

PAU D'ARCO

(*Handroanthus* spp.)

Clinical Summary

Actions

- Antitumour
- Anticoagulant
- Antioxidant
- Antiplatelet
- Antimicrobial
- Analgesic
- Antiviral
- Antiproliferative
- Antiparasitic
- Antidepressant
- Anti-inflammatory
- Antiobesity

Indications

- Adjunct for cancer
- Inflammatory diseases including lupus, psoriasis, cardiovascular disease
- Infections, candidiasis, trichomonas vaginalis, herpes simplex virus, influenza, helicobacter pylori
- Parasitic diseases such as schistosomiasis
- Cervicitis and cervico-vaginitis
- Oedema

Traditional Use

Traditionally pau d'arco was used by native South Americans as an anti-inflammatory cure-all to treat various conditions including fever, malaria, bacterial and fungal infections, and skin diseases.

Energetics

Cold, astringent, bitter.

Constituents

The major active constituents are 16 quinones, containing both naphthoquinones and anthraquinones.

Use in Pregnancy

Contraindicated.

Contraindications and Cautions

Caution should be used in patients with blood disorders, those who are having surgery, taking anticoagulant or antiplatelet medications or supplements, due theoretically to an increased risk of bleeding. Avoid with known allergy/hypersensitivity to pau d'arco, its constituents, or members of the Bignoniaceae family.

Drug Interactions

Avoid in those who are taking anticoagulant, or antiplatelet medications or supplements, as pau d'arco may theoretically increase the risk of bleeding.

Administration and Dosage

Liquid extract 1:1 in 45% alcohol
10 to 20mL weekly