Katsumadai Seed (cao dou kou)
Herbs & Botanicals

Katsumadal Seed (cao dou kou)

What is katsumadal seed? Where is it found?

Katsumadal seeds are members of the ginger family, which has green, diamond-shaped leaves and round yellow fruit, which changes color from green to yellow as it ripens. The parts of the plant used in herbal preparations are the roots. After the root is gathered and dried, the seeds are removed from the root, then smoothened or ground into a powder.

As a whole plant, Chinese medicine uses katsumadal seeds for their aromatic properties, and it is associated with the Spleen and Stomach meridians. Its major functions are to promote circulation of qi. It is used in treated conditions such as epigastric pain, distended abdomen, diarrhea and nausea. It is often used with other herbs such as cinnamon bark and ginger.

How much katsumadal seed should I take?

The typical dosage of katsumadal seed is between 1 and 5 grams, boiled in water and drunk as a decoction. It is being combined with other herbs. Katsumadal should be added to the decoction last (because of its aromatic properties).

What form is of katsumadal seed are available?

Katsumadal seeds are available in a variety of forms, including dried whole seeds and powder. Some herbal shops also sell katsumadal seed extracts, along with larger formulas that include katsumadal seed as part of a formula.

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

Katsumadal seeds should be taken in moderation; this herb has been recognized and used for its beneficial properties. As a rule of thumb, these are no known drug interactions associated with use of katsumadal seed. To ensure your health and safety, make sure to consult with a licensed healthcare provider before taking katsumadal seed or any other herbal remedy or dietary supplement.

References


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