

Burdock

Botanical name: *Arctium lappa*

Energetics/Actions: Pungent, bitter, sweet, cool, adaptogen, tonic, lymphatic

Description

Burdock grows as a weed in the US. In some parts of the world it is eaten as a root vegetable, like a potato. The Japanese call it Gobo and eat it fermented (delicious!). It is fiber rich and best eaten. The leaves and stems can also be cooked and eaten as a vegetable. Burdock is good for “dry” types: dry cough, dry constipation, hot, dry eyes, low grade fevers. It is a deep tonic that works slowly, best used for at least 3-6 months.



Uses

Antimicrobial/antiviral: Traditionally used for colds, flus and infections involving hot swellings like boils. New evidence demonstrates that Burdock may be very useful in treating biofilms.

Diuretic: Gentle relief for water retention.

Anti Inflammatory: Studies show decreased inflammation and symptoms with osteoarthritis.

Skin: Burdock's anti inflammatory actions make it useful for chronic skin conditions like acne, eczema and psoriasis. The leaves can also be used as a poultice for poison ivy or oak.

Dose

Dry root: Make a decoction of 1 oz dry root to 1 ½ pints of water and simmer down to 1 pint.

Drink ½ cup 3 times a day.

Tincture: ½ teaspoon 3 times a day.

*It is delicious in stir frys, soups and fermented.

Safety Information

Do not use in pregnancy. Consult on use for children. If you are taking medications, especially diuretics or blood thinners, consult with your health care provider.