

MARITIME PINE

(Pinus pinaster)

Clinical Summary

Actions

- Antioxidant
- Anti-inflammatory
- Cardioprotective
- Antiallergic
- Diuretic
- Stimulating Expectorant
- Stimulating Diaphoretic
- Nutrient Dense Food
- Vulnerary
- Antimicrobial

Indications

- Antioxidant therapy which may assist cardiovascular health, hypertension, cholesterol reduction, fluid retention, chronic venous insufficiency, diabetes, diabetic retinopathy, gingival bleeding/plaque, venous leg ulcers
- Common cold and influenza symptoms, asthma, bronchitis, sinusitis, upper respiratory catarrh
- Rheumatism, arthritis

Traditional Use

A decoction of the bark of maritime pine is considered to be stronger than the needles and was historically used for lung infections.

Energetics

Warming, drying, pungent, bitter, sour.

Constituents

Bioflavonoids, predominantly oligomeric proanthocyanidins (OPCs) a rich source of natural polyphenols (tannins), aromatic compounds, resin and fatty acids, fatty alcohols, sterols.

Use in Pregnancy

No information available.

Contraindications and Cautions

Because of its astringent nature, which may irritate the stomach of sensitive individuals, it may be best to take maritime pine with or after meals to avoid minor gastrointestinal discomfort.

Drug Interactions

None known.

Administration and Dosage

Liquid extract 1:2 in 60% alcohol
5 to 10mL weekly