

QUICK REFERENCE SHEET

BURDOCK

Arctium lappa



Part Utilized:
Root

PROPERTIES:

Alterative (purifies the blood), Adaptogenic (improvement of immune function), Tonic, Vulnerary, Vermifuge, Diuretic, Febrifuge

SYSTEMS AFFECTED:

Reproductive, Integumentary, Endocrine/Glandular (pituitary, pancreas, pineal), Blood (cleansing), Liver

POSSIBLE USES:

acne, purifying the blood, cleansing the liver, skin disorders such as eczema, arthritis



INGREDIENT IN:

AC, AP, CAC, ESS, LC, PARA, RC, RC-L, SN

GENERAL INFORMATION:

Burdock is a "bitter" herb. As such it restores liver, gallbladder, and digestive functions. Burdock is a wonderful blood purifier and also aids in the elimination of toxins from the tissues for excretion by the kidneys where Burdock, as a mild diuretic, continues to eliminate the problems. Burdock is a wondrously effective remedy for bacterial and fungal infections and aids in the restoration of normal bacteria in the intestinal tract.

Taken hot as a tea, Burdock will fight the infection and clear the dead bacteria from the body via the skin through a healthy sweat. Burdock, because it pushes toxins out of the body through the skin, is a good remedy for chronic inflammatory conditions such as gout and arthritis. Interestingly, Burdock is also excellent in the treatment of any skin disease as it improves the action of the sebaceous glands. Burdock can also be helpful in regulating blood sugar levels.

Burdock is a uterine tonic, helping to regulate periods. Burdock was used traditionally for uterine prolapse and to give strength and tone before labor and after childbirth.