

Product Profile

KAVA

Piper methysticum

Liquid extract of dried, 4 to 8 year-old rhizome & roots.

History: For 3,000 years South Pacific cultures have used Kava as a mild tranquilizer to relax the mind and clarify the thought processes, soothe the temperament, and induce a mild euphoria with feelings of peace and harmony. It is usually taken with a group to enhance sociability and evoke feelings of empathy and camaraderie, and is often used to settle disputes and facilitate reconciliation.

Actions: Excellent sedative, anti-anxiety, muscle relaxant, antispasmodic and anticonvulsive. Clarifies thought process and improves memory. Peaceful euphoriant. Analgesic and local anesthetic. Antiseptic (antifungal and antibacterial). Antiseptic diuretic.

Uses: Anxiety, despondency, nervousness and depression. Supportive therapy in anxiety-related diseases (e.g., asthma, high blood pressure), and with tremor (e.g., Parkinson's disease). Cramps and muscle spasms. Neuralgia (especially trifacial nerve), toothache, earache and eye pain. Sleeplessness. Urinary infections; pain and spasms of urethra and bladder; painful urination. Premenstrual syndrome (PMS) and menstrual maladies. Lack of appetite. Topically as antifungal (e.g., ringworm, athlete's foot).

Dose: Average dose is 30 to 40 drops, taken 2 to 5 times per day. For more pronounced inducement of tranquility and euphoria, single doses up to 150 drops can be occasionally taken.

Cautions: The FDA advises that a potential risk of rare, but severe, liver injury may be associated with Kava-containing dietary supplement. Ask a healthcare professional before use if you have or have had liver problems, frequently use alcoholic beverages, or are taking any medication. Stop use and see a doctor if you develop symptoms that may signal liver problems (unexplained fatigue, abdominal pain, loss of appetite, fever, vomiting, dark urine, pale stools, yellow eyes or skin). Not for use by persons under 18 years of age, or by pregnant or breastfeeding women. Not for use with alcoholic beverages. Excessive use, or use with products that cause drowsiness, may impair your ability to operate a vehicle or dangerous equipment.



Excerpted from the Therapeutic Herb Manual by Ed Smith. The Therapeutic Herb Manual is available for purchase by calling Herb Pharm at: 1-800-348-4372.

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