

## QUICK REFERENCE SHEET

# BUPLEURUM

*Bupleurum chinense*



Part Utilized:  
Root



### PROPERTIES:

Tonic, Stimulant, Cleansing

### SYSTEMS AFFECTED:

Liver, Endocrine/Glandular (adrenals)

### POSSIBLE USES:

liver toxicity, adrenal fatigue, depression

### GENERAL INFORMATION:

Bupleurum is one of the most highly valued and researched herbs of traditional Chinese medical usage. In Chinese medicine illness is said to be the result of a deficiency in Chi. Chi may be either lacking or simply obstructed in its flow. Bupleurum is said to disperse congested Chi and clear heat from the liver meridian system. In Western terms this means that Bupleurum is an outstanding herb for cleansing and rebuilding the liver. In this day of chemicals and pollutants, that is a very important effect. I prefer to use herbs that grow a little closer to home so my use of Bupleurum has not been extensive but it is not an herb I would want to be without.

Bupleurum is high in potassium, and it is a support for adrenal gland fatigue and the accompanying physical fatigue and mental/emotional depression. This herb is often used with Licorice and Ginseng to stimulate adrenal function.