

07 Indication: Other

- **Peony** See bed 02

- **Fairy flower** See bed 02

- **Meadowsweet**

Classification:

Meadowsweet, botanical name *Filipendula ulmaria*, belongs to the rose family (Rosaceae).

Usage:

The dried herb is mostly infused as a tea and used internally, but can also be used externally as a bath additive. Mainly for supportive treatment of colds, but also for inflammatory pain.

Action:

Meadowsweet flowers contain salicylic acid compounds, which have analgesic, anti-inflammatory and antimicrobial effects. The tannins also contained in the flowers, such as ellagitannin, have a protective effect on mucous membranes.

Trivia: -

- **Lemon thyme**

Classification:

The "x" in the botanical name indicates it: Lemon thyme, botanical name *Thymus × citriodorus*, is a hybrid ("mixture") of *Thymus pulegioides* and *Thymus vulgaris*, in the Lamiaceae family.

Usage:

Lemon thyme is dried and infused as a tea or used internally as lemon thyme oil. It has antispasmodic, digestive and circulatory properties.

Action:

The ingredients are similar to those of the "mother" thyme species, but not identical. Lemon thyme contains essential oils with thymol, geraniol, linalool and borneol, as well as many tannins. Together with the rosmarinic acids contained in the leaves unfold antioxidant and antibacterial effects.

Trivia: -

- **Witch Hazel**

Classification:

Virginian witch hazel, botanical name *Hamamelis virginiana*, belongs to the witch hazel or Hamamelis family (Hamamelidaceae).

Usage:

Extracts of the plant, as well as dried bark and flowers are used externally for minor skin injuries, local inflammation of the skin and mucous membranes, hemorrhoids and varicose vein disorders. In traditional remedy, tea infusions are also used internally against diarrhea.

Action:

The essential oils, flavonoids and tannins found in the plant impart hemostatic, anti-inflammatory, astringent and antipruritic effects.

Trivia: -

- **Vervain**

Classification:

Vervain, botanical name *Verbena officinalis*, belongs to the verbenaceae family.

Usage:

Dried vervain is infused as a tea and used internally against coughs and indigestion, in traditional remedy vervain oil is also used externally against rheumatism.

Action:

In addition to bitter substances, the plant contains, among other things, so-called iridoid glycosides such as verbascoside, which have antioxidant, antimicrobial and antihypertensive properties. Since a clear pharmaceutical effect could not be proven, the plant is mainly used in traditional remedy.

Trivia:

Even though the name suggests it: the plant does not contain iron.

- Guelder Rose

Classification:

The guelder rose, also called viburnum, botanical name *Viburnum opulus*, is a member of the muskweed family (Adoxaceae).

Usage:

The bark is used dried and infused as a tea to treat menstrual disorders.

Action:

Active ingredients are tannins and bitter substances, glycosides, pectin and anthocyanins. The substances have antispasmodic and diuretic effects.

Trivia: -