

# HEMIDESMUS

*(Hemidesmus indicus)*

## Clinical Summary

### Actions

- Anti-inflammatory
- Alterative
- Antioxidant
- Astringent
- Immunosuppressant
- Tonic
- Demulcent
- Diuretic
- Diaphoretic

### Indications

- Inflammatory joint diseases, such as arthritis
- Autoimmune diseases
- Chronic skin diseases, such as atopic eczema, psoriasis, ulcers
- Prevention of chemical toxicity and liver damage
- Diarrhoea and digestive disorders

### Traditional Use

The root of hemidesmus is traditionally used to treat a wide variety of illnesses including rheumatism, asthma, digestive disorders, impotence, urinary tract and skin infections, female hormonal disturbance related disorders and for relieving symptoms of menopausal conditions. In Sri Lanka hemidesmus is a popular, refreshing, fragrant tea which helps with bad breathe but is commonly used as a healthy drink among people without health conditions. It is used for cooling, blood cleansing, detoxing (diaphoretic and diuretic) and to promote relaxation before bed. Women in rural Sri Lanka use hemidesmus root to reduce the possibility of a miscarriage and to promote a healthy pregnancy, and it's used in arthritis which is very common due to all the hard work in the rice fields. In Ayurveda it

is advised to seek medical help before consuming hemidesmus when one gets ill. This is because it may have a tendency to increase the amount of phlegm in the system as it is a coolant. The whole plant is used topically in hair products to promote hair growth and for acne, wounds and rashes.

### Energetics

Cool.

### Constituents

Specific constituents of hemidesmus include coumarin, essential oil, steroids including sitosterol and beta-sitosterol, starch, glucosides, tannic acid and triterpenoid saponins.

### Use in Pregnancy

No adverse effects documented.

### Contraindications and Cautions

Although safe and generally considered non-toxic, due to its potential for immune suppression, the herb should be discontinued in states of active infection.

### Drug Interactions

Research has shown possible synergistic effects with antibiotics and hemidesmus may offer otoprotective effects (protection against ear damage by toxins) against gentamicin induced cochlear hair damage and prevent subsequent hearing loss/vestibular damage.

### Administration and Dosage

Liquid extract 1:1 in 45% alcohol  
20 to 50mL weekly