

QUICK REFERENCE SHEET

RHUBARB ROOT

Rheum palmatum



Part Utilized:
Root



PROPERTIES:

Astringent, Anti-inflammatory, Hemostatic,
Antibacterial, Laxative

SYSTEMS AFFECTED:

Circulatory, Digestive, Cathartic

POSSIBLE USES:

laxative (very sparingly and occasionally), staph
infections

INGREDIENT IN:

BC, ESS

GENERAL INFORMATION:

The medicinal uses of this herb are largely due to the irritant, laxative, and purgative properties. In large doses, Turkey Rhubarb Root is strongly laxative and cathartic. The high levels of tannins in this herb, however, counterbalance the cathartic action so long as the herb is taken in small doses. In fact, in small doses, the tannins so overpower the cathartic elements so as to produce constipation. A very strange characteristic.

Turkey Rhubarb seems to act on the smooth muscles of the intestine, much like Buckthorn and Senna, and is equally strong in its action. Rhubarb seems to be the most appropriate remedy for intestinal troubles that follow an intense treatment of antibiotics. Turkey Rhubarb has been shown to be effective against staphylococcus aureus, which is one of the bacterium that causes canker sores. The most famous use of Turkey Rhubarb Root is the classic Essiac Cancer Formula (see ESS recipe).

This herb is sometimes called Chinese Rhubarb and was still listed in the British Pharmacopoeia of 1988. Many people simply refer to this herb as Rhubarb Root so check your latin names.