

OLIVE LEAVES

(Olea europaea)

Clinical Summary

Actions

- Antimicrobial
- Antifungal
- Antibacterial
- Antiviral
- Antioxidant
- Hypotensive
- Cardiotonic
- Diuretic
- Hypoglycaemic
- Antipyretic
- Antispasmodic
- Astringent
- Neuroprotective

Indications

- Hypertension, atherosclerosis, angina pectoris
- Immune system support and general wellbeing, influenza and other viral infections, symptoms of coughs, colds and flu, sore throats, fever, upper respiratory tract infections, oral herpes and herpes zoster (shingles), Lyme disease
- Dyspepsia, gastroesophageal reflux disease (GERD)
- Type 2 diabetes, metabolic syndrome
- Osteoarthritis, rheumatoid arthritis, osteoporosis, gout
- Fluid retention, urinary tract infections
- Cognitive health problems including attention deficit hyperactivity disorder and Alzheimer's disease
- Oxidative stress

Traditional and Empirical Use

Throughout history there are multiple references for use of olive leaves in the treatment of fevers including intermittent fever, typhoid fever and bilious fever. The leaves were also traditionally used for the treatment of malaria.

Energetics

Bitter, astringent, slightly cooling.

Constituents

More than 200 chemical compounds are found in the olive plant including sterols, carotenes, triterpene alcohols and phenolic compounds. Secoiridoids such as oleuropein, ligstroside and oleoside; flavonoids such as apigenin, rutin and diosmin, kaempferol, luteolin glycosides and chrysoeriol; and phenolic compounds such as caffeic acid, tyrosol and hydroxytyrosol; mannitol; triterpenes including oleanolic acid and uvaol, sterols. These constituents afford the tree, and its fruits and leaves, resistance to damage from pathogens and insects.

Use in Pregnancy

No adverse effects expected.

Contraindications and Cautions

None known.

Drug Interactions

While it may not be clinically significant, monitor with anticoagulant/antiplatelet drugs as concomitant use may theoretically increase the risk of bleeding and bruising. Monitor for hypoglycaemia when there is concomitant use with antidiabetic drugs as additive effects are theoretically possible. Monitor with antihypertensive drugs as additive effects are theoretically possible. The interaction may be beneficial but patients should be monitored for hypotension.

Administration and Dosage

Liquid extract 1:1 in 45% alcohol
10 to 20mL weekly