

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