

# TEASEL ROOT

*(Dipsacus asper)*

## Clinical Summary

### Actions

- Anti-inflammatory
- Immunomodulatory
- Analgesic
- Bacteriostatic

### Indications

- Joint disease including:
  - Rheumatoid arthritis
  - Postmenopausal osteoporosis
  - Fibromyalgia
  - Bone fractures, muscle and joint pains
  - Tendon and ligament injuries
  - Soreness and weakness in the lower back and knees
  - Symptoms in Lyme disease
- Menorrhagia and metrorrhagia

### Traditional Use

Teasel has been used in Traditional Chinese Medicine for its effects on osteoporosis, lower back pain, knee pain, rheumatic arthritis and bone fractures.

### Energetics

Warm.

### Constituents

Phenolic acids including caffeic acid, cinnamic acid derivatives, vanillic acid and caffeoylquinic acid; iridoid glycosides including loganin, cantleyoside, triplostoside A and sweroside derivatives; furofuran lignans; triterpenoids such as oleanic acid, akebiasaponin D and a series of unique asperosaponins.

### Use in Pregnancy

In TCM teasel root has been used to treat pregnancy disorders for thousands of years. It is traditionally used to control bleeding and threatened miscarriage during pregnancy. It is currently ranked as the first herb to select for prevention of miscarriage clinically however there is no sufficient evidence as yet to assess its safety. Preclinical studies in mice suggest that high dose and long term administration of teasel root preparations could be unsafe in pregnant women.

### Contraindications and Cautions

None known.

### Drug Interactions

Caution with anticholinergic and cholinergic drugs.

### Administration and Dosage

Liquid extract 1:2 in 60% alcohol  
15 to 50mL weekly