

Goldenseal

Latin name: *Hydrastis canadensis*

Family: Ranunculaceae

Miscellaneous:

- This herb is native to America.
- Also known as orange root or yellow puccoon.
- The primary parts of the plant used for medicinal purposes are the rhizome and root.

Uses:

There are no uses for this plant that are supported by clinical trials that have been performed on its effectiveness. In coordination, it is not mentioned by the German Commission E. However, it is purported as a possible immunostimulant used to treat colds, flu, UTIs, hemorrhoids, etc.

Mechanism:

The only constituents which could give rise to its suggested effects are the isoquinoline alkaloids contained in the herb. These include hydrastine, berberine, and berberastine. These alkaloids, however, are poorly absorbed in the GI when ingesting goldenseal. Thus, any significant benefits are contradicted when the herb is taken orally.¹

Dosage:

Common dosage: 1.0-1.5 g/day, 2-4 ml of a 1:10 tincture BID, or 0.3-1.0 ml of liquid extract (1:1, 60% ethanol)

Contraindications/Side effects:

Mucosal irritation, pregnancy/breastfeeding.

Citation References:

1. Tyler, V., Robbers, J.: *Tyler's Herbs of Choice: The Therapeutic Use of Phytomedicinals*: 1999, pp. 225.

General References:

1. Tyler, V., Robbers, J.: *Tyler's Herbs of Choice: The Therapeutic Use of Phytomedicinals*: 1999, pp. 225.
2. Pierce, A., The American Pharmaceutical Association: *Practical Guide to Natural Medicines*: 1999, pp. 311-315.
3. Karch, S.: *The Consumer's Guide to Herbal Medicine*: 1999, pp. 102-103.
4. Facts And Comparisons: *Guide To Popular Natural Products*: 1999, pp. 109-110.
5. McGuffin, M., Hobbs, C., Upton, R., Goldberg, A.: *American Herbal Products Association's Botanical Safety Handbook*: 1997, pp. 62.