

# SCULLCAP

(*Scutellaria lateriflora*)

## Clinical Summary

### Actions

- Nervine Tonic
- Relaxing Nervine
- Sedative
- Antispasmodic
- Analgesic
- Anticonvulsant
- Hypotensive
- Antioxidant

### Indications

- Stress, anxiety, pain, muscle spasms, insomnia, panic attacks, seizures, twitching, teething, tension headaches
- Premenstrual syndrome

### Traditional Use

Scullcap is native to North America and has been used extensively by Native Americans. Much of the ethnobotanical data comes from the Cherokee nation, who have used at least three different species of scullcap for a variety of ailments including diarrhoea, breast pain and to enhance kidney function. Many other eastern Native American tribes have a long history of using scullcap as well. The Physiomedicalists and Eclectics of the 19th century also used scullcap as a relaxing nervine to treat a variety of nervous system disorders.

### Energetics

Cool, dry.

### Constituents

Flavonoids (baicalin, baicalein, wogonin, scutellarin, apigenin, luteolin); volatile oil, iridoid glycoside (catalpol), phenolic acids, polyphenols, alkaloids (scutellarein), tannins.

### Use in Pregnancy

Insufficient reliable information available.

### Contraindications and Cautions

None known.

### Drug Interactions

Caution with central nervous system depressant drugs.

### Administration and Dosage

Liquid extract 1:2 in 30% alcohol  
15 to 80mL weekly