

CASCARA SAGRADA

(*Frangula purshiana*)

Clinical Summary

Actions

- Laxative
- Cholagogue
- Bitter Tonic

Indications

- Constipation and conditions in which soft stool is desirable (such as anal fissure and haemorrhoids)

Traditional Use

Cascara sagrada was used as a mild laxative acting principally on the large intestine. It was considered suitable for delicate and elderly people.

Energetics

Bitter, cooling.

Constituents

Anthraquinone glycosides known as cascariosides A, B, C, and D, tannic acid, flavonoids, resins.

Use in Pregnancy

Contraindicated.

Contraindications and Cautions

For short term use only (one to two weeks). Not recommended for children under 12 years. Laxatives in large doses may trigger griping pain and diarrhoea, leading to fluid loss. It should be avoided in cases of intestinal obstruction, dehydration or inflammatory bowel disease.

Drug Interactions

Caution advised with corticosteroids (anti-inflammatory medicine), digoxin (cardiac glycoside), diuretics, warfarin (anticoagulant) and stimulant laxatives.

Administration and Dosage

Liquid extract 1:1 in 25% alcohol
15 to 40mL weekly