

MARSHMALLOW

(*Althaea officinalis*)

Clinical Summary

Actions

- Diuretic
- Anti-inflammatory
- Demulcent
- Vulnerary
- Expectorant

Indications

- Dry spasmodic coughs
- Digestive inflammation such as peptic ulcers, colitis, constipation
- Urinary inflammation such as urinary tract infections, cystitis
- Dry and itchy skin
- Sore and dry mouth and throat
- UV damage (topical) to skin

Traditional Use

Marshmallow has a long history of use and Pliny, an ancient Roman scholar said, "Whosoever shall take a spoonful of the Mallows shall that day be free from all diseases that may come to him." The genus name for marshmallow is derived from the Greek word *altho*, which means 'to cure', giving a good indication of how highly regarded this plant was in ancient times.

Energetics

Sweet, cooling, moistening.

Constituents

Polysaccharides, flavonoids, phenolic acids.

Use in Pregnancy

No adverse effects expected.

Contraindications and Cautions

None known.

Drug Interactions

Caution with lithium, antidiabetic and oral (take separately) drugs.

Administration and Dosage

Liquid extract 1:1 in 30% alcohol
20 to 100mL weekly