

Pau D'Arco Bark

Botanical Name: *Tabebuia impetiginosa / Handroanthus impetiginosus*

Family: Bignoniaceae

Energetics: Warming, bitter, aromatic

Taste: Bitter, woody, slightly astringent

Actions: Antimicrobial, anti-inflammatory, immune support, mild diuretic, digestive tonic

Overview

Pau D'Arco Bark is traditionally used for its antimicrobial, anti-inflammatory, and immune-supportive properties. It is a bitter herb commonly used in teas or tinctures to support overall wellness.

Uses

Internal Uses

- Supports immune system health
- Antimicrobial support for mild infections
- Anti-inflammatory support
- Digestive tonic for mild discomfort

External Uses

- Rarely used externally; may be used in poultices for skin infections

Medication Interactions

- May interact with anticoagulant medications
- Caution if using immunosuppressive medications

Contraindications

- Pregnancy: avoid medicinal doses
- Children: use with caution
- Allergy to Bignoniaceae family

Caution & Safety

- Avoid high doses for prolonged periods
- Monitor for digestive upset
- Discontinue if allergic reactions occur

Herbal Pairings

Blends Well With

- Ginger (digestive and warming support)
- Licorice Root (demulcent and anti-inflammatory synergy)
- Echinacea (immune support)

Avoid Combining With

- Anticoagulant medications without supervision

Possible Side Effects

- Mild digestive upset
- Rare allergic reactions
- Diuretic effects in sensitive individuals

Forms & Dosage

Tea / Decoction

- 1-2 tsp dried bark per cup water
- Simmer 10-15 minutes
- 1-2 cups daily

Tincture (1:5)

- 2-4 mL, 1-2 times daily

External / Poultice

- Apply to affected area if needed



Pau D'Arco Bark is a warming, bitter herb ideal for antimicrobial, immune, and digestive support. Best used in teas, decoctions, or tinctures with caution in sensitive individuals.

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