

CELANDINE

(Chelidonium majus)

Clinical Summary

Actions

- Cholagogue
- Laxative (mild)
- Choloretic
- Anti-inflammatory
- Antispasmodic
- Sedative
- Anthelmintic
- Antiviral
- Bitter Tonic
- Vulnerary

Indications

- Sluggish liver, to support healthy gallbladder function
- Indigestion, bloating and flatulence
- Insomnia, anxiety
- Rheumatism, gout
- Topically for warts, ringworm, herpes

Traditional Use

Celandine is often used as an example of the doctrine of signatures, the concept that a plant resembles the condition or part of the body that it can heal, because the bright, yellowy, orange sap resembles bile. This sap is also used topically, twice daily, for viral warts and tinea.

Energetics

Hot, dry.

Constituents

Benzophenanthridine alkaloids including chelidonine, berberine, coptisine, chelerythrine, chelidocystatin, sanguinarine and sparteine.

Use in Pregnancy

Contraindicated.

Contraindications and Cautions

Excessive intake may cause nausea or gastrointestinal symptoms. Long-term use of high doses is associated with a low risk of a moderate idiosyncratic hepatotoxic reaction. Recommended for short-term use only. Discontinue if evidence of liver damage arises (clinical outcome likely to be favourable after discontinuation). Contraindicated in the case of biliary obstructions, existing or previous liver disease. In cases of gallstones the herb should not be used without professional advice. Use of this herb should not be combined with heavy alcohol consumption.

Drug Interactions

Caution with hepatotoxic and immunosuppressant drugs.

Administration and Dosage

Liquid extract 1:1 in 25% alcohol
10 to 40mL weekly