

English violet



Scientific name: *Viola odorata*

Common name: English violet

Traditional name: Banafsaj

Part used: Flower

Description & characteristics:

Fragrant purple flowers with long petioles.

Temperament: Cold and wet

Functions:

Purgative of yellow bile, thirst demulcent, soothing *Hommayat* (manifestation of unnatural heat), hypnotic, laxative, *Mohallil* (resolvent)

Traditional uses:

Nazlah (descent of wet matter from brain down to other organs), colds, coughs, bronchial roughness, hoarseness.

Modern uses:

Skin inflammations, eczema, psoriasis

Dosage:

A teaspoon of dry powder in a glass of water, 3 times a day.

Side effects:

Anaphylactic, contact dermatitis, conjunctivitis.

Precautions and warnings:

Children under 2 years old.

Use in pregnancy and breastfeeding:

Be careful.

Pharmaceutical forms available in natural products pharmacy:

- Viola oil
- Barij viola syrup

References:

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