PERFECT HERBS

Herb Monograph Latin Name: Rhamnus purshiana

Common Name: Cascara

Primary Action	laxative
Secondary Actions	astringent
System Affinities	gastrointestinal
Conditions Treated	constipation
Constituents	anthraquinine glycosides
Tincture Daily Dose	2 mL to 6 mL
Tea Daily Dose	0.5 g to 2.5 g
Parts Used	bark
Can Be Substituted With	Rheum palmatum (turkey rhubarb)
Pairs Well With	Senna cassia, Rheum palmatum, and Rumex crispus as other anthraquinone containing laxatives



Disclaimer: This information is provided for educational purposes only.