

# MULLEIN

*(Verbascum thapsus)*

## Clinical Summary

### Actions

- Expectorant
- Demulcent
- Anticatarrhal
- Vulnerary
- Diuretic
- Sedative

### Indications

Respiratory catarrh, bronchitis, common cold, productive and dry cough, chronic otitis media, influenza.

### Traditional Use

More than 2000 years ago mullein was described as a treatment for 'old coughs' by the Greek physician, botanist and author of De materia medica Dioscorides. Similarly, in 19th century Ireland, it was considered a leading remedy for tuberculosis (TB), which plagued the population, and large amounts of it were cultivated for this particular purpose.

### Energetics

Cool, moist.

### Constituents

Mucilage and gum, triterpene saponins (verbascosaponin, aucubin) volatile oils, flavonoids (hesperidin, verbascoside, rutin), iridoid glycosides (aucubin, catalpol), phenolic acids, tannins.

### Use in Pregnancy

Insufficient reliable information is available however Commission E states that no restrictions are known.

### Contraindications and Cautions

None known.

### Drug Interactions

None known.

### Administration and Dosage

Liquid extract 1:1 in 25% alcohol  
30 to 170mL weekly