

# YELLOW DOCK

*(Rumex crispus)*

## Clinical Summary

### Actions

- Laxative (mild)
- Cholagogue
- Alterative
- Astringent
- Antimicrobial
- Antioxidant

### Indications

- Constipation, indigestion, flatulence, sluggish liver, jaundice, anaemia
- Skin conditions, psoriasis, acne, eczema
- Arthritis

### Traditional Use

King's American Dispensatory, an Eclectic herbalist text written in the late 19th century, recommends yellow dock when there is "epigastric fullness and pain, and aching or darting pain in the left chest, with flatulent distension of the stomach and eructations of gas." It has been historically used to address tumours and cancer. Eclectic herbalists often recommended it as a lymphatic herb to address swollen lymph glands.

### Energetics

Cooling, drying, bitter.

### Constituents

Anthraquinones, tannins, flavonoids (quercetin, kaempferol), saponins.

### Use in Pregnancy

Contraindicated.

### Contraindications and Cautions

Contraindicated in people with intestinal obstruction or inflammatory diseases of the gastrointestinal tract.

### Drug Interactions

Avoid with digoxin and diuretic drugs. Caution with warfarin.

### Administration and Dosage

Liquid extract 1:1 in 30% alcohol  
15 to 80mL weekly