

HYSSOP

(Hyssopus officinalis)

Clinical Summary

Actions

- Expectorant
- Anticatarrhal
- Carminative
- Stimulant
- Antispasmodic

Indications

- To help relieve excess mucous of the respiratory passages including bronchitis, common colds, chronic nasal catarrh, coughs (especially stubborn coughs), asthma (especially when exacerbated by mucous congestion), sore throat and hoarseness (as a gargle)
- A bitter digestive tonic and aid to help relieve flatulence and to help expel intestinal gas
- Liver and gallbladder complaints

Traditional Use

Hippocrates prescribed hyssop to treat pleurisy in the fourth century AD and Hildegard of Bingen, the twelfth century German abbess and herbalist, maintained that hyssop “cleanses the lungs.” Culpeper and Grieve both mention its usefulness as an expectorant for tough phlegm. Hyssop possesses a highly aromatic odour and its essential oil is much appreciated by perfumers.

Energetics

Bitter, pungent, warming, dry.

Constituents

Polyphenolic compounds primarily the flavonoids apigenin, quercetin, diosmin, luteolin and their glucosides followed by other phenolic compounds chlorogenic, protocatechuic, ferulic, rosmarinic, syringic, p-hydroxybenzoic and caffeic acids. Essential oil containing terpenoids pinocamphone, isopinocamphone, laevopinocamphone, camphor, thusone, alpha- and beta-pinene, alpha-terpinene, laevo-pinocampheol and cadinene. It also contains ursolic acid, terpenes (including marubiin, a diterpene), hyssopin, tannins and resin.

Use in Pregnancy

Not recommended. Traditionally used as an abortifacient.

Contraindications and Cautions

None known at therapeutic dose levels.

Drug Interactions

None known.

Administration and Dosage

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