

DANDELION LEAF

(Taraxacum officinale)

Clinical Summary

Actions

- Diuretic
- Antioxidant
- Antirheumatic
- Diuretic
- Alterative
- Nutritive
- Digestive Stimulant

Indications

- Impaired digestion, indigestion
- Oedema, urinary stagnation, hypertension, cellulite, prostate problems
- Gout, rheumatism

Traditional Use

The delicate bitter taste of the leaves means they stimulate digestion plus they are nutritious. They are especially high in calcium, phosphorous, carotenes, potassium, magnesium and vitamin C. Like the roots the leaves also contain a high amount of inulin which has a beneficial effect on gut flora.

Energetics

Cooling, drying, bitter, salty.

Constituents

Flavonoids (luteolin, apigenin), phenolic acids (chlorogenic acid, caffeic acid), triterpenes (taraxasterol and beta-sitosterol), vitamins (A,C,K) and minerals (potassium, calcium, magnesium, iron).

Use in Pregnancy

Based on a long history of use in traditional medicine dandelion is generally considered safe in pregnancy and lactation. Dandelion leaf is used for various complaints such as digestive issues, diuretics and iron support during pregnancy.

Contraindications and Cautions

Avoid in patients with hypersensitivity/allergy to dandelion or other member of the Asteraceae family.

Drug Interactions

Caution with potassium-sparing diuretics (such as spironolactone), quinolone antibiotics and lithium.

Administration and Dosage

Liquid extract 1:1 in 30% alcohol
40 to 210mL weekly