

# STONE ROOT

*(Collinsonia canadensis)*

## Clinical Summary

### Actions

- Diuretic
- Tonic
- Stimulant
- Stomachic
- Carminative
- Alterative
- Diaphoretic
- Astringent
- Emmenagogue
- Peripheral Vasodilator

### Indications

- Haemorrhoids
- Varicosis
- Pain or discomfort in the rectum
- Gastritis and constipation; dysentery
- Laryngitis
- Urinary incontinence, taken after evening meal and at bedtime
- Weak heart
- Female disorders including amenorrhoea, dysmenorrhoea, menorrhagia, vicarious menstruation, prolapsed uterus, leucorrhoea, threatened abortion, and pruritis-vulvae due to varicosis

### Traditional Use

One of its first uses by Eclectics was in the treatment of a form of laryngitis known as "minister's sore throat." It was considered the best remedy for this condition of overuse of the voice. It was also used for chronic laryngitis, pharyngitis and in some cases of chronic bronchitis and tracheitis. The physiomedicalists in England soon held it in high regard. Cook wrote of stone root in the Physiomedical Dispensatory of 1889 that he found it most useful in nervous headache, colic pains and nervous forms of dysmenorrhoea and it has been used to good advantage in light cases of

leucorrhoea and persistent laxity of the bowels. It's soothing and tonic impression was considered useful in nearly every form of moderate female nervousness. It was considered to be as effective as more pure nervine tonics such as motherwort.

### Energetics

Neutral to cooling, drying.

### Constituents

Early (1885) investigations found it to contain resin, starch, tannin, wax in all parts of the plant, mucilage in the root and volatile oil in the leaves. It is reported to contain about 0.05% essential oil consisting mainly of the sesquiterpenes germacrene-D and caryophyllene, the monoterpenes limonene and alpha- and beta-pinenes and the phenylpropanoi, elemicin (a notable constituents in nutmeg). It also contains caffeic acid derivatives, including rosmarinic acid. The leaf contains flavones, including 2,5-dihydroxy-6,7-dimethoxyflavanone, baicalein-6,7-dimethyl ether, norwogonin-7,8-dimethyl ether and tectochrysin (5-hydroxy-7-methoxyflavone). The therapeutic constituent or constituents of stone root have so far not been determined.

### Use in Pregnancy

No scientific information. Considered safe to use during pregnancy by the early herbalists.

### Contraindications and Cautions

None known.

### Drug Interactions

Caution with diuretic drugs and lithium.

### Administration and Dosage

Liquid extract 1:2 in 45% alcohol  
20 to 105mL weekly