

Herb Monograph Latin Name: Piscidia piscipula

Common Name: Jamaican Dogwood

Primary Action	sedative
Secondary Actions	analgesic, antispasmodic
System Affinities	CNS, vascular smooth muscle
Conditions Treated	anxiety, cramping pain, general pain, insomnia
Constituents	isoflavones (rotenoids), saponins, tannins
Tincture Daily Dose	4 mL to 12 mL
Tea Daily Dose	2 g to 4 g
Parts Used	root bark
Can Be Substituted With	Passiflora incarnata (passionflower), Eschscholzia californica (california poppy)
Pairs Well With	Viburnum opulus for menstrual cramping

