

LIME FLOWERS

(Tilia cordata)

Clinical Summary

Actions

- Relaxing Diaphoretic
- Antispasmodic
- Peripheral Vasodilator
- Sedative (Mild)
- Nervine Tonic
- Diuretic
- Antioxidant
- Astringent
- Demulcent
- Hypotensive
- Immune Modulator

Indications

- Common cold, especially associated fever, upper respiratory catarrh, cough, fever, bronchitis, sore throat
- Anxiety, nervous tension, hypertension, arteriosclerosis, migraine, headache, to promote sleep
- Hypertension, to support heart health

Traditional Use

While they are commonly known as a diaphoretic to promote perspiration, and used in common cold and antitussive preparations, lime flowers were historically used as a mild sedative to treat health problems associated with anxiety and soothe nerves.

Energetics

Sweet, cooling, moistening.

Constituents

Flavonoids, tannins, terpenoids, p-coumaric acid, mucilage polysaccharides, oligomeric procyanidins, epicatechin, volatile oils (citral, citronellal, citronellol, eugenol, limonene).

Use in Pregnancy

The safety of lime flowers in pregnancy is unknown. No adverse effects are expected.

Contraindications and Cautions

None known.

Drug Interactions

Caution with lithium.

Administration and Dosage

Liquid extract 1:1 in 30% alcohol
15 to 80mL weekly