

# 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