

POKE ROOT

(Phytolacca americana)

Clinical Summary

Actions

- Alterative
- Anticatarrhal
- Antirheumatic
- Anti-Inflammatory
- Expectorant
- Anticatarrhal
- Lymphatic Immunomodulator

Indications

- Lymphatic congestion, mastitis (internally and topically), swollen lymph glands, mumps, swollen, congested breasts, breast lumps and cysts, glandular fever
- Respiratory infections, respiratory catarrh, respiratory tract inflammation, tonsillitis, laryngitis,
- Arthritis
- Acne, eczema, psoriasis, boils

Traditional Use

A Native American herb, poke root was listed officially in the United States Pharmacopeia for nearly one hundred years, from 1820 to 1916, and in the National Formulary from 1916 to 1947, where it was classed as a slow emetic, purgative and alterative.

Energetics

Cold, bitter.

Constituents

Alkaloids, lectins, Saponin glycosides (phytolaccosides), tannins, resin.

Use in Pregnancy

Contraindicated.

Contraindications and Cautions

Do not exceed the recommended dose. In large doses poke root is a powerful emetic and may produce severe vomiting and diarrhoea in certain patients. Contraindicated in those with gastrointestinal irritation. Do not use for longer than 6 months.

Drug Interactions

Avoid concurrent use with immunosuppressive drugs.

Administration and Dosage

Liquid extract 1:2 in 45% alcohol
1 to 10mL weekly