PERFECT HERBS

Herb Monograph Latin Name: Dipsacus sylvestris

Common Name: Teasel Root

Primary Action	antimicrobial
Secondary Actions	anti-inflammatory
System Affinities	immune, rheumatic
Conditions Treated	difficult infections, joint pain
Constituents	iridoids
Tincture Daily Dose	3 mL to 12 mL
Tea Daily Dose	4 g to 12 g
Parts Used	root
Can Be Substituted With	N/A
Pairs Well With	Ligusticum porteri and Lomatium dissectum for difficult infections, especially those of viral origin



Disclaimer: This information is provided for educational purposes only.