

# BUPLEURUM

(*Bupleurum falcatum*)

## Clinical Summary

### Actions

- Anti-inflammatory
- Hepatoprotective
- Antitussive
- Diaphoretic
- Neuroprotective
- Renal Tonic
- Digestive Tonic
- Bitter Tonic

### Indications

- Supports healthy gastrointestinal and liver function, acute or chronic liver disease including hepatitis, non-alcoholic fatty liver disease
- Relief of the symptoms of cold and influenza, fever, pain
- Autoimmune disease or suppression including asthma, rheumatoid arthritis, osteoarthritis, dementia, pancreatitis, hyperthyroidism, hypothyroidism, cancer treatment
- Hypoglycaemia, kidney disorders
- Menstrual irregularity

### Traditional Use

Bupleurum is a traditional Chinese medicine used to protect the liver where it exerts anti-inflammatory and hepatoprotective actions. The root was traditionally used as a tonic for influenza and the common cold, to treat the associated fever (because it is cooling), inflammation and pain, as well as prolapse of the uterus and rectum.

### Energetics

Bitter, cold.

### Constituents

Polysaccharides, flavonoids (luteolin, apigenin), lignans, fatty acids, sterols, triterpene saponins (including saikosaponins a, b, d, e, f, and h, and saikogenins a-g), volatile oils.

### Use in Pregnancy

Contraindicated.

### Contraindications and Cautions

Large doses may have a sedative effect in some patients. Keep to a minimum in patients with pre-existing cholestasis. In rare cases it may cause loose stool, nausea, flatulence, irritation of the gastric mucous membranes and reflux. Due to high saponin content use with caution in patients with coeliac disease, fat malabsorption, pre-existing cholestasis, deficiencies in vitamins A, D, E and K, upper digestive tract irritations and topically on open wounds.

### Drug Interactions

Caution with anticoagulant/antiplatelet (such as warfarin), antidiabetic and immunosuppressant drugs.

### Administration and Dosage

Liquid extract 1:2 in 45% alcohol  
20 to 60mL weekly