

Marshmallow

**Scientific name:**

Alcea lavateriflora (DC.) Boiss.

Alcea digitata Alef.

Alcea rosea L.

Althaea officinalis L. (rare species)

Common name: Marshmallow, Hollyhock

Traditional name: Khatmi

Part used: Leaves, aerial parts, roots

Description & characteristics:

Flowers at least three centimeters long (rare species are less than two centimeters), with white, blue or yellow petals and green, double-rowed sepals, and the anthers and stamens are pale yellow (In the rare species, it is purple-brown. Fruits are often seen among the flowers .Root consists of wooden and hard yellow-brown pieces with a thin and bitter skin with a lot of mucilage in water.

Temperament: Cold and wet (Avicenna considered it with warm and moderate temperament, and some considered it as moderate)

Functions:

Molayyin (aperient), *Mondij* (coctive agent), *Radi* (restrainer), *Mohallil* (resolvent), *Morkhi* (relaxant)

Traditional uses:

For brain and eardrum tumefaction, healing wounds, pain relieving and lessening of tumefactions (leaf poultice), alleviates local irritation in stomach and intestinal wounds (drinking boiled), softens bronchial excrements (mucilage), effective in hot cough and bronchial roughness and pneumonia, useful in broken limbs, sciatica and joint pain caused by hot temperament, for toothache (plant decoction with vinegar), insect bites and fire burns (with olive oil).

Modern uses:

- Leaves: treatment of cough and bronchitis
- Root: inflammation of gastric mucosa, mouth and throat irritation

Dosage:

5 cups of leaf powder daily

Not enough information available about the daily flowers dose.

Side effects:

- No health hazards or side effects are known in conjunction with the proper administration of designated therapeutic dosages.
- Theoretically, there is a possibility of lowering blood sugar and related tests with oral use of the plant.

Precautions and warnings:

Observe an interval of at least two hours between the use of the plant and other medicines.

Use in pregnancy and breastfeeding:

Not enough information is available.

Contraindications:

Not recommended using in children.

Interactions:

The absorption of other drugs taken simultaneously may be delayed.

Pharmaceutical forms available in natural products pharmacy:

- Zokam powder
- Lavender syrup
- Zofi Bell syrup
- Kafnolix syrup
- Violet syrup (Faratab)
- Shafaf mask
- Laden compound shampoo

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