

Rhubarb



Scientific name: *Rheum palmatum L.*

Common name: Rhubarb

Traditional name: Rhavand, Chinese rhubarb

Part used: Root

Description & characteristics:

Thick reddish-brown pieces, slightly wide on both sides.

Temperament: Hot and dry

Functions: *Mojaffif* (desiccant) , *Mohallil* (resolvent) , *Molattif* (attenuant) , *Jali* (detergent), *Mondij* (coctive agent), *Moqatti* (extricating agent), cooling accidental due to lessening intensity, purgative of dense and fluid and raw humors with an astringent faculty,

Liver attract faculty tonic, antidote of cold toxins, menstrual and urine diuretic, *Mofattih* (deobstruent) of liver and spleen and intestines obstructions.

Traditional uses:

Cold heart palpitation, relief coldness of stomach and liver, intestines purifying, lessening flatulence, all kinds of ascites and total indigestion, chronic cough and pulmonary disease, pulmonary and colon ulcer, obstructive jaundice, cold visceral inflammation, quartan fever, colic, hemorrhoids, deep chronic ulcers, relieving diarrhea caused by mesenteric veins obstruction.

Modern uses: Constipation

Dosage: Half a cup of coarse herb powder (1- 2 grams infusion)

Side effects:

- Spasmodic gastrointestinal complaints
- Electrolytes deficiency, especially potassium ions (long-term use)
- Hyperaldosteronism
- Inhibiting of intestinal motility
- Increasing the effect of cardiac glycosides
- Cardiac arrhythmia
- Nephropathy
- Edema
- Accelerated bone deterioration
- The increased incidence of carcinoma of the colon

Precautions and warnings:

- Do not use for more than two weeks without a doctor's prescription.
- It reduces the absorption of iron, zinc, calcium and other minerals.
- Due to the reduction of the transit time in the digestive system, there is a possibility of reducing the absorption of oral drugs and it is recommended to use them with appropriate time intervals.

Use in pregnancy and breastfeeding:

It is forbidden during pregnancy.

Contraindications:

- Children under 12 years old
- Intestinal obstruction
- Acute inflammatory intestinal diseases
- Appendicitis
- Abdominal pains of unknown origin

Interactions:

- Due to the potassium loss, has an interaction with drugs that cause potassium deficiency.
- Cardiac glycosides
- Laxative herbs
- Corticosteroids
- Digoxin
- Diuretics
- Nephrotoxics
- Stimulant laxatives

Pharmaceutical forms available in natural products pharmacy:

Combined: Rhubarb in combination with other herbs:

- Liver capsule

References:

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