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Dandelion

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An Herbal Formula for An Herbal Remedy for Liver Disorders



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While many consider the common dandelion to be an unwanted weed, herbalists all over the world have revered this valuable herb. Dandelion is a corruption of the French for "tooth-of-the-Lion" (Dent-de-Lion) which describes the herb's pointed teeth-like leaves. Its scientific name, Taraxacum, is from the Greek taraxos (disorder) and akos (remedy). This alludes to dandelion's ability to correct a multitude of disorders.

Though generally regarded as a liver remedy, dandelion has a long folk use throughout the world. In Europe, dandelion was used in the treatment of fevers, boils, eye problems, diarrhea, fluid retention, liver congestion, heartburn, and various skin problems. In China, dandelion has been used in the treatment of breast problems (cancer, inflammation, lack of milk flow, etc.), liver diseases, appendicitis, and digestive ailments. Its use in India, Russia, and other parts of the world has been primarily because of its action on the liver).^{1,2}

Dandelion as a food:

The dandelion contains greater nutritional value than many other vegetables. It is particularly high in vitamins and minerals, protein, choline, inulin, and pectins. Its carotenoid content is extremely

high as demonstrated by the fact that its Vitamin A content is higher than carrots (dandelion has 14,000 I.U. of vitamin A per 100 grams compared to 11,000 I.U. for carrots). Dandelion should be thought of as an extremely



nutritious food and rich source of medicinal compounds that have a "toning" effect on the body.^{1,2}

Dandelion and liver function:

Dandelion is regarded as one of the finest liver remedies. Studies in humans and laboratory animals have shown that dandelion enhances the flow of bile, improving liver congestion, bile duct inflammation, hepatitis, gallstones, and jaundice.^{3,4} Dandelion's ability to increase bile flow is two-fold. It increases bile production in the liver causing greater flow to the gallbladder (choleric effect). In addition, dandelion also causes contrac-





tion and release of stored bile in the gall bladder (cholagogue effect). Dandelion's positive effect on such a wide variety of conditions is probably related to its ability to improve the functional ability of the liver.

Dandelion (*Taraxaci. radix*)

Dandelion as weight loss aid and diuretic:

Dandelion has been used historically as a weight loss aid in the treatment of obesity. This fact prompted researchers to investigate dandelion's effect on the body weight of experimental animals. When these animals were one month, they lost as much as 30% of their initial weight.⁵ Much of the weight loss appeared to be a result of significant diuretic activity. Dandelion's liver improving action, diuretic activity, and mild laxative effect may make it useful as a weight loss aid.



Dandelion is a rich source of nutrients and other compounds that may improve liver functions, promote weight loss, and possess diuretic activity.

I would recommend the following formulation:

Extract *Taraxaci, radix* (4:1)
(Dandelion root extract) ...250 mg.

Provides the standardized extract

of 100% pure Dandelion root equivalent to 1000 mg. of crude powdered root. One concentrated capsule contains the biological activity of two 500 mg. capsules. Dandelion root is standardized for its strength and biological activity to produce the finest botanical extracts available.

References:

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4. *Racz-Kotilla E, Racz G and Solomon A: The action of *Tanaacum officinale* extracts on the body weight and diuresis of laboratory animals. Planta Medica 26:212-7, 1974*