

Stone Root

Species (Family)

Collinsonia canadensis L. (Labiatae)

Synonym(s)

Heal-All, Knob Root

Part(s) Used

Rhizome, root

Pharmacopoeial and Other Monographs

BHP 1983^(G7)

PDR for Herbal Medicines 2nd edition^(G36)

Legal Category (Licensed Products)

GSL^(G37)

Constituents^(G40,G48,G49,G64)

Stone root is stated to contain an unidentified alkaloid, mucilage, resin, saponin glycosides, tannins and volatile oil.

Food Use

Stone root is not used in foods.

Herbal Use

Stone root is stated to possess antilithic, litholytic, mild diaphoretic and diuretic properties. Traditionally, it has been used for renal calculus, lithuria, and specifically for urinary calculus.^(G7,G64)

Dosage

Dried root 1–4 g or by decoction three times daily.^(G7)

Liquid extract 1–4 mL (1:1 in 25% alcohol) three times daily.^(G7)

Tincture 2–8 mL (1:5 in 40% alcohol) three times daily.^(G7)

Tincture of Collinsonia (BPC 1934) 2–8 mL.

Pharmacological Actions

None documented.

Side-effects, Toxicity

None documented.

Contra-indications, Warnings

None documented.

Pregnancy and lactation The safety of stone root has not been established. In view of the lack of phytochemical, pharmacological and toxicological information, the use of stone root during pregnancy and lactation should be avoided.

Pharmaceutical Comment

Information available on the chemistry of stone root is limited and no documented scientific evidence was located to justify the herbal uses. In view of the lack of toxicity data, excessive use of stone root should be avoided.

References

See General References G7, G10, G31, G36, G37, G40, G48, G49 and G64.