

Burdock

Arctium lappa

roots, seeds, leaves

Metabolic Alterative

Dietary Superfood Root

Globally Used Bitter Tonic



by Prashanti de Jager ©2013

for more insights into Burdock read

[Aushadhi: Guide to High Himalayan Herbs](#)

Burdock is a deeply detoxifying, liver/blood purifying 'World' herb, a bitter tonic with over 30 Latin binomial synonyms, signifying its global use. 10th century Saxons: infected wounds; Chinese: diabetes; Renaissance Europe: malaria; Canada: cancer/essiac; Brazil: infectious disease; Japan: gobo; India: liver. A paragon of the Asters (Daisy, Sunflower, Calendula, Pushkarmool, Yarrow) it combines the potent power of dandelion, manjishta, and neem, all in a delicious vegetable, which, when fermented, is nigh unto a probiotic superfood.

Names & Etymology

JungliKuth: a replacement for Kuth/Kustha

Arctium: bear, the bracts are bear-like

Lappa: bur bearing

Burdock: bristle (bur) round bundle (dock)

Ruyicao: Ch: 'as one wishes'

Dosha & Energetics

Rasa (taste): astringent, bitter, pungent

Virya (strength): cooling

Vipaka (metabolites): pungent

Dosha (constitutions): V= P- K-

Prabhava (Power) Blood & Skin

PhytoChemistry

Lignan arctigenin/arctiin, tannins, inulin and prebiotic fructooligosaccharides (FOS)

Actions

Alterative, Blood Purifier, Astringent, Bitter Tonic, Diaphoretic, Diuretic, Detox, Hepatoprotective, Anti-inflammatory, NF-κB inhibitor, Hypoglycemic, Anti-Cancer

Indications

Liver, Blood Purification, Leukemia, Infectious Disease, Chronic Skin Issues, Skin Diseases, Burns, Bruises, Rashes, Herpes, Eczema, Aging Skin, Cancer, Obesity

Which Burdock is Superior?

Though found around the world, Burdock found in the megadiversity zones of the High Himalayan seems to have an extra depth to its ability to support wellness. Ensure your Burdock comes from a responsible organic biodynamic source.