

BUTTERNUT

(Juglans cinerea)

Clinical Summary

Actions

- Laxative
- Anthelmintic
- Cholagogue
- Alterative

Indications

- Constipation, poor liver function, skin disorders

Traditional Use

Traditionally used in constipation, to stimulate liver function in sluggish digestive disorders and skin diseases associated with congested bowel and/or liver.

Energetics

Cold, pungent.

Constituents

Naphthaquinones including juglone, juglandin and juglandic acid, fixed and essential oil, tannins.

Use in Pregnancy

Avoid using.

Contraindications and Cautions

Can cause diarrhea and gastrointestinal irritation.

Drug Interactions

Caution advised with corticosteroids (anti-inflammatory medicine), digoxin (cardiac glycoside), diuretics, warfarin (anticoagulant) and stimulant laxatives.

Administration and Dosage

Liquid extract 1:2 in 25% alcohol
25 to 120mL weekly