

Butcher's Broom

Latin Name: Ruscus aculeatus

VENOUS Tone; VARICOS VEINS; HEMORRHOIDS

Use ROOTS collected in the fall

Native to Mediterranean Europe and Africa

Hardy evergreen shrub found in Woods, Waste and Bushy places

HISTORY

- 1) Dioscorides – DIURETIC; Kidney Stones; Laxative
- 2) Used for 2000 years in Europe: Laxative and Diuretic and abdominal complaints
 - Mature branches bundled together and used by butchers to sweep their blocks
- 3) Nicholas Culpepper (1600s English Herbalist) has “a gallant cleansing and opening quality... effectual-in knitting and consolidating broken bones or parts out of joint”
- 4) Commission E: Increase in Venous Tone; VENOUS INSUFFICIENCY; HEMORRHOID complaints of ITCHING and BURNING

QUALITIES

1) BLOOD VESSELS

- Helps body release Norepinephrine, which CONSTRICTS BLOOD VESSELS
- DIURETIC; Kidney Stones; JAUNDICE; Improves PERIPHERAL CIRCULATION, also increases circulation to Brain, Legs and Arms
- STUDY – improvement in DIABETIC RETINOPATHY (includes edema and hemorrhage in retina area of the eye) (Ardchimowicz-Cyrylowska et al. 1996)
- Strengthens blood vessel walls; Lowers CHOLESTEROL; Venous Fragility; HEMORRHOIDS; Heavy Legs; Varicose Veins; Useful to PG; those who stand a lot
- One of Multiple STUDIES: In patients with venous or lymphatic insufficiency “acted as vasoconstrictor... providing relief from edema, pain, heaviness and itching” (Consoli 2003)
- Lengthens BLOOD CLOTTING TIME (useful in post-op blood clot prevention); Used extensively in Europe – where “Blood clot occurrence in operating room is rare and unusual”; HELPS DISPEL blood clots

2) OTHER

- ANTI-INFLAMMATORY and ANTI-Congestive; CHEST PHLEGM; Relieves DIFFICULT BREATHING; JAUNDICE
- Its essential oil is ANTIBACTERIAL

REMEDIES

- Young shoots eaten like Asparagus
- Powder

Butcher's Broom References

Herb History and General Information

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Studies

Archimowicz-Cyrylowska, B. et al. 1996. Clinical effect of buckwheat herb, ruscus extract and troxerutin on retinopathy and lipids in diabetic patients. *Phytother Res* 10(8): 659-662

Consoli 2003 at www.pubmed.gov accessed October 16, 2014. The vegetable extract of *Ruscus aculeatus* acted as vasoconstrictor in patients with functional disease linked to non-complicated venous or lymphatic insufficiency providing relieve from edema, pain, heaviness and itching [Article in Italian]

PubMed. Sixteen Articles and Studies on venous or lymph insufficiencies at www.pubmed.gov accessed October 16, 2014