

# GRINDELIA

*(Grindelia robusta)*

## *Clinical Summary*

### **Actions**

- Anti-inflammatory
- Antispasmodic
- Bronchodilator
- Expectorant
- Alterative
- Antibacterial
- Demulcent
- Diuretic
- Hypotensive
- Sedative
- Vulnerary
- Antiasthmatic

### **Indications**

- Respiratory disorders including asthma, whooping cough, bronchitis, hay fever, upper respiratory catarrh, the common cold
- Heart disease including tachycardia and palpitations
- Bladder and urinary tract infections
- Externally for hot and dry skin conditions especially poison ivy dermatitis

### **Traditional Use**

Grindelia is a traditional medicine of Californian Native Americans such as the Chumash people. The resins produced by grindelia are similar in chemistry and physical properties to those obtained from pine trees for use in the naval stores industry.

### **Energetics**

Cooling, moistening, pungent, bitter.

### **Constituents**

Resin containing diterpenoid acids including grindelic acid, phenolic acids, flavonoids, tannins, essential oil and small amounts of saponins.

### **Use in Pregnancy**

Insufficient reliable information is available so avoid using.

### **Contraindications and Cautions**

Use with caution for those with acute kidney infections.

### **Drug Interactions**

None known.

### **Administration and Dosage**

Liquid extract 1:2 in 60% alcohol  
10 to 20mL weekly