

MAGNOLIA

(*Magnolia officinalis*)

Clinical Summary

Actions

- Anxiolytic
- Nootropic
- Neuroprotective
- Antidepressant
- Sedative
- Antioxidant
- Anti-inflammatory
- Antitumour
- Analgesic
- Antimicrobial
- Antispasmodic
- Cardioprotective
- Antiarrhythmic
- Anti-obesity

Indications

- Anxiety, mild depression, stress, low mood and insomnia including when associated with menopause
- Alzheimer's disease, brain health
- Cancer prophylactic and as an adjunct therapy
- Diabetes, weight management, obesity, metabolic syndrome
- Inflammation and pain such as arthritis and Lyme disease
- Atherosclerosis, cardiovascular health
- Digestive problems such as nausea, diarrhoea, irritable bowel syndrome especially when associated with fear and anxiety
- Shortness of breath associated with emotional turmoil, asthma

Traditional Use

Magnolia is one of the most important traditional herbal medicines in China and Japan used to treat anxiety related disorders and clinical depression. Even the oldest known traditional Chinese medicine book, *Shennong Bencao Jing*, mentions this tranquilising action.

Energetics

Aromatic, pungent, bitter, warm.

Constituents

Phenolic compounds including the neolignans magnolol and honokiol, essential oil including eudesmol, 4-O-methylhonokiol, obovatol and alkaloids.

Use in Pregnancy

Avoid using due to insufficient reliable information.

Contraindications and Cautions

None known.

Drug Interactions

Caution with alcohol, barbiturates, benzodiazepines and central nervous system depressant drugs. Monitor with anticoagulant/antiplatelet (such as warfarin) drugs.

Administration and Dosage

Liquid extract 1:1 in 60% alcohol
10 to 70mL weekly