

ELDER FLOWERS

(Sambucus nigra)

Clinical Summary

Actions

- Antiviral
- Relaxing Nervine
- Relaxing Diaphoretic
- Diuretic
- Antioxidant
- Anticatarrhal
- Antipyretic
- Anti-inflammatory
- Antibacterial
- Antiproliferative
- Antidiabetic

Indications

- Fever associated with common cold and flu
- Bronchitis, nasal catarrh, sinusitis, sore throat
- To promote healthy skin

Traditional Use

Elder flower is one of the most traditional and reliable herbs for use in the treatment of colds, influenza and fevers. It has also been used traditionally to treat scarlet fever, bronchitis, sinusitis, hay fever and skin disorders.

Energetics

Dry, cooling, bitter, sweet.

Constituents

Flavonoids (quercetin, kaempferol, myricetin, rutin and their glycosides), phenolic acids (caffeic, chlorogenic, p-coumaric, ferulic, gallic, syringic acids), saponins, volatile oils, tannins, lectins, lipophilic triterpenoid and sterol compounds such as lupeol and beta-sitosterol, vitamin C, mucilage, minerals.

Use in Pregnancy

Likely to be safe when consumed in dietary amounts however safety is not known when used in larger quantities.

Contraindications and Cautions

None known.

Drug Interactions

Caution with antidiabetic and diuretic drugs.

Administration and Dosage

Liquid extract 1:1 in 25% alcohol
15 to 80mL weekly