

GLOBE ARTICHOKE

(Cynara scolymus)

Clinical Summary

Actions

- Hepatoprotective
- Antioxidant
- Choleric
- Cholagogue
- Bitter Tonic
- Hypocholesterolaemic
- Antiemetic
- Diuretic
- Carminative
- Antispasmodic
- Hepatic
- Trophorestorative

Indications

- Digestive complaints such as indigestion, stomach ache, nausea, vomiting, feeling of fullness, flatulence, loss of appetite, constipation, irritable bowel syndrome
- Adjunct treatment of mild to moderate hypercholesterolaemia (high cholesterol)
- Gallbladder disorders, sluggish liver, hepatobiliary disturbances

Traditional Use

Traditionally globe artichoke has been considered as a digestive, liver and gallbladder herb with bitter principles and recent evidence supports this long time use.

Energetics

Cold, moist.

Constituents

Phenolic acids (cynarin), sesquiterpene lactones (cyanopicrin – a bitter compound), terpenoids, phytosterols, inulin, tannins.

Use in Pregnancy

Safety has not been scientifically established for the leaf extract. Dietary intake is likely to be safe.

Contraindications and Cautions

Not to be used by people with known allergy to globe artichoke or other members of the Asteraceae/Compositae family of plants. Herbs with choleric and cholagogue activities should be used with caution by people with bile duct obstruction, acute or severe hepatocellular disease (e.g. cirrhosis), septic cholecystitis, intestinal spasm or ileus, liver cancer or with unconjugated hyperbilirubinaemia.

Drug Interactions

Theoretical additive effects are possible with lipid-lowering drugs.

Administration and Dosage

Liquid extract 1:1 in 30% alcohol
20 to 80mL weekly