

# Carduus (Homeopathic)



## Recommended Use:

- Gallbladder conditions
- Liver conditions
- Constipation
- Difficult fat digestion

Carduus is a homeopathic combination primarily for gallbladder conditions with secondary effects on the liver. It is used for acute, sub-acute and chronic diseases of the liver and gallbladder with emphasis on gallbladder conditions, constipation, stasis of the portal vein, hemorrhoids, hepatopathy with constipation and difficulty in fat digestion.

Carduus works by improving bile secretion, which in turn improves fat digestion, relieves constipation from increased intestinal peristalsis and helps remove small gallstones (gravel). It also has anti-spasmodic effects and stimulates the blood flow in the portal vein.

### Ingredients:

Cascara sagrada  
Berberis vulgaris  
Carduus marianus

### Uses:

Constipation, cholecystitis.  
Hepatic affections with hemorrhoidal/ menstrual complaints, liver dysfunction, cholelithiasis.  
Liver and gall bladder pain, hepatic, cholagogue, demulcent, galactagogue, liver congestion, biliary colic and drainage agent.

Chelidonium majus	Gall colic, gallstones, anti-inflammatory, hepatic, cholagogue, bitter, anti-cholelithiasis.
Cuprum metallicum	Spasmodic affections, nausea.
Leptandra virginica	Depression, rectal hemorrhage, hepatic, cholagogue, laxative, diaphoretic, anti-spasmodic.
Magnesia phosphorica	Flatulence, colic, cramps.
Myrica cerifera	Jaundice, bitter taste/nausea /offensive breath, astringent, circulatory stimulant, diaphoretic.
Natrium sulphuratum	Hepatitis stitching pains in the liver.
Taraxacum officinale	Bilious attacks, hepatic, cholagogue, diuretic, anti-rheumatic, laxative, tonic and bitter.

## Clinical Pearls

Carduus may have a mild laxative effect.

Carduus is primarily for gallbladder conditions, while A-Hepatica is primarily for liver conditions. Clinically, for liver/gallbladder conditions with constipation use Carduus and without constipation use A-Hepatica.

An excellent protocol for high blood fat values and for detoxification of the liver/gallbladder system is 30 drops of Cardunara combined with 35 drops of Carduus and 20 drops of A-Hepatica in water three times daily.

*Refer to liver and gallbladder drainage and gastrointestinal protocols for more details.*



### Medicinal ingredients:

Carduus marianus (seed) . . . . .	D1
Chelidonium majus (whole plant) . . . . .	D1
Cascara sagrada ( <i>Rhamnus purshianus</i> ) . . . . .	D1
Taraxacum officinale (whole plant) . . . . .	D1
Berberis vulgaris (root) . . . . .	D2
Leptandra virginica (root) . . . . .	D2
Myrica cerifera (root bark) . . . . .	D2
Natrium sulfuricum (Sodium sulphide) . . . . .	D6
Cuprum metallicum (Copper) . . . . .	D8
Magnesia phosphorica (Magnesium hydrogen, phosphate trihydrate) . . . . .	D8

**Non-medicinal ingredients:** Purified water, eau purifiée, ethanol/alcool éthylique.

**Recommended dose (adults):** Take 35 drops in water three times daily 20 minutes before meals or as directed by a health care practitioner.

**Recommended dose (children 3 years or above):** Take 5 - 10 drops in water three times daily 20 minutes or as directed by a health care practitioner.

**Caution/warnings:** Consult a health care practitioner if symptoms persist or worsen. Consult a health care practitioner before use if you are pregnant or breastfeeding.

DIN-HM 80002963 • 50 ml