

Dandelion

Botanical: *Taraxacum officinale*

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Dandelion is probably one of the richest herbal sources of Vitamin K which aids bone mass and helps treat Alzheimer's disease by limiting neuronal damage in the brain. Dandelion is an excellent general tonic for blood, skin, and digestive support.

Western



Western Name: Dandelion

Also Known As: Blowball, Cankerwart, Dent-de-Lion

Main Systems: Digestion, Liver, Skin, Muscles

Key Actions: Stomachic, Aperient, Laxative, Blood Tonic, Antioxidant, Anti-inflammatory, Diuretic, Hepatic, Cholagogue, Lithotriptic, Antibacterial, Fungicide, Astringent

Key Medicinal Uses: Loss of appetite, intestinal gas, bloating, stomach aches, constipation, diarrhea, gallstones, joint and muscle aches and pains, edema, acne, eczema, anxiety, diabetes, neurological function, Alzheimer's, bladder stones, urinary function, hypertension, blood sugar regulation.



BASIC HABITAT/BOTANY: There are more than 1,000 species across Europe. Dandelion belongs to the family of Asteraceae. It is a very hardy perennial plant, with long taproots, and long, jagged, dark-green leaves rising directly from the ground in a radiating fashion. Very small golden-yellow flowers collect together into a composite flower head, with hollow stalks filled with nectar that bees love. Almost the whole plant can exude milky white latex from wounds. Believed to have originated in Central Asia.

KEY CONSTITUENTS: Bitter crystalline compound Taraxacin. Polysaccharides, Polyphenols, Chicoric acid, Chlorogenic acid, Calcium, Manganese, Iron, Copper, Choline, Boron, Silicon and Magnesium. Rich in Folic Acid, Riboflavin, Pyridoxine, Niacin, Vitamins E, K, and C, Fresh dandelion contains about 338% of daily-recommended Vitamin A and is an unusually high source of Potassium. The roots also contain Inulin (not insulin!) and Levulin.

PARTS MOST FREQUENTLY USED: Leaf, Flowering Top, Root

FLAVORS/TEMPS: Bitter, Sweet, Cold

CAUTION: Considered safe.

HISTORY/FOLKLORE: Dandelions are thought to have evolved about 30 million years ago in Eurasia and have been used by humans for psychic properties, food, and healing for much of recorded history. Dandelions are a well-known food source. The flower petals, along with other ingredients like citrus, are used to make dandelion wine or can be added to cakes, salads or fried in butter. The young buds are high in protein. The ground, roasted roots can be used as a caffeine-free "coffee."



Eastern



Pin Yin: Pu Gong Ying

Also Known As: N/A

Main Meridians: Liver, Stomach, Kidneys

Key Actions: Clears Heat, Relieves Toxicity, Reduces Abscesses, Dissipates Nodules, Promotes Lactation, Resolves Damp Heat. Used internally and externally.

Key Medicinal Uses: Painful urination, jaundice, detoxification, poor appetite, headaches, bloating, constipation, diarrhea, acne, eczema, diabetes, poor lactation, kidney stones, bladder stones, heartburn, brain function, blood cleanser, lowers blood pressure, blood sugar regulation.

FUN FACT!



"Dent de Lion"

The English name "Dandelion" is a corruption of the French "Dent de Lion" meaning "lion's tooth," referring to the plant's coarsely toothed leaves.



False Dandelions

Many similar plants in the Asteraceae family have yellow flowers that are sometimes known as "False Dandelions." Dandelions are very similar to cat's ears (*Hypochaeris*).



Good Luck, Bad Luck

It is considered good luck to have a few Dandelions in a wedding bouquet. It is bad luck to pick them at a cemetery, and even worse if you pick them at a cemetery and then give them to someone.

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