

## Cascara Sagrada

Latin name: *Rhamnus purshianus*

Family: Rhamnaceae

### **Miscellaneous:**

- a.k.a. Buckthorn.
- Possibility of dependence.
- Bitter taste.
- Found in a number of OTC products.
- Effect usually noticed within 4-8 hours.

### **Uses:**

Stimulant laxative. This herb is endorsed by the German Commission E for treatment of chronic constipation.

### **Mechanism:**

The active ingredient is numerous monomeric anthraquinone glycosides (reduced emodin glycosides).<sup>1</sup>

### **Dosage:**

USP quality should be greater than or equal to 7% hydroxyanthracene derivatives.<sup>1</sup>

Average dose for immediate relief = 1-2 g (½-1 tsp.) finely chopped bark in 150 ml boiling water

Average daily dose = 20-100 mg QD or 1-5 ml liquid extract TID

### **Contraindications/Side effects:**

Pregnancy/breastfeeding. Fresh bark is highly potent and could cause vomiting and bloody diarrhea.

### **Citation References:**

1. Tyler, V., Robbers, J.: *Tyler's Herbs of Choice: The Therapeutic Use of Phytomedicinals*: 1999, pp. 59.

### **General References:**

1. Tyler, V., Robbers, J.: *Tyler's Herbs of Choice: The Therapeutic Use of Phytomedicinals*: 1999, pp. 59.
2. Facts And Comparisons: *Guide To Popular Natural Products*: 1999, pp. 41-42.
3. Mindell, E.: *Earl Mindell's Herb Bible*: 1992, pp. 66-67.
4. Duke, J.: *The Green Pharmacy*: 1997, pp. 174-175.