



# *Poke Root*

**Benefits and uses:** Glands, especially thyroid gland, cancer, applied to skin will cure itching, scrofula, eczema, goiter.

**Information:** Herbs/Nutritionals/Medicinals can be very strong, consequently, if each one is not tailored to your specific needs, then you can risk more harm than good. This information is meant to be used by your VHC Medical Team and personal Physician as they build your Total Health Plan. Never attempt to adjust your prescribed medications and/or Natural Treatments without your physician's and Medical Team's knowledge and guidance. Since herbs/nutritionals and medications can interact with each other, it is always advisable to consult with your health care provider and The Vibrant Health Community at [www.VibrantHealthCommunity.com](http://www.VibrantHealthCommunity.com) (or call 1-866-378-8253) before starting or changing your program.

## *Details*

**Medicinal Use:** Antirheumatic, anti-inflammatory, alterative, emetic, cathartic. The phytolaccosides are potent anti-inflammatory agents in the rat paw oedema test [1089], and a saponin extract has a comparable anti-exudative and anti-granulomatous activity to that of hydrocortisone in mice. It had no effect on the adrenal gland but high doses caused thymolysis [1087]. Phytolaccosides B and E inhibited exudate formation after sponge pellet and carrageenan-induced oedema in rats, with anti-inflammatory and toxic effects less than those of aescin (see Horsechestnut) [1088]. The proteins are antiviral; they inhibit the replication of the influenza and HSV-1 viruses and poliovirus [1091,1093,1094]. The lectins are mitogenic [1090]. Poke root has caused toxic, particularly gastrointestinal, symptoms when accidentally eaten by mistake for parsnip or horseradish, and as a freshly made herbal tea [1095]. No toxic effects have been observed from other types of products. The berries are milder in action.

**Medicinal Action and Uses.** A slow emetic and purgative with narcotic properties. As an alterative it is used in

chronic rheumatism and granular conjunctivitis. As an ointment, in the proportion of a drachm to the ounce, it is used in psora, tinea capitis, favus and sycosis, and other skin diseases, causing at first smarting and heat. The slowness of action and the narcotic effects that accompany it render its use as an emetic inadvisable. It is used as a cathartic in paralysis of the bowels. Headaches of many sources are benefited by it, and both lotion and tincture are used in leucorrhoea.

As a poultice it causes rapid suppuration in felons. The extract is said to have been used in chronic rheumatism and hemorrhoids. Authorities differ as to its value in cancer. Great relief towards the close of a difficult case of cancer of the uterus was obtained by an external application of 3 oz. of Poke Root and 1 oz. of Tincture used in the strength of 1 tablespoonful to 3 pints of tepid water for bathing the part. It is also stated to be of undoubted value as an internal remedy in cancer of the breast.