



Dandelion

Botanical Name: Taraxicum officinale

Common Name: Dandelion

Family: Asteraceae

Part used: Leaves and roots

Dosage:

(tincture in ml per day) 2-4ml (three times a day)

(dried herb in gram per day) 1-2tsp (three times a day)

Habitat: A widespread plant of temperate grassland and waste ground, often a weed.

Range: Widely distributed throughout most of the world.

Traditional uses:

The root can be roasted and used as a coffee substitute. Traditionally used to promote urine and to reduce fevers.

Actions:

- Diuretic
- Bitter
- Cholagogue
- Anti-rheumatic
- Laxative
- Bitter tonic
- Anti-bilious
- Alterative
- Osteoarthritis
- Gout

Indications:

- High blood pressure
- Liver disorders
- Sluggish gallbladder
- Abdominal bloating
- Kidney disorders

- Rheumatism
- Arthritic conditions

When should the herb not be used:

Do not use any herbs in pregnancy without consulting a medical herbalist. Do not use dandelion in kidney or gallstones.

External usage: Generally not used externally but can have anti-inflammatory action as a poultice, and is mildly insect repelling.

What are your experiences of dandelion?

Growing wild:

Smell, taste and feel (fresh plant)

Smell, taste and feel (dried)

This is an example of one of the herb monographs in my Year Long Herbal Medicine course.