

FENNEL

(Foeniculum vulgare)

Clinical Summary

Actions

- Carminative
- Antispasmodic
- Galactagogue
- Oestrogenic
- Antimicrobial
- Expectorant
- Anti-Inflammatory
- Diuretic

Indications

- Indigestion, bloating, flatulence, colic
- Catarrh of the upper respiratory tract including coughs, bronchitis
- Increasing milk flow in lactating mothers

Traditional Use

Traditionally used for dyspeptic complaints such as mild, spasmodic gastrointestinal ailments, bloating and flatulence along with catarrh of the upper respiratory tract.

Energetics

Sweet, warm.

Constituents

Essential oil (anethole, fenchone, estragole), coumarins, flavonoids, fatty acids.

Use in Pregnancy

Aqueous infusions of fennel may be used at the recommended dosage during pregnancy, under professional supervision. Preparations containing essential oils or alcoholic extracts should not be used during pregnancy.

Contraindications and Cautions

None known.

Drug Interactions

Caution with ciprofloxacin (a quinolone antibiotic), tamoxifen (used for certain types of breast cancer) and anticoagulant/antiplatelet (such as warfarin) drugs.

Administration and Dosage

Liquid extract 1:1 in 57% alcohol
15 to 40mL weekly