

PARSLEY ROOT

(Petroselinum crispum)

Clinical Summary

Actions

- Diuretic
- Carminative
- Spasmolytic
- Expectorant
- Antirheumatic
- Emmenagogue

Indications

- Gastrointestinal disorders such as constipation, flatulent dyspepsia with intestinal colic, gall bladder problems especially gall stones
- Urinary disorders such as cystitis, painful urination, treatment and prophylaxis of kidney gravel
- Bronchitic cough in the elderly
- Poor appetite, weak digestion
- Dysmenorrhoea, functional amenorrhoea
- Muscle pain
- Diabetes
- Hypertension
- Oxidative stress
- Possible adjunctive use in some cancers

Traditional Use

Parsley root is documented in many old herbals and was revered for its medicinal uses as well as for sacred and superstitious reasons.

Energetics

Sweet, warm, moist.

Constituents

Essential oil makes up 0.2 to 0.75%, mainly consisting of terpinolene, β -pinene and phenylpropanoids apiole (sometimes called parsley camphor) and myristicin. Additionally, apiole makes up 0.2 to 1.6% of the roots and is from a large subset of phenolic compounds known as flavonoids.

Use in Pregnancy

While safe to consume in culinary dishes, the use of the essential oil and fluid extract is contraindicated due to the emmenagogic action and potential for it to be abortifacient. In the past parsley root was used as an abortifacient.

Contraindications and Cautions

None known.

Drug Interactions

Caution with anticoagulant/antiplatelet (such as warfarin), antidiabetic and diuretic drugs.

Administration and Dosage

Liquid extract 1:1 in 25% alcohol
40 to 80mL weekly