



Willow Moon Herbals

Bloodroot

Latin binomial: *Sanguinaria Canadensis* L.

Description: A small perennial herb with delicate, vase-like white flowers that open early in the spring. This botanical has a distinctive leaf that grows rapidly after the flowers die and persist until late summer. The rhizomes are harvested to make herbal preparations. The tincture of bloodroot is the most useful form of the herb. Incidentally, a small amount is added to the Colgate mouthwash product, Viadent.



Uses: Bloodroot is used to help prevent gum problems and plaque formation. The rhizome is traditionally an ingredient in medicinal toothpastes and mouthwashes.

Bloodroot is also a common component of many expectorants and cough syrups due to its strong expectorant and antibacterial properties. An extract of the herb can be used to treat skin cancers and fungal infections.



Caution: Avoid use during pregnancy. Consult a physician for a diagnosis if you suspect that you have a skin cancer lesion. Don't exceed the recommended dosage because it can strongly irritate the skin, throat and intestines. Bloodroot is an herb to avoid if you have glaucoma or a family history of this disease. Even though there is not compelling evidence, it is worth noting that the consumption of sanguinarine ~ a compound found in bloodroot ~ may contribute to glaucoma.

Sources: Herbal Remedies for Dummies (C. Hobbs); The Green Pharmacy (J. Duke);

Note: Any remedies listed on this web site are from historical references and used for teaching purposes only. The contents are not meant to diagnose, treat, prescribe, or substitute consultation with a licensed health-care professional.

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