

CALIFORNIAN POPPY

(*Eschscholzia californica*)

Clinical Summary

Actions

- Anxiolytic
- Mild Sedative
- Hypnotic
- Nervine
- Analgesic
- Mild Febrifuge

Indications

- Anxiety
- Insomnia
- Nervous system pain management including sciatica pain, nervous tension headaches and chronic pain, especially when the pain can be described as hot and throbbing
- Opiate addiction withdrawal
- Bedwetting caused by nervous tension
- Fevers, hot, spasmodic coughs and aches associated with influenza and other bronchial conditions

Traditional Use

Like the opium poppy (*Papaver somniferum*), it contains some benzylisoquinoline alkaloids, such as protopine, with analgesic effects. However the overall effect is mild without the narcotic or addictive properties of the more powerful alkaloids in the opium poppy.

Energetics

Bitter, cooling.

Constituents

Isoquinoline alkaloids including californidine, protopine, californidine, escholzine, protopine alkaloids.

Use in Pregnancy

Avoid using.

Contraindications and Cautions

None known.

Drug Interactions

Caution with powerful analgesics, benzodiazepines (nervous system depressants commonly prescribed to treat stress, anxiety or insomnia) and other central nervous system depressants.

Administration and Dosage

Liquid extract 1:2 in 45% alcohol
10 to 40mL weekly