

Yellow Dock

Botanical: *Rumex crispus*

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Yellow dock leaf stalks can be enjoyed in salads, and the roots and fruit are used as medicine to help treat swollen sore throats, respiratory infections, sinusitis, allergies, and wheezing. It is also used to treat sexually transmitted diseases. Yellow dock is especially used to treat skin diseases such as dermatitis, rashes, and psoriasis.

Western



Western Name: Yellow Dock

Also Known As: Sheep Sorrel, Garden Patience, Dock

Main Systems: Liver, Digestive System, Blood, Skin, Respiratory System

Key Actions: Anti-inflammatory, Antibacterial, Laxative, Analgesic, Tonic, Antifungal, Alterative, Antioxidant, Diuretic

Key Medicinal Uses: Swollen sore throats, allergies, sinusitis, respiratory infections, syphilis, psoriasis, eczema, scurvy, jaundice, mild constipation, fungal infections, intestinal infections, poor digestion, acne, dermatitis, scrofula, rheumatism, stomach ulcers, diarrhea, shingles, boils.



BASIC HABITAT/BOTANY: Yellow dock is a member of the buckwheat (or dock) family Polygonaceae. The leaves have a pale green stem and are long (some leaves can grow to be over a foot long!), narrow, and curly at the edges. The leaves of bitter docks (*Rumex obtusifolius*) are broad and heart-shaped and have a red stem. Yellow dock is native to Europe, Asia, and North America. It likes pastures, fields, roadsides, and wilderness. It grows well in most climatic conditions.

KEY CONSTITUENTS: Anthraquinones, Anthraquinone glycosides, Oxalates, Tannins, Minerals, Inulin, Iron, Chrysoarobin, Manganese, Potassium, Rumicin, Phosphorus, Vitamins A and C, Selenium, Silicon, Sodium, Nepodin, Beta-carotene.

PARTS MOST FREQUENTLY USED: Roots, Fruits, Leaf Stalks

FLAVORS/TEMPS: Very Bitter, Sour, Astringent, Cool

CAUTION: Generally considered safe. When eaten raw or in excessive amounts, can cause nausea or diarrhea; when overused externally, can cause skin irritation. People allergic to ragweed may also be allergic to yellow dock.

HISTORY/FOLKLORE: Yellow dock helps treat pain/swelling associated with cold, flu, and sinusitis. It is a digestive bitter, excellent for supporting healthy digestion, liver function, and blood purification. The herb supports stage-2 detoxification of the liver and a diverse microbiome and stimulates digestive enzymes and bile that further help support digestive activities. A wide range of skin ailments, from acne to dermatitis to other rashes, are all aided by yellow dock's detoxification properties.



Eastern



Pin Yin: Chin Ch'iao Mai

Also Known As: Chin Chao Mai

Main Meridians: Liver, Stomach, Spleen, Intestines

Key Actions: Clears Liver Heat, Tonifies the Liver, Moves Stagnant Qi, Tonifies the Stomach, Clears Damp Heat, Builds Blood

Key Medicinal Uses: Constipation, menstrual cramps, anemia, poor digestion, diarrhea, skin eruptions, boils, fibroids, headaches, sinusitis, lethargy, anxiety, joint pain, cancer.

FUN FACT!



Ointment

Used for itching and swollen glands, the root of yellow dock can be boiled in vinegar, with the pulp then mixed with lard or another agent as the base for the ointment.



Growth Rings

The roots of yellow dock have growth rings that can be seen when the roots are sliced.



Mineral-Rich

Yellow dock is rich in minerals. It soaks up trace minerals from the soil and transforms them into an organic form the body can digest. Traditional herbalists sprinkled iron filings on the soil around the plants to further increase their ability to treat anemia and blood deficiency.

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