

OATS SEED

(*Avena sativa*)

Clinical Summary

Actions

- Nervine Tonic
- Anxiolytic
- Antidepressant
- Nutritive Tonic
- Antipruritic
- Emollient
- Lipid Lowering
- Antihypertensive
- Immunomodulation
- Antioxidant
- Anti-Inflammatory
- Blood Sugar Regulator

Indications

- Convalescence, fatigue, stress, nervous tension, anxiety, insomnia, depression, psychological aspects of menopause, drug withdrawal, attention deficit hyperactivity disorder
- Reduction of blood cholesterol and sugar levels, hypertension

Traditional Use

Many Eclectics considered oat seed to be of some importance for treating nervous debility. Many Western herbalists prefer to use oat seed tincture as a simple to quiet temporary, mild anxiety or to take the edge off moods that might otherwise be expressed as angry outbursts or losses of self-control. Oats seed has a more immediate effect than oats green and is considered more specific to people who are going through acute nervous exhaustion.

Energetics

Moist, neutral temperature.

Constituents

Carbohydrates (starch, beta glucans); proteins (avenins); alkaloids (tiganelline, avenine, avenanthramides), saponins (avenacosides), flavones, sterols, vitamin B.

Use in Pregnancy

Oral use is considered to be safe in pregnancy and lactation.

Contraindications and Cautions

There are structurally similar gluten proteins found in wheat (gliadin), barley, rye and oats (avenin) and these grains are often grown in rotation in the same fields, and processed in the same facilities, leading to the oats becoming contaminated with wheat/gluten. So while pure, uncontaminated oats are generally safe for most people with coeliac disease, the inclusion of oats seed in herbal medicines requires careful consideration due to potential avenin sensitivity, and adverse reactions, in a small subset of people plus the risk of cross-contamination from other crops.

Drug Interactions

Caution with immunosuppressant drugs. Combination may be beneficial with antihypertensive and lipid-lowering drugs.

Administration and Dosage

Liquid extract 1:1 in 45% alcohol
10 to 40mL weekly