



Comfrey Root

Kidney and urinary tract infection and will help detoxify the body, especially the liver, sluggish appetite, relieve constipation and the swelling .

Information: Herbals/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 herbals/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 (or call 1-866-378-8253) *before* starting/changing your program.

Common Uses: As a cell proliferant, Comfrey is used externally as a poultice, fomentation or liniment to speed the healing of wounded tissue, broken bones, and sprains. It is traditionally used internally as an anti-inflammatory and to soothe and heal GI tract tissue. The therapeutic use of comfrey is limited because of its potential toxicity. Comfrey has antifungal and anticancer activity, and has been used topically for treating musculoskeletal and inflammatory disorders. Because of limited evidence and toxicity, comfrey is not recommended for oral use. Ulcers, fractures, bruises, diarrhea, cough, bronchitis, gum disease. Comfrey leaves are of much value as an external remedy. The whole plant has always been deemed excellent for soothing pain in any tender, inflamed or suppurating part. It was formerly applied to raw, indolent ulcers as a glutinous astringent. It is useful in any kind of inflammatory swelling.

Leaf - Mucilage, tannin, allantoin, symphytine, echinidine, Vitamin B12. Root - Allantoin (0.6-4.7%), about 29% mucilage (polysaccharides of fructose and glucose), phytosterols, triterpenoid (isobauerenol), phenolic compounds (including caffeic, chlorogenic and lithospermic acids), tannin, asparagine, pyrrolizidine alkaloids (including symphytine, cynoglossine, consolidine), inulin, resin, gum, starch. Constituents of comfrey also include mucilage, steroidal saponins, tannins, pyrrolizidine alkaloids, inulin, vitamin B12 and proteins.

Carbohydrates: Large amounts of mucilage are found in leaves and roots.
Triterpenes: A pentacyclic triterpene glycoside of oleanolic acid was identified in the root.
Other components: The healing action of poultices of comfrey roots and leaves may

be related to the presence of allantoin, an agent that promotes cell proliferation. The underground roots contain 0.6% to 0.7% allantoin and 4% to 6.5% tannin. The leaves contain a higher proportion of tannin relative to allantoin. The roots also contain rosmarinic and lithspermic acid. Roots contain 100-fold higher alkaloid content than the aerial portions.

Beneficial Uses: Rosemary Morrow writes that 'Russian comfrey and garlic could together, according to natural health usage, almost halve the present ills of western civilisation' (The Book Of Herbs, Pan 1976). An extravagant claim perhaps, but comfrey does indeed have a wealth of medicinal uses. One of its country names was 'knitbone', a reminder of its traditional use in healing. The herb contains allantoin, a cell proliferant that speeds up the natural replacement of body cells. This means that it will promote the swift healing of damaged or injured tissues, as well as maintaining cell growth and preventing diseases. Comfrey has been used to treat a wide variety of ailments ranging from bronchial problems, broken bones, sprains, arthritis, gastric and varicose ulcers, severe burns, acne and other skin conditions. It is also said to have

bone and teeth building properties in children, and have value in treating 'many female disorders'. In past times comfrey baths were popular to repair the hymen and thus 'restore virginity'.

The flowers of Russian comfrey
Internal usage of comfrey should be avoided because it contains hepatotoxic pyrrolizidine alkaloids (PAs) (Note, there are also non-hepatotoxic pyrrolizidine alkaloids.). Use of comfrey can, because of these PAs, lead to veno-occlusive disease (VOD). VOD can in turn lead to liver failure, and comfrey, taken in extreme amounts, has been implicated in at least one death. In 2001, the United States Food and Drug Administration issued a warning against internal usage of herbal products containing comfrey.

Symphytine, one of the PAs in comfrey, causes cancer in rats. This was injection of the pure alkaloid. The whole plant has also been shown to induce cancer in rats.

Avoid using comfrey on dirty or deep wounds, as the rapid healing properties of the allantoin may trap dirt or pus, leading to the formation of abscesses. A study has also found that liver toxic PAs are absorbed

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