

WHITE HOREHOUND

(Marrubium vulgare)

Clinical Summary

Actions

- Expectorant
- Antispasmodic
- Bitter Tonic
- Anti-inflammatory

Indications

- Bronchitis, common cold, cough, whooping cough, asthma
- Indigestion, loss of appetite, bloating, flatulence
- Externally to promote the healing of wounds

Traditional Use

The most prevailing traditional application of white horehound is for the treatment of respiratory and gastrointestinal disorders.

Energetics

Hot, dry.

Constituents

Polyphenols, flavonoids, phenolic acids (including ferulic acid, catechin, quercetin, protocatechuic acid, rutin, syringic acid), tannins, marrubin (a diterpene lactone), essential oils.

Use in Pregnancy

Avoid using as it is likely unsafe when used orally. White horehound might have an abortifacient effect or stimulate menstrual flow and the uterus.

Contraindications and Cautions

None known.

Drug Interactions

Caution with antidiabetic and antihypertensive drugs.

Administration and Dosage

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