

# LIME FLOWERS

*(Tilia cordata)*

## Clinical Summary

### Actions

- Relaxing Diaphoretic
- Antispasmodic
- Peripheral Vasodilator
- Sedative (Mild)
- Nervine Tonic
- Diuretic
- Antioxidant
- Astringent
- Demulcent
- Hypotensive
- Immune Modulator

### Indications

- Common cold, especially associated fever, upper respiratory catarrh, cough, fever, bronchitis, sore throat
- Anxiety, nervous tension, hypertension, arteriosclerosis, migraine, headache, to promote sleep
- Hypertension, to support heart health

### Traditional Use

While they are commonly known as a diaphoretic to promote perspiration, and used in common cold and antitussive preparations, lime flowers were historically used as a mild sedative to treat health problems associated with anxiety and soothe nerves.

### Energetics

Sweet, cooling, moistening.

### Constituents

Flavonoids, tannins, terpenoids, p-coumaric acid, mucilage polysaccharides, oligomeric procyanidins, epicatechin, volatile oils (citral, citronellal, citronellol, eugenol, limonene).

### Use in Pregnancy

The safety of lime flowers in pregnancy is unknown. No adverse effects are expected.

### Contraindications and Cautions

None known.

### Drug Interactions

Caution with lithium.

### Administration and Dosage

Liquid extract 1:2 in 30% alcohol  
15 to 40mL weekly