Herb Monograph Latin Name: Petasites hybridus

Common Name: Butterbur

Primary Action	antispasmodic
Secondary Actions	anti-inflammatory, mild analgesic
System Affinities	immune
Conditions Treated	headaches and migraines
Constituents	petasin, sesquiterpenes, unsaturated pyrollizidine alkaloids
Tincture Daily Dose	2 mL to 4 mL
Tea Daily Dose	2 g to 5 g
Parts Used	root
Can Be Substituted With	Tanacetum parthenium (feverfew)
Pairs Well With	Ginkgo biloba, Centella asiatica for migraines



Disclaimer: This information is provided for educational purposes only.