Croton Seed (ba dou)
Herbs & Botanicals

Croton Seed (ba dou)

Croton seed comes from a small tree that grows throughout China and other parts of Asia. The seed of the plant is used medicinally. The seeds are gathered in the autumn, dried in the sun, and ground into powder.

Croton seed has purgative and tonic properties, and is associated with the Lung, Stomach, and Large Intestine meridians, based on the principles of traditional Chinese medicine. It is most often used to move cold downward, to transform phlegm, and to resolve phlegm.

Croton seed is a powerful purgative. Among the conditions croton seed is used to treat are abdominal pain and constipation. Croton seed is also used to treat coughs, and it is often used to treat acne. Its effect is not reduced even when used along with rhubarb, dried ginger and apricot seed.

Croton seed also move cold. In traditional Chinese medicine, it is considered a cold-clearing herb, as well as a water-transforming herb, and it is used to resolve phlegm.

Croton seed has pungent and toxic properties, and is associated with the Lung, Stomach, and Large Intestine meridians, based on the principles of traditional Chinese medicine. Its main functions are to move cold downward, to transform phlegm, and to resolve phlegm.

What can happen if I take croton seed? Are there any interactions I should be aware of? What precautions should I take?

Croton seed is available most frequently as a powder. Some stores also sell croton seed oil, which is extremely potent.

How much croton seed should I take?

The typical dose of croton seed is extremely small (0.1-0.3 grams of powdered seed). Larger amounts can be used when croton seed is applied externally.

What forms of croton seed are available?

Croton seed is available most frequently as a powder. Some stores also sell croton seed oil, which is extremely potent.

What is croton seed used for?

Croton seed is used in traditional Chinese medicine for a variety of conditions, including abdominal pain, constipation, coughs, and skin conditions.

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