

# Chinese Skullcap

**Botanical Name:** *Scutellaria baicalensis*

**Family:** Lamiaceae

**Energetics:** Cooling, drying

**Taste:** Bitter, slightly astringent

**Actions:** Anti-inflammatory, antioxidant, hepatoprotective, sedative, antimicrobial

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## Overview

Chinese Skullcap is a traditional herb in Chinese medicine used for liver support, inflammation reduction, and calming the nervous system. It is highly regarded for its flavonoid content, particularly baicalin and baicalein.

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## Uses

### Internal Uses

- Liver support and detoxification
- Anti-inflammatory and antioxidant support
- Mild sedative and nervine
- Immune support and antimicrobial properties

### External Uses

- Skin inflammation and topical infections (rarely used externally)
- Herbal baths for calming and anti-inflammatory effects

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## Medication Interactions

- May interact with sedatives or CNS depressants
- May influence medications metabolized by the liver (CYP450)
- Consult practitioner if on prescription medications

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## Contraindications

- Pregnancy and breastfeeding: limited data; use with caution
- Children: consult practitioner for medicinal use
- Individuals with liver or kidney disease: use with guidance



## Caution & Safety

- Use moderate doses internally
- Avoid high-concentration extracts without supervision
- Monitor for allergic reactions

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## Herbal Pairings

### Blends Well With

- Reishi (immune and anti-inflammatory synergy)
- Ginger (digestive and warming support)
- Licorice Root (harmonizing)
- Chrysanthemum (cooling and antioxidant synergy)

### Avoid Combining With

- CNS depressants without supervision
- Strong hepatotoxic herbs if sensitive

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## Possible Side Effects

- Mild drowsiness
- Rare allergic reactions
- Possible digestive upset in sensitive individuals

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## Forms & Dosage

### Decoction / Tea

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

### Tincture (1:5)

- 2–4 mL, 1–2 times daily

### Capsules / Powder

- 300–500 mg, 1–2 times daily

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Chinese Skullcap is a potent anti-inflammatory and liver-supportive herb. Its calming and antioxidant properties make it a valuable herb for long-term wellness when used thoughtfully.

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

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