

Marshmallow

Botanical name: *Althaea officinalis*

Energetics/Actions: Cool, sweet, demulcent, expectorant, anti-inflammatory

Description

Marshmallow has been used as a medicine since 200 BCE. The name *Althaea* means “to heal” in Greek. All parts of the plant have medicinal uses. Marshmallow has an affinity for the mucous membranes and is used for irritation and inflammation of the mucous membranes in the mouth, lungs, GI tract and urinary tract. It can also be used externally.



Uses

Cough: Syrup is good for dry cough.

Skin inflammation: Topically as poultice or ointment.

Constipation: Liquid extract can make stool easier to pass. Best used with other herbs in a formula.

Dose

Root: 6 gm prepared as a cold infusion, soak for several hours before use (the infusion is very thick)

Syrup: up to 8 ml per day

Liquid extract: 2-5 ml up to 3 times a day

Topical ointment: 20% extract to affected area up to 3 times a day

Safety Information

Generally safe but consult with your healthcare provider if you have diabetes or have a surgery scheduled. No safety data available for use in pregnancy and breastfeeding.