

CODONOPSIS

(*Codonopsis pilosula*)

Clinical Summary

Actions

- Immunomodulator
- Adaptogen
- Antihemorrhagic
- Anti-Inflammatory
- Blood Sugar Regulator
- Blood Tonic

Indications

- Fatigue, post-viral fatigue syndrome, chronic fatigue syndrome, post-operative fatigue, provide support during convalescence, poor appetite, digestive weakness, indigestion, nausea, vomiting, anaemia, diarrhoea, stress, exhaustion, chronic sickness
- Chronic bronchitis
- Chronic hepatitis
- Peptic ulcers
- Hypoglycaemia, diabetes mellitus, gestational diabetes
- HIV infection, as a protective adjuvant to radiotherapy in cancer treatment

Traditional Use

Historically codonopsis has been used as a low-cost replacement for Korean ginseng (*Panax ginseng*) and is also known as 'poor man's ginseng'. In China it is used for 'wasting and thirsting syndrome' (diabetes). For debility associated with anaemia codonopsis is traditionally combined with astragalus (*Astragalus membranaceus*) and dong quai (*Angelica polymorpha*).

Energetics

Neutral, sweet.

Constituents

Phenylpropanoids, polyacetylenes, triterpenoids, alkaloids.

Use in Pregnancy

Insufficient reliable information available. Professional supervision recommended.

Contraindications and Cautions

Avoid large doses (30 to 60gms).

Drug Interactions

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

Administration and Dosage

Liquid extract 1:1 in 45% alcohol
15 to 30mL weekly