonia is also used in traditional Chinese medicine for inflammation and pain.

Energetics

Bitter, salty, cold.

Constituents

Paeonia contains flavonoids, tannins, terpenoids, proanthocyanidins, triterpenoids, and complex polysaccharides. It contains gallotannin and the unique glycosides paeoniflorin, albiflorin, benzoylpaeoniflorin and oxypaeoniflorin as well as paeonol, pentagalloylglucose, hexagalloylglucose, heptagalloylglucose, and a range of paeonilactones.

Use in Pregnancy

Paeonia appears safe in pregnancy and lactation.

Contraindications and Cautions

None known.

Drug Interactions

Caution with phenytoin (a medicine used to treat epilepsy). Monitor with anticoagulant/antiplatelet (such as warfarin) drugs.

Administration and Dosage

Liquid extract 1:1 in 45% alcohol
15 to 30mL weekly