



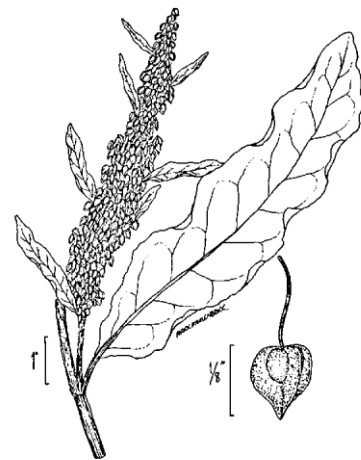
## **Yellow Dock Root *Rumex Crispus***

A member of the Polygonacea family

Harvesting: Roots are best harvested in the late summer after the plant has gone to seed but can be harvested in early spring when the leaves are about an inch long. The root is what is dried or tinctured for medicine but the leaves are a wonderful cooking green and can help clean the blood in springtime. The leaves are tastiest in May when the leaves have reached about 8 inches long.

Habitat: Here is another herb that is found scattered around the lawn or in an old barnyard. It can grow just about anywhere.

Botanical Description: Curly, Stout taprooted perennial to 1.5m simple to the inflorescence. Leaves strongly crisped, the larger commonly rounded to subcordate at the base. Flowers May. Inflorescence large, with many ascending or erect branches, becoming compact at maturity, with some linear leaves intermingled, pedicels flexous, spreading-decurved, joint near base; valves thin, broadly ovate, entire or nearly so obtuse, truncate or subcordate at base. Found in waste grounds throughout U.S.



Qualities: Sour, Cool, Damp, and Astringent

Actions: Alterative, Laxative, Hepatic chalogogue, Tonic

Constituents: Anthraquinine, Glycosides, Tannins, Oxalates

Historical Uses: It was used as an ointment to relieve itching externally. It was also used as a gentle laxative as well as a tonic and alterative.

Chinese Medicine: In Chinese Medicine they use Turkey Rhubarb Root *Rheum paltatum*, which has similar properties to that of Yellow Dock but does not work exactly the same because Turkey rhubarb is acidic, astringent, acrid, and bitter. The person calling for Turkey Rhubarb is tenser than the Yellow dock person but both have a lot of heat. Rhubarb is best for those who have heat and constipation rather than heat and diarrhea like the Yellow Dock person.

Flower Essence: Does not seem to be anyone making this flower essence at this time.

Modern Herbal Medicine: Yellow Dock is specific when someone has a dry, red, hot face with yellow tinge around the eyes, which shows heat and congestion in the digestive tract. The tongue is red and may have a thrush like coating and the sides of the tongue hurt when acids are eaten. It is also indicated with heat and acidity in the small intestine. There is usually diarrhea in the morning but there may be constipation from digestive deficiency. With the constipation the food is stuck in the intestinal canal and there is poor expulsive power causing pain in the lower back. Sometimes there are itchy hemorrhoids. Other symptoms may include, excessive salivation and appetite, fetid breath, urine and sweat, an irritable cough that is worse in cold air. The mind may be irritable and the person feels that sleep did not give them the needed rest, especially in young women who are going through puberty. This is also a good remedy to try in colitis and enteritis. For Crohn's disease it may be helpful but not curative, most effective in those who have the red, dry face, with yellow around the eyes. Women may show these gastro-intestinal symptoms as well as menstrual irregularities with anemia and amenorrhea. When traveling it is good to have some Yellow Dock with in case of diarrhea caused by foreign bacteria in water or food. The skin condition calling for Yellow Dock is red, scaly, and severely itchy skin patches like eczema.

Contraindications: None Known

Dosage: 2 to 30 drops tincture. Externally plant and poultice.

References: Materia Medica, Matthew Wood, *Manual of Vascular Plants of Northeastern U.S. and Adjacent Canada 2<sup>nd</sup> ed.* Gleason and Cronquist, *A Modern Herbal*, Maude Grieve, *Homeopathic Materia Medica*, Boericke, Erica Fargione's Case Studies, *Chinese Herbal Medicine Materia Medica*, Bensky and Gamble, *Medical Herbalism*, Hoffman