

Bamboo
PHYLLOSTACHYS
NIGRA



Bamboo is a plant. Juice from young bamboo shoots is used to make medicine.

People use bamboo for asthma, coughs, and gallbladder disorders.

How does it work?

There isn't enough information to know how bamboo works.

Uses & Effectiveness

Insufficient Evidence to Rate Effectiveness
for...

Asthma.

Cough.

Gallbladder problems.

Other conditions.

More evidence is needed to rate the effectiveness of bamboo for these uses.

Natural Medicines Comprehensive Database rates effectiveness based on scientific evidence according to the following scale: Effective, Likely Effective, Possibly Effective, Possibly Ineffective, Likely Ineffective, and Insufficient Evidence to Rate.

Side Effects

There isn't enough reliable information available about bamboo to know if it is safe.

Special Precautions & Warnings

Pregnancy and breast-feeding: Not enough is known about the use of bamboo during pregnancy and breast-feeding. Stay on the safe side and avoid use.

Thyroid disorders, such as too little thyroid function (hypothyroidism), an enlarged thyroid gland (goiter), or a thyroid tumor: Prolonged use of bamboo shoot might make these conditions worse.



Interactions

Medications for an overactive thyroid
(Antithyroid drugs) Interaction Rating:

Moderate Be cautious with this combination. Talk with your health provider.

Eating bamboo shoot long-term might decrease the thyroid. Medications for an overactive thyroid decrease the thyroid. Taking bamboo shoot along with medications for an overactive thyroid might decrease the thyroid too much. Do not take bamboo shoot long-term if you are taking medications for an overactive thyroid.

Some of these medications include methenamine mandelate (Methimazole), methimazole (Tapazole), potassium iodide (Thyro-Block), and others.

Dosing

The appropriate dose of bamboo depends on several factors such as the user's age, health, and several other conditions. At this time there is not enough scientific information to determine an appropriate range of doses for bamboo. Keep in mind that natural products

are not always necessarily safe and dosages can be important. Be sure to follow relevant directions on product labels and consult your pharmacist or physician or other healthcare professional before using.

