Houttuynia (yu xing cao)
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Where is houttuynia? What is it used for?

Houttuynia is a perennial plant native to East Asia. Considered a weed by some, it is nevertheless an essential component of many herbal remedies.

The plant can reach a height of more than three feet, with small, white flowers. The entire plant is harvested between summer and autumn. After gathering, it is dried and used as is, fresh or raw.

So what can houttuynia be used for? Houttuynia is diuretic and anti-inflammatory, and is associated with the Kidney meridian. To make houttuynia tea, clear hot and relieve toxins. It is useful in treating lung disorders and heat in the lungs, which normally manifests as a cough, with thick sputum.

Houttuynia also seems to be helpful in the treatment of low back pain, including chronic pain models. The post surgery effects of acupuncture in acute and chronic pain models was published in the journal Pain. The post surgery effects of acupuncture in acute and chronic pain models was published in the journal Pain.

How much houttuynia should I take?

The typical dose of houttuynia ranges between 15 and 30 grams. It is usually decocted in drinking, but can also be applied externally to the skin. Because houttuynia contains volatile oils, it cannot be discussed for long periods of time.

What forms of houttuynia are available?

Whole, dried houttuynia can be found at many herbal shops and specialty stores. Chopped and powdered houttuynia is also available at some locations.

What can happen if I take too much houttuynia? Are there any interactions I should be aware of? What precautions should I take?

In this testing there are no known side effects associated with houttuynia use. However, make sure to consult with a licensed health care provider before taking houttuynia or any other herbal remedy or dietary supplement.

References: