

HORSERADISH

(Armoracia rusticana)

Clinical Summary

Actions

- Decongestant
- Digestive Stimulant
- Metabolic Stimulant
- Circulatory Stimulant
- Pungent
- Anticatarrhal
- Anti-Inflammatory
- Diuretic
- Antibacterial

Indications

- Upper respiratory catarrh, hayfever, bronchitis, sinusitis, nasal congestion
- Impaired peripheral circulation
- Urinary tract infection
- Digestive aid

Traditional Use

It has been used traditionally to treat both bronchial and urinary infections, joint and tissue inflammations, as well as treating gallbladder disorders, reducing oedema and as an abortifacient.

Energetics

Hot.

Constituents

Volatile oils, glucosinolates (mustard oil glycosides), coumarins, phenolic acids, ascorbic acid, asparagin, resin.

Use in Pregnancy

Doses exceeding dietary intakes are contraindicated.

Contraindications and Cautions

Internal use should be avoided in people with stomach and intestinal ulcers and kidney disorders, as well as in children under the age of four years. Traditionally horseradish is considered a warming herb that will exacerbate any 'hot' condition and is specifically indicated for 'cold' conditions.

Drug Interactions

Monitor with L-thyroxine.

Administration and Dosage

Liquid extract 1:1 in 25% alcohol
25 to 80mL weekly