

BUTCHER'S BROOM

(Ruscus aculeatus)

Clinical Summary

Actions

- Venotonic
- Antioedema
- Anti-inflammatory
- Diuretic
- Alterative
- Diaphoretic

Indications

- Conditions requiring improved circulation, chronic venous insufficiency such as pain and heaviness, leg cramping, itching and swelling, varicose veins, oedema
- Internally and topically for haemorrhoids

Traditional Use

Greek physicians used butcher's broom to treat kidney stones. In the 17th century the English herbalist Nicholas Culpepper used butcher's broom to help the healing of fractured bones.

Energetics

Cool, dry.

Constituents

Steroidal spirostanol saponins (ruscin, neoruscin, deglucoruscin ruscoid), ruscozepines A and B, aculeosides A and B, tetracosanoic acid, glycolic acid, sparteine, coumarins (esculin, esculetin), flavonoids, sterols (sitasterol, campesterol, stigmasterol), triterpenes benzofuranes (euparone, ruscodibenzofurane).

Use in Pregnancy

Avoid using.

Contraindications and Cautions

In rare cases it may cause stomach discomfort, nausea, diarrhea or vomiting.

Drug Interactions

Caution with alpha-adrenergic agonists (such as pseudoephedrine (Sudafed) and others) and alpha-adrenergic agonists such as doxazosin (Cardura), prazosin (Minipress), terazosin (Hytrin) and others.

Administration and Dosage

Liquid extract 1:1 in 45% alcohol
25 to 100mL weekly