

Cascara Sagrada

Botanical name: *Rhamnus purshiana*

Energetics/Actions: Bitter, cold, stimulating, laxative, cholagogue, diuretic

Description

Cascara sagrada means “sacred bark”. It was first used by the Indigenous Peoples of North America. Cascara sagrada is made from the bark of a tree that grows in the northwestern US.

It is a dose dependent herb: low doses are tonic and strengthen the bowel, moderate doses are laxative and high doses are purgative.

Uses

Constipation: Useful for treatment of constipation with hard, dry stools.

Dose

Dosing varies from person to person. Start with the lowest effective dose.

Capsules: 250-1000 mg *start with 250 mg

Tincture: 20-45 drops *start with 20 drops

Best used in a formula with other herbs.

Safety information

Not for use in pregnancy. Do not use if there is intestinal obstruction. Persons with inflammatory bowel conditions, for example: colitis, IBD and Crohn's disease should not use cascara sagrada.

