

Burdock Root

Botanical Name: *Arctium lappa*

Family: Asteraceae

Energetics: Cooling, moistening

Taste: Sweet, earthy, slightly bitter

Actions: Blood purifier, diuretic, liver tonic, anti-inflammatory, digestive tonic

Overview

Burdock Root is a foundational herb in Western herbalism and Traditional Chinese Medicine. It is celebrated for its ability to cleanse the blood, support liver and kidney function, and promote healthy skin. Burdock is nourishing, gentle, and particularly supportive for long-term wellness.

Uses

Internal Uses

- Blood purification and detoxification
- Liver and kidney support
- Digestive aid and mild laxative
- Skin health (acne, eczema, psoriasis)
- Anti-inflammatory and antioxidant support
- Supports immune function

External Uses

- Poultices for boils, acne, or eczema
- Infused oils for skin irritation or scalp health
- Decoctions for hair and scalp nourishment

Medication Interactions

- May enhance effects of diuretics
- Can affect blood sugar levels; monitor if diabetic
- Possible interaction with anticoagulants
- May interfere with lithium or certain thyroid medications

Consult a healthcare professional if using prescription medications.

Contraindications

- Pregnancy and breastfeeding (safety not well studied)
- Children under supervision
- Individuals with allergies to Asteraceae family plants (ragweed, daisies, marigolds)

Caution & Safety

- Start with low doses and observe individual tolerance
- Use gently if prone to low blood sugar or blood pressure issues
- Topical use: test small area first

Herbal Pairings

Blends Well With

- Dandelion root (liver and kidney support)
- Yellow Dock (blood cleansing synergy)
- Red Clover (skin and blood support)
- Nettle (nourishing and detoxifying)
- Ginger (circulation and digestion)

Avoid Combining With

- Strong diuretics in high doses without supervision
- Other potent blood-thinning herbs if sensitive

Possible Side Effects

- Mild digestive upset (bloating or gas)
- Allergic reactions in sensitive individuals
- Rare skin irritation with topical use

Forms & Dosage

Decoction / Tea

- 1–2 tsp dried root per cup
- Simmer 15–20 minutes
- Drink 1–2 cups daily

Tincture (1:5)

- 2–4 mL, 1–3 times daily

Powder / Capsule

- 500–1000 mg, 1–2 times daily

Topical (Poultice / Infused Oil)

- Apply to affected skin or scalp as needed

Notes

Burdock Root is a gentle, supportive herb for long-term wellness. Its blood-purifying, liver-supporting, and skin-benefiting properties make it a cornerstone of holistic herbal care.

For educational purposes only; not intended to diagnose, treat, or cure any condition.