

Dandelion

Family Name:

Latin: *Asteraceae/Compositae*

English: *Aster/Composite*

Genus and Species: *Taraxacum officinale*

Common Names: Dandelion, Priests Crown, Swines Snout, Pissabed, Telltime, Lions Tooth, Fairy Clock, Pu Gong Ying, Dent de Lion, Pise-En-Lit, Blowball, Cankerwort, Puffball, White Endive, Endive. (3:1), (2:2)

Related Species: *Sonchus oleracea*, *hyperchorus radicata*, Ecinachea, chicory, other daisy-like flowers. (3:2), (4:2)

Body System Affiliations: (3:3), (5:164)

1. Digestive
2. Endocrine
3. Urinary

Botanical Description:

Habit: Herb

Size: 2 to 18 inches tall

Arrangement: Basal

Leaves: Long, lance-shaped, deeply toothed, shiny, dark to light green, 3-12 inches long, grow from a basal rosette close to the ground.

Flowers: Yellow composite inflorescence, 1-2 inches wide grows from a purplish flower stalk that is leafless, smooth, and hollow, 2-18 inches tall.

Fruit: White, globular seed-head, round and fuzzy.

Underground Parts: Thick, long tap root, dark brown outside, white and milky inside.

(4:2,3), (3:1), (1:1).

Ecology:

Habitat: Lawns, fields, meadows, waste ground, sand, rocks, roadsides and cracks in pavement.

Range: Throughout the Northern Hemisphere. (4:1)

Native Where: Central Asia and Europe (4:1)

Horticultural: Grows almost anywhere, prefers moist positions.

Harvest: Gather leaves and flowers anytime. Dig roots in the spring. (4:2)

Indigenous/Non-Western Use:

Indigenous Group: India

Indications: Liver complaints (3:2)

Indigenous Group: Various Native American Groups

Food: Have eaten fresh leaves and flowers; root dried

Medicine:

Parts Used: Leaves and Roots

Medical Actions:

Analgesic

Blood Purifier

Sedative

Laxative

Emetic

Panicia (cure-all)

Body-System Associations:

Dermatological

Gastrointestinal

(3:3), (4:2)

Western Uses:

Food: Leaves boiled like spinach, mixed in salads, or used in stir-fry. Flowers used in salads, or dipped in batter and fried. Root dried and used as coffee substitute. (1:1), (3:2), (5:164)

Medicine:

Part Used: Leaves

Medicinal Actions:

Diuretic

Choleretic

Appetite stimulant

Bitter

Diuretic

Antirheumatic

Cholagogue

Indications:

Sore throat

High blood pressure

Dermatological problems

Gastrointestinal problems

Gallstones
Osteoarthritis
Liver disorders
Kidney disorders

Constituents:

Bitter glycosides
Steroids
Waxy substances
Tannins
High levels of vitamins and minerals, most especially potassium
Choline
Phenolic acids
Inulin
(3:3)

Application: Dried leaf, Liquid extract, Tincture, Juice, Wine (3:3)

Pharmacy:

Tea: ½ cup doses every 3 hours for stomach, kidney, gallbladder, and liver problems.

Dried Leaf: 4-10 g or by infusion three times daily.

Liquid Extract, Leaf: 4-10 mL (1:1 in 25% alcohol) three times daily.

Leaf Tincture: 2-5 mL

Leaf, Fresh Juice: 5-10 mL (3:3), (2:7)

Cautions: No serious side effects. Avoid if pregnant or nursing due to diuretic effects. Avoid if you have a gallbladder problem, blockage or inflammation of the bile duct, or obstruction of the bowel. Use for no longer than six weeks. (2:6)

Parts Used: Root

Medical Actions:

Digestive and hepatic tonic
Cholagogue
Diuretic
Laxative
Depurative
Antirheumatic (1:2), (2:2,3), (4:2), (5:164-5)

Indications:

Gout
Liver disorders
Jaundice
Hepatitis
Dyspepsia
Anorexia
Arthritis
Eczema
Warts

Chronic skin problems
Water Retention (3:3), (4:1)

Constituents: Generally same as leaves, slightly different.

Application: Dried root, Liquid extract, Tincture, Expressed juice from fresh root. (3:4), (4:7)

Pharmacy:

Dried Root: 2-8 g or by infusion or decoction three times daily

Root Tincture: 5-10mL (1:5 in 45% alcohol) three times daily

Tea: ½ cup doses every three hours (3:3), (4:7)

Cautions: Same as leaves.

Personal Experience:

Food: I have used dandelion in salads, as well as in stir-fry dishes.

Materials: Dandelion leaves

Medicine:

Part Used: Dried Root

Medicinal Actions: Digestive Tonic

Indications: Upset Stomach

Body System Associations: Digestive System

Harvest:

Site Location: Olympia, WA

Site Description:

I harvested this dandelion root in my personal yard.

The soil is very moist. The area is sunny and contains grass and dandelion. The date was October 29, 2005. The plant was late season.

Technique:

I used a trowel to dig up the entire plant, roots included.

Processing:

I dried the root on a shelf in my kitchen for 5 days.

Application/Preparation/Pharmacy:

Application: Dandelion Root Tea

Preparation:

After drying the root, I browned it in a pan. I then boiled some water and added 2 teaspoons of the root to 1 cup of boiled water. I simmered the mixture for 15 minutes. I then strained and drank the tea.

Pharmacy:

I drank ½ cup of the tea every four hours for a full day. The total amount consumed was 4 cups.

Reason:

I have chronic stomach problems, which include indigestion, constipation, and anxious stomach. My hopes were to help alleviate some of those problems.

Experience:

I experienced noticeable improvement with my digestion

problems, most notably constipation.

Cautions based on experience:

None

References Sited:

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