

# COLEUS

*(Coleus forskohlii)*

## Clinical Summary

### Actions

- Hypotensive
- Antiplatelet
- Antispasmodic
- Anti-inflammatory
- Cardiotonic
- Digestive Stimulant

### Indications

- Hypertension, prevention of cardiovascular disease, thrombosis, cerebrovascular disease, congestive heart failure, angina.
- Asthma, emphysema, chronic bronchitis
- Digestive weakness, non-alcoholic fatty liver
- Glaucoma (external and internal), psoriasis
- Debilitated thyroid gland to assist weight loss, autoimmune thyroid disease, diabetes, obesity

### Traditional Use

Coleus has a long history of use in Asian traditional systems of medicine where it is used as a diuretic, a blood purifier and to decrease blood pressure.

### Energetics

Neutral.

### Constituents

Diterpenes (including forskolin), flavonoids (luteolin, apigenin), volatile oils, betulic acid and betasitosterol.

### Use in Pregnancy

Avoid using. Evidence from animal research suggests that high doses of coleus can inhibit embryo implantation and/or delay foetal development.

### Contraindications and Cautions

Contraindicated in patients with hypotension. High doses may cause gastrointestinal symptoms.

### Drug Interactions

Avoid with antihypertensive drugs (such as calcium channel blockers used to lower blood pressure), anticoagulant/antiplatelet drugs (such as aspirin and warfarin) and nitrates (drugs used to treat and prevent angina (heart pain, chest pain)). Coleus may be used in combination with thyroid medications to increase gland production if the person has not been on the medication long-term.

### Administration and Dosage

Liquid extract 1:1 in 50% alcohol  
40 to 80mL weekly