

# MEADOWSWEET

*(Filipendula ulmaria)*

## Clinical Summary

### Actions

- Anti-Inflammatory
- Antacid
- Urinary Antiseptic
- Astringent
- Diaphoretic
- Diuretic
- Stomachic

### Indications

- Heartburn, indigestion, gastric reflux, hyperacidity, gastritis, peptic ulcers, flatulence, diarrhoea, inflammatory bowel disease, irritable bowel syndrome
- To support healthy connective tissue, muscles and joints, arthritic conditions, rheumatic conditions including gout
- Urinary disorders including kidney and bladder calculi, cystitis

### Traditional Use

Modern-day aspirin owes its origins to the salicin content isolated from meadowsweet in the early 1800s. In fact the name aspirin relates to this herb's former genus name *Spiraea*. The name meadowsweet would appear to accurately describe the plant, given the sweet scented frothy white flowers and its favoured growing locations, but the name is in fact a corruption of the old medieval name 'meadesweet', stemming from the days when the plant was added as a flavouring agent during the brewing of mead. The flowers are still used today to add flavour to some summer ales. It is also described in old European herbals including those of John Gerard (The Herball, 1597) and Nicholas Culpeper (The English Physician, 1652).

### Energetics

Cold, dry.

### Constituents

Flavonoids, volatile oil (phenolic components including salicylates), tannins, coumarin, mucilage, ascorbic acid.

### Use in Pregnancy

Safety unknown.

### Contraindications and Cautions

People who are salicylate-sensitive should not take meadowsweet. People taking anticoagulant medicines should use this herb with caution as increased bruising is theoretical possibility. Suspend use of concentrated extracts one week before major surgery to avoid increasing bleeding risk.

### Drug Interactions

Caution with anticoagulant/antiplatelet drugs including warfarin and aspirin.

### Administration and Dosage

Liquid extract 1:1 in 30% alcohol  
20 to 120mL weekly