

BURDOCK

(Arctium lappa)

Clinical Summary

Actions

- Alterative
- Anti-inflammatory
- Diuretic (mild)
- Laxative (mild)
- Diaphoretic

Indications

- Acute and chronic skin rashes including eczema, psoriasis, acne, boils, hives
- Gout, arthritis, rheumatism
- Anorexia nervosa
- Cystitis

Traditional Use

Traditionally burdock has been consumed as a vegetable and has also been used for dermatological disorders and as an antidiabetic remedy. In traditional Chinese medicine burdock is used to rid the body of toxins and as a “blood purifier.” In the book *Healing Wise*, which sets forth the foundations of the Wise Woman Tradition, Susun Weed says longevity, steady energy, sexual vitality and freedom from chronic disease and cancer (it is in the famous purported cancer therapy from the 1920s, Essiac) are a few of the reported effects of long term, frequent use of burdock.

Energetics

Bitter, pungent, cooling, drying.

Constituents

Acids (including acetic acid, butyric acid, caffeic acid, chlorogenic acid), aldehydes (including acetaldehyde, benzaldehyde), carbohydrates (inulin, mucilage, pectin), polyacetylenes, terpenoids (including sesquiterpenes arctiol), thiophenes (including arctinone-a), fats, fixed and volatile oils, bitters (lappatin), resin, phytosterols (sitosterol, stigmasterol), tannin, arctiin, arctigenin and other lignans.

Use in Pregnancy

Avoid using.

Contraindications and Cautions

Avoid in patients with known sensitivity to plants in the Asteraceae (Compositae) family.

Drug Interactions

Caution with anticoagulant/antiplatelet (such as warfarin) and antidiabetic drugs.

Administration and Dosage

Liquid extract 1:1 in 30% alcohol
10 to 120mL weekly