

Cascara Sagrada

Latin Name: Rhammus Purshiana

CLEANSING; Mild LAXATIVE (not considered habit forming)

Use AGED (at least 1 year), Dried BARK

Small tree Native to Northwest U.S., from Rocky Mountains to Pacific

HISTORY

- 1) 17th Century: Named 'Sacred Bark' by Spanish/Mexican explorers
- 2) Native Americans: CONSTIPATION; UPSET STOMACH
- 3) 1877 Eclectic Physicians: Habitual CONSTIPATION; Indigestion
- 4) German Commission E: CONSTIPATION

QUALITIES

- 1) NUTRIENTS: VITAMINS B1; B2; B5; B6; B9; B12; Choline
 - MINERALS: Calcium; Manganese; Potassium
 - OTHER: Bitter; Tannins; Hormone-like Oils (Promotes peristalsis)
- 2) CLEANSSES and TONES COLON (Believed to Restore impaired bowel function over time)
 - Chronic, Sluggish CONSTIPATION; Incites Peristaltic actions; GAS
 - HEMORRHOIDS (Soft stool)
 - Expels PARASITES; WORMS
- 3) Increase Flow of SECRETIONS: Stomach (also tones); Liver (Bile); Pancreas
 - GALL BLADDER DUCTS; Gallstones
- 4) OTHER
 - INVIGORATES and TONES body
 - Soothes NERVES; Promotes SLEEP
 - Preliminary In-Vitro Studies: Anti-CANCER and Chemotherapy enhancing qualities
 - STUDIES (cancer): ...enhances cytotoxicity of chemotherapeutic drugs in prostate cancer cells; apoptosis in human breast cancer; apoptosis-inducing activity in human hepatocellular (liver cell) carcinoma. (Huang Mar 2008) (Huang Jun 2008) (Wang 2007)

SAFETY:

- Use of fresh, NON-AGED Bark may cause SEVERE VOMITING and Intestinal SPASMS
- If extended diarrhea occurs, Supplement with Potassium and Electrolytes
- Caution with over-use during Pregnancy (Cramping)

Cascara Sagrada References

Herb History and General Information

Cascara Sagrada Monograph. *HerbClip*. September 3, 1996 (No 090361-94). Austin, TX: American Botanical Council. Anonymous Monograph Review, *The Lawrence Review of Natural Products*. May 1996; 1-2

Blumenthal M, Goldberg A, Brinckmann J, eds., *Herbal Medicine Expanded Commission E Monographs*. Austin, TX: American Botanical Council; Newton, MA: Integrative Medicine Communications; 2000

Felter, Harvey Wickes, M.D., and John Uri Lloyd, Phr. M., Ph.D. *King's American Dispensatory*; 1898. See excerpts at <http://www.henriettes-herb.com> accessed July 23, 2014

Grieve, M. *A Modern Herbal, Vol I & II*. New York and London: Hafner Publishing Co.; 1967. See excerpts at www.botanical.com accessed July 22, 2014

Keith, Velma J. and Monteen Gordon. *The How To Herb Book*. Pleasant Grove, Utah: Mayfield Publications; 1996; p 16

Memorial Sloan Kettering Cancer Center. See www.aboutherb.com accessed October 17, 2014

Ritchason, Jack, N.D. *The Little Herb Encyclopedia*. Pleasant Grove, Utah: Woodland Health Books; 1995; pp 48-49

Studies *Human Studies are limited. They mostly have to do with general safety in use.*

Preliminary In-Vitro Studies:

Huang XZ, Wang J, Huang C, et al. Emodin enhances cytotoxicity of chemotherapeutic drugs in prostate cancer cells: the mechanisms involve ROS-mediated suppression of multidrug resistance and hypoxia inducible factor-1. *Cancer Biol Ther*. 2008 Mar; 7(3):468-75

Huang Z, Chen G, Shi P. Emodin-induced apoptosis in human breast cancer BCap-37 cells through the mitochondrial signaling pathway. *Arch Pharm Res*. 2008 Jun;31(6):742-8

Wang XD, Gu LQ, Wu JY. Apoptosis-inducing activity of new pyrazole emodin derivatives in human hepatocellular carcinoma HepG2 cells. *Biol Pharm Bull*. 2007 Jun;30(6):1113-6