

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
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Medication Interactions

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

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

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

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

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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