

REHMANNIA

(*Rehmannia glutinosa*)

Clinical Summary

Actions

- Adaptogen
- Antipyretic
- Adrenal Tonic / Trophorestorative
- Antihaemorrhagic
- Anti-inflammatory
- Mild Laxative
- Immune Relating

Indications

- Menopausal symptoms, endometriosis
- Rheumatoid arthritis, osteoporosis, fibromyalgia, multiple sclerosis
- Asthma
- Allergies, urticaria, psoriasis, skin rashes
- Chronic nephritis (inflammation of the kidney)
- Fevers
- Adrenal function support
- Constipation
- Diabetes
- Insomnia
- To protect against the suppressive effects of corticosteroid therapy and chemotherapy

Traditional Use

Rehmannia has been widely used in traditional Chinese medicine (TCM) for more than 2000 years. It is renowned as a longevity herb that has the ability to balance the “yin”. According to TCM yin deficiency in the kidneys is closely associated with exhaustion and fatigue.

Energetics

Cooling.

Constituents

More than 70 compounds including iridoids, saccharides, amino acids and inorganic ions, as well as other trace elements.

Use in Pregnancy

Not recommended due to lack of sufficient data. In TCM its use is endorsed.

Contraindications and Cautions

Contraindicated in transplant recipients, or those taking therapeutic immunosuppressives. Avoid in diarrhoea and lack of appetite due to possible irritation of gastrointestinal tract; also where there is a known allergy/hypersensitivity to rehmannia, any of its constituents or members of the Orobanchaceae family.

Drug Interactions

Caution with antidiabetic drugs. May be beneficial with irbesartan (sold under the brand name Avapro among others. A medication used to treat high blood pressure, heart failure and diabetic kidney disease) – medical supervision recommended.

Administration and Dosage

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