

# CLIVERS

*(Galium aparine)*

## *Clinical Summary*

### **Actions**

- Alterative
- Astringent
- Diuretic
- Lymphatic

### **Indications**

- Skin disorders including acne, eczema, urticaria, boils and psoriasis
- Swollen lymph glands including tonsils and swollen glands in the armpits, breasts and groin
- Urinary tract infections

### **Traditional Use**

Clivers were written up as a remedy for chronic ulcers in the British Medical Journal 1883 and was used traditionally for chronic skin disorders, enlarged lymph glands, asthma and gout.

### **Energetics**

Cooling.

### **Constituents**

Acids (caffeic acid, p-coumaric acid, gallic acid, salicylic acid, citric acid), coumarins, iridoids (asperuloside (rubichloric acid)) flavonoids, tannins, fatty acids, sterols.

### **Use in Pregnancy**

Insufficient reliable information available. Professional supervision recommended.

### **Contraindications and Cautions**

None known.

### **Drug Interactions**

None known.

### **Administration and Dosage**

Liquid extract 1:1 in 25% alcohol  
25 to 80mL weekly