<table>
<thead>
<tr>
<th>Common Name</th>
<th>Jamaica Dogwood</th>
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<tbody>
<tr>
<td>Latin</td>
<td>Piscidia piscipula</td>
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<tr>
<td>Family</td>
<td>Fabiaceae</td>
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<tr>
<td>Other Known Names</td>
<td>Fish Poison Tree, Jamaican Dogwood</td>
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<tr>
<td>Energy</td>
<td>Cold, dry, slightly toxic</td>
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<tr>
<td>Taste</td>
<td>Bitter, acrid</td>
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<tr>
<td>Part Used</td>
<td>Stem and root bark</td>
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<tr>
<td>Location</td>
<td>It grows in Jamaica, the West Indies, Central America, Puerto Rico and southern Florida.</td>
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<td>Gathering</td>
<td>It can be harvested year-round.</td>
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<tr>
<td>Cultivation</td>
<td>It grows in tropical climates (Zone 11). It prefers full sun and well-drained, sandy soil.</td>
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### HERBAL ACTION | TISSUE AFFINITY | MAJOR CONSTITUENTS
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Analgesic | Nervous System | Isoflavones:
Anti-inflammatory | Musculoskeletal System | Ichthyone-antispasmodic
Antispasmodic | Female Reproductive System | Jamaicin-antispasmodic
Astringent | Lung | Lisetin-antispasmodic
Antitussive | Large Intestine | Piscidone
Feeble narcotic | Kidney | Piscerythrone
              | Gallbladder | Erythbigenin
Rothenoids:
       | Rotenone |  
       | Milletone |  
       | Isomilletone |  
       | Piscidic acid (phenolic) |  
       | Tannins |  

### SPECIFIC INDICATIONS
Calm liver wind and relieves pain/analgesic, antispasmodic
Muscle spasms with pain.
Nerve pain, especially the facial nerves.
### PRIMARY USES

- Jamaica Dogwood is one of the strongest non-narcotic herbal analgesics and antispasmodics.
- Piscidia is a useful remedy for painful spasmodic cramps, especially pelvic pain including severe dysmenorrhea, intestinal colic, and ovarian neuralgia.
- Jamaica Dogwood is also very effective to treat back and muscle pain, renal or gallbladder colic.
- Additionally, Jamaica Dogwood is very effective for relieving nerve pain, especially facial nerve pain.
- Piscidia is effective in formula for treating sciatica, brachial neuralgia, pain from fractures, migraines, rectal pain or spasms and insomnia due to pain.
- Jamaica Dogwood can be beneficial for spasmodic coughs such pertussis and spasmodic bronchitis.
- Topical applications of the bark can be effective for toothaches, local neuralgias, and burns.
- In Central America and the Caribbean, Jamaica Dogwood is used to reduce fevers, treat diarrhea, and as a bath for back pain and arthritis.

### FORMULA COMBINATIONS

- Combine Jamaica Dogwood with Black Haw, Black Cohosh or Yan Hu Suo/Corydalis for severe dysmenorrhea.
- Combine Jamaica Dogwood with Wild Yam and Valerian for intestinal colic.
- To address ovarian neuralgia combine Jamaican Dogwood with Cyperus/Xiang Fu, Horse Chestnut and Blue Cohosh.
- For back and muscle pain or renal colic combine Jamaica Dogwood with Hydrangea, Khella, Yan Hu Suo/Corydalis and/or Skullcap.
- For gallbladder colic, combine Piscidia with Celandine and Wild Yam.
- Combine Piscidia with St. John’s wort, Mullein root and Prickly Ash for TMJ pain, trigeminal neuralgia and toothache, as well as ear pain and optic neuralgia with the addition of Sweet Melilot.
- To address sciatica combine Jamaica Dogwood with St. John’s wort, Teasel/Xu Duan, Sweet Melilot or Horse Chestnut.
- For migraine pain combine Piscidia with Kudzu/Ge Gen, Ligusticum root/Chuan Xiong, Siler/Fang Feng or White Peony root/Bai Shao.
- For rectal pain and/or spasms prepare as a suppository by combining Jamaica Dogwood with St. John’s Wort infused oil, Kava and cocoa butter.
- For insomnia due to pain combine Corydalis/Yan Hu Suo, Hops and Zizyphus/Suan Zao Ren.
- To address spasmodic cough such as pertussis or spasmodic bronchitis combine with Licorice and Wild Cherry Bark and Lobelia.

### DOSAGE

**Tea (Decoction):** 1 tsp. dried c/s bark, 10 oz. water, decoct 15 minutes, steep 45 minutes, take 60 ml 4x/day
**Tincture (1:5), 70% ETOH Dose:** 1-2 mL (20-40 gtt.) TID/QID*

*Jamaica Dogwood accounts for 1/4 part – 1 part in formulation.

### PREPARATIONS

*For acute pain - 3 mL (60 gtt.) every 3-4 hours
CONTRAINDICATIONS & DRUG INTERACTIONS

Do not use with people who have low blood pressure, cardiac insufficiency or bradycardia. Overdose can cause excessive salivation, vomiting, nausea, depressed respiration, postural hypotension, weakness and diminished pulse rate. In sensitive people, normal doses may cause nausea, vomiting and headaches.

SPECIAL NOTES OF CONSIDERATION

Formerly called Piscidia erythrina. Good quality Jamaica Dogwood Bark is bluish gray or greenish brown on the inside when fresh or when wet. Much of what is sold as Piscidia in the marketplace is adulterated with Cornus (Dogwood) bark and other incorrect species. As well, this is a tropical herb and such may have higher levels of bacteria known to grow in these environments. The root likely will need to be steam processed (sanitized) prior to drying. Jamaica Dogwood was used by Indigenous people as a fish poison.

RESOURCES & REFERENCES

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