

# DANDELION

**Latin Name:** Taraxacum officinale

**Botanical Family:** Asteraceae

**Other Names:** Blowball, Cankerwort, Irish daisy, monk's head, priest's crown, wild endive, witch gowan, yellow gowan.

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**Parts Used:** Whole Plant: Root, Leaf, Flower, Stem

**Country of Origin:** Eurasia

**Common Preparations:** Tincture, Tea, Decoction, Vinegar, Salve, Food

**Energy:** Bitter, Cool, Dry

**Actions:** Alterative, Anti-rheumatic, Aperient, Bitter, Cholagogue, Diuretic, Hepatic, Tonic

At Risk       Endangered

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**Dosage:** Root Tincture: 2 – 5ml 3x/ day (1:5 in 60%),

Root Decoction: 2 – 3 tsp Simmered in water 10 – 15 min 3x/ day.

Leaf Tincture: 5 – 10ml 3x/ day (1:5 in 50%)

Leaf Infusion: 1 – 2 tsp dried leaf infused in 8oz hot water for 15min 3x/ day

**Indications/Applications:**

**Safety Information:** Generally considered safe for most people.

People with an allergy to the Asteraceae Family (such as ragweed) may (but rarely) have allergic reactions.

**Contraindications / Interactions:**

People with gallbladder or kidney issues should check with their physician prior to ingesting medicinal levels of dandelion.

People on blood thinners or are experiencing acute gastric inflammation should avoid dandelion.

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**Chemical Constituents/Composition:** Vitamins A and B.

Leaf: Calcium, Potassium, Iron, Carotenoids, Coumarins,

Root: Potassium, Calcium, Phenolic acids, Taraxacosides, Inulin

**Botany:**

Dandelion is a perennial plant in the sunflower family. It has deeply toothed basal leaves that vary between spatulate and lanceolate in length and shape. The stalks are hollow with a milky latex in the shaft. Each flower stalk produces one flower. Like the sunflower, the flower head is actually made up of dozens of tiny florets. The root is a taproot that is long, thick, and unbranched.

**Etymology:**

Dandelion is native to the Eurasian continent where it can be found growing profusely. Common names for this opportunistic plant range from adorable to function.

The Latin binomial for Dandelion is derived from the Greek words “Taraxos” (disorder) and “Akos” (remedy) and the Latin “officinale” (official). These three components combine to describe Dandelion as “The Official Remedy for Disorders.”

The modern name “dandelion” is derived from the old-French “Dent-de-lion” or “tooth of a lion” in reference to the jagged profile of the leaf resembling the jaw and teeth of a lion. However, translations of the flower vary from “butter flower” (Finnish and Estonian) to “Worm rose” (Swedish) to “Piss-a-bed” (English and French) and “Milk flower” (Lithuanian).

**History/ Myth:**

Although the dandelion is not native to the North American continent, European colonists brought the flower over in the 1600’s as a food staple. Quickly, the little yellow flower left the gardens of the colonists and spread across the American continent all the way to the west coast long before white European explorers and settlers ever got there. By that time, native American tribes had already discovered the health benefits of the dandelion and had incorporated it into their lifestyle and lore. In the 1830’s, Ethnographer Henry Rose Schoolcraft reported hearing a love story about the South Wind, Shawondasee, and the dandelion from the Chippewa/Ojibwa people.

“Shawondasee, the South Wind, was much gentler than his brothers of the East, West, and North. He liked to go softly and enjoy the beauty of the world. He was also rather shy.

So one spring day when he looked across the meadow and saw a lovely maiden dressed in green, with amazing hair as yellow as the sun, he didn’t dare rush to her side. He just admired her from afar, and that night went to sleep promising himself, “Tomorrow I’ll go introduce myself.”

The next day Shawondasee saw her again, but he hesitated. “I mustn’t be too bold. I don’t want to scare her.” Each night he went to bed sighing over her beauty and hoping that the next day he’d have courage to ask her to marry him.

But one morning he could hardly see her bright hair. Had she pulled her green shawl over her head? If she was upset about something, this was not the day to visit her.

And the next day he found that he had waited too long. Her hair had turned completely white, like an old woman! Shawondesee sighed mightily with grief and disappointment. The air filled with silvery puffs like thistledown, and when he looked again, she had disappeared.

Poor Shawondesee! He had fallen in love with Dandelion!”

(<https://www.franstallings.com/Environmentor/Dandelions>)

### Scientific Research:

”Dandelion root extract affects colorectal cancer proliferation and survival through the activation of multiple death signaling pathways” <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5341965/>

“The Diuretic Effect in Human Subjects of an Extract of Taraxacum officinale Folium over a Single Day”  
<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3155102/>

“The Physiological Effects of Dandelion (Taraxacum Officinale) in Type 2 Diabetes”  
<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5553762/>

### References:

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