

## Betony



**Scientific name:** *Stachys lavandulifolia* Vahl.

**Common name:** Betony

**Traditional name:** Marmazad

**Part used:** Aerial parts including flowers, leaves and stems

**Description & characteristics:**

Purple inflorescences with silvery-haired, elongated calyxes, narrow, lanceolate, and slender Leaves.

**Temperament:** Hot and dry

**Functions:** *Mojaffif* (desiccant), *Mohallil* (resolvent), *Molattif* (attenuant), *Mofattih* (deobstruent) of obstructions.

**Traditional uses:**

Brain tonic, gastro and hepatoprotective, Emmenagogue, Carminative, Useful for phlegmatic headaches

**Modern uses:** -

- Anxiety
- Digestive disorders and dyspepsia
- Dysmenorrhea

**Dosage:**

Adults: 1–2 teaspoons of dried aerial parts steeped in 200 mL boiling water for 10–15 minutes; 1–2 cups daily.

**Side effects:**

- Gastrointestinal discomfort
- Hepatotoxicity and nephrotoxicity at high doses (>500 mg/kg)

**Precautions and warnings:**

May exacerbate hypotension (caution in low blood pressure).

**Use in pregnancy and breastfeeding:**

It is forbidden during pregnancy (risk of emmenagogue effects).

Due to lack of evidence, should not be used in breast feeding.

**Contraindications:**

Hypersensitivity to *Stachys lavandulifolia*.

Pregnancy.

**Interactions:**

Potential interactions with:

- Sedatives.
- Antidepressants.
- Antihypertensives.

**Pharmaceutical forms available in natural products pharmacy:**

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**References:**

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