BURDOCK

Date: January 21, 2008

Proper name(s): *Arctium lappa* L. (Asteraceae) (USDA 2008)

Common name(s): Burdock, burr seed, cocklebur, hardock, harebur (Brinker 2001), gobo, goboshi, great burdock (McGuffin et al. 2000), lappa (BHP 1996)

Source material(s): Dried root (BHP 1996; Grieve 1971 [1931])

Route(s) of administration: Oral or topical

Dosage form(s): Those suited to the allowable route(s) of administration. This monograph is not intended to include food-like dosage forms such as bars, chewing gums or beverages.

Use(s) or Purpose(s): Statement(s) to the effect of:

Oral:
- Traditionally used in Herbal Medicine as a diuretic (Wichtl 2004; Bradley 1992; Wren 1907).
- Traditionally used in Herbal Medicine to induce sweating (diaphoretic) (Bradley 1992; Wren 1907).
- Traditionally used in Herbal Medicine as an alterative (Hoffmann 2003; Wren 1907) to help remove accumulated waste products via the kidneys, skin and mucus membranes (Hoffmann 2003).
- Traditionally used in Herbal Medicine to help alleviate the pain associated with rheumatism (Wichtl 2004; Bradley 1992; Grieve 1971 [1931]).

Topical: Traditionally used in Herbal Medicine to help relieve skin conditions such as dry skin and eczema (Wichtl 2004; Bradley 1992; Williamson et al. 1988; Grieve 1971 [1931]).
**Dose(s):**

**Oral:** Preparations equivalent to 1.2-18 g dried root, per day (Hoffmann 2003; Bradley 1992; BHP 1983)

**Topical:** Preparations equivalent to 30 g dried root (Grieve 1971 [1931])

See Appendix 1 for examples of appropriate dosage preparations, frequencies of use and directions for use, according to cited references. The purpose of Appendix 1 is to provide guidance to industry.

**Duration of use:**

**Diuretic:** For occasional use only (Berardi et al. 2002; CPA 2002).

**Other uses:** No statement required.

**Risk information:** Statement(s) to the effect of:

**Caution(s) and warning(s):**

**All uses:** Consult a health care practitioner if symptoms persist or worsen.

**Oral uses:**

- Consult a health care practitioner prior to use if you have diabetes (Barnes et al. 2007; Brinker 2001).
- Consult a health care practitioner prior to use if you are breastfeeding.

**Contraindication(s):**

- Do not use if you are allergic to plants of the Asteraceae/Compositae/Daisy family (Brinker 2007).
- Do not use if you are pregnant (Brinker 2001).

**Known adverse reaction(s):** Hypersensitivity/allergy is known to occur; in which case, discontinue use (Brinker 2007).

**Non-medicinal ingredients:** Must be chosen from the current NHPD *List of Acceptable Non-medicinal Ingredients* and must meet the limitations outlined in the list.
Specifications: Must comply with the minimum specifications outlined in the current NHPD *Compendium of Monographs*.

References cited:


Wren RC. Potter’s Cyclopedia of Botanical Drugs and Preparations. London (UK): Potter and Clark; 1907.

References reviewed:


Appendix 1: Examples of appropriate dosage preparations, frequencies of use and directions for use

**Oral:**

- **Dried root:** 2-6 g, 3 times per day (Bradley 1992)
- **Infusion:** 2-6 g dried root, 3 times per day (BHP 1983)
- **Decoction:** 2-6 g dried root, 3 times per day (Bradley 1992)

  **Directions for use:** Place dried root in 250 ml (1 cup) of water, bring to a boil, and simmer for 10 to 15 minutes (Hoffmann 2003).

- **Fluidextract:** 2-6 g dried equivalent, 3 times per day (1:1, 25% ethanol, 2-6 ml) (Bradley 1992)
- **Tincture:**
  - 0.4-0.8 g dried equivalent, 3 times per day (1:5, 40% alcohol, 2-4 ml) (Hoffmann 2003)
  - 1.6-2.4 g dried equivalent, 3 times per day (1:5, 25% ethanol, 8-12 ml) (Bradley 1992)

**Topical:**

- **Decoction:** 30 g dried root (Grieve 1971 [1931])

  **Directions for use:** Place dried root in 710 ml (1½ pint) of water, boil down to 475 ml (1 pint) (Grieve 1971 [1931]), let cool and apply as a poultice (Williamson et al. 1988) as needed.