

Butterbur

Botanical name: *Petasites hybridus*

Energetics/Actions: Neutral,
antispasmodic, analgesic

Description

The name Butterbur comes from the fact that its large leaves were traditionally used to wrap butter in the summer to keep it from melting. Butterbur was used in the Middle Ages to fight the plague. It is native to northern Russia and Europe and grows on riverbanks and in marshes.



Uses

Migraine headaches: Good evidence supports using Butterbur for migraine headaches.

Seasonal allergies: Decreases symptoms of hayfever and other seasonal allergies.

Dose

Extract:

For migraine prophylaxis: 50-75 mg 2 times a day for up to 4 months.

For seasonal allergies: 50 mg 2 times a day as needed for up to 4 months.

Safety Information

Unprocessed Butterbur contains PAs (pyrrolizidine alkaloids). Be sure to purchase Butterbur with the PAs removed. Not for use in pregnancy or while breastfeeding. There have been reports of liver damage with this herb, so use the lowest effective dose and limit duration of use. May cause reaction in people with ragweed and daisy (compositae) allergies.