

# PERILLA

(*Perilla frutescens*)

## Clinical Summary

### Actions

- Antiallergic
- Anti-inflammatory
- Anticancer
- Antioxidant
- Hepatoprotective
- Antidepressant
- Antidiabetic

### Indications

- Hay fever (allergic rhinitis), asthma, bronchitis, sinusitis, allergies associated with excessive mucous
- Eczema, dermatitis

### Traditional Use

Perilla has been used as a traditional herbal medicine for treating various diseases including depression, anxiety, tumours, cough, allergy, intoxication and some intestinal disorders. Asian herbalists prescribe perilla for cough and lung afflictions, influenza prevention, restless foetus, seafood poisoning and incorrect energy balance and leaves of the plants are used in traditional Japanese herbal medicine, known as Kampo medicine. Perilla is listed in the Chinese Pharmacopoeia and has been used for centuries there in traditional Chinese medicine (TCM) as a medicinal plant for asthma, influenza, cough, chronic bronchitis and vomiting.

### Energetics

Warming, pungent.

## Constituents

A variety of constituents have been isolated from perilla including monoterpenes, triterpenes, flavonoids, phenylpropanoids and phenolic compounds. Perilla contains several essential oils including (-)-perillaldehyde, which contributes to the aroma, (-)-perillyl alcohol, (+)-limonene, alpha-pinene and trans-shisool. The red or purple form contains the purple pigments shisonin and cyanin. Several compounds such as rosmarinic acid, scutellarin, luteolin, apigenin, adenine, arginine, ferulic acid, (+)-catechin, caffeic acid, chrysoeriol and isogomaketone have been identified.

## Use in Pregnancy

Traditionally it has been used for morning sickness and to prevent threatened miscarriage. Limited information is available to determine whether perilla is safe, or unsafe, during pregnancy therefore it should be used under supervision.

## Contraindications and Cautions

None known.

## Drug Interactions

Caution with antihistamines.

## Administration and Dosage

Liquid extract 1:2 in 35% alcohol  
30 to 70mL weekly