

# 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 membranaceous*) 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