

ANISEED

(*Pimpinella anisum*)

Clinical Summary

Actions

- Expectorant
- Bronchodilator
- Immunomodulator
- Carminative
- Galactagogue
- Diuretic
- Hypoglycaemic
- Hypolipidaemic
- Anti-inflammatory
- Antimicrobial
- Antioxidant
- Antispasmodic
- Antiparasitic
- Oestrogenic Agent

Indications

- Symptomatic treatment of mild, spasmodic gastrointestinal complaints including bloating, flatulence, colic, nausea and indigestion
- Bronchial catarrh, bronchitis, spasmodic coughs, colds, whooping cough and asthma
- To increase milk supply in lactating women and give relief to their infants from gastrointestinal problems
- Dysmenorrhea, to promote menstruation, menopausal hot flashes and to facilitate birth
- To increase urine flow
- Appetite stimulant
- Increase libido
- Diabetes
- Topically for head lice and scabies

Traditional Use

Not to be confused with star anise (*Illicium verum*), aniseed is one of the oldest medicinal plants. Many countries around the Mediterranean region have traditional alcoholic beverages produced with aniseed such as ouzo and sambuca. The common special feature of all these beverages is their unique behaviour during dilution with water. Adding a large

amount of water causes the clear liquor to turn instantly into an opaque, translucent milky-white colour. In traditional medicine aniseed is used as an analgesic in migraine. In some traditional texts it is mentioned for melancholy, nightmare and also in the treatment of epilepsy and seizures.

Energetics

Warm and dry.

Constituents

Volatile oils including anethole; coumarins including bergapten, umbelliprenine and umbelliferone; flavonoids including rutin; lipids including fatty acids, oleic acid and linoleic acid; carbohydrates; protein.

Use in Pregnancy

The safety of aniseed taken during pregnancy and lactation has not been established. There are no known problems provided that doses taken do not greatly exceed the amounts used in foods. It has been proposed that aniseed preparations used at recommended dosages may be used during pregnancy and lactation.

Contraindications and Cautions

None known.

Drug Interactions

None known.

Administration and Dosage

Liquid extract 1:1 in 60% alcohol
10 to 20mL weekly