

## Myrtle



**Scientific name:** *Myrtus communis* L.

**Common name:** Myrtle

**Traditional name:** Ace

**Part used:** leaves and fruits (in modern medicine, only the leaves of the plant are used, but in traditional medicine, its leaves and fruits are used).

**Description & characteristics:**

Oval green leaves, slightly pointed and leathery entire-margined and a number of green or black spherical fruits with relatively long fruit tails and with a pleasant smell. The berries have a sweet-spicy taste.

**Temperament:** Compound potency and its cold temper is dominant.

**Functions:**

Astringent, *Molattif* (attenuant), *Mohallil* (resolvent), *Mofarrih* (refreshing), diuretic.

**Traditional uses:**

Purify and tonic of spirit, cardio tonic, relief of heart palpitation, hot cough, headache, vertigo, dizziness, ear pain, sores, pus, toothache, tooth ulcer, tongue paresis, strengthens the eyesight, resolvent of tumefactions, wounds, sores, expelling of blood and hemorrhage.

Tonic for the stomach and viscera, diuretic, astringent, resolvent, refreshing, retaining of purgatives, lithotriptic of calculus, styptic of menstrual blood, relief of kidney weakness, hemorrhoids, hair tonic, preventing hair loss, for hair growth and hair blackness.

**Modern uses (unproven):**

Acute and chronic infections of the respiratory tract including bronchitis, whooping cough, tuberculosis, bladder disorders, diarrhea, intestinal worms.

**Dosage:**

An infusion by mixing 15 to 30 g of the herb with 1 L water prepared and leave to draw for 30 minutes. 3 cups of an infusion may be taken each day.

**Side effects:**

Nausea, vomiting, diarrhea, consumption of large amounts causes a decrease in blood pressure, circulatory disorders, respiratory failure and collapse.

**Precautions and warnings:**

Not enough information is available.

**Use in pregnancy and breastfeeding:**

It is forbidden to use the plant during pregnancy.

**Contraindications:**

No internal administration of the drug should take place in the presence of inflammatory illnesses of the gastrointestinal area or of the biliary ducts, or in the case of severe liver diseases.

**Interactions:**

Not enough information is available.

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

Combined: Ace in combination with other herbs:

- Barij Eucalyptus fumigation solution
- Mughni syrup (exir)
- Qanese electuary
- Simple astringent powder
- Compound astringent powder
- Barij Rosemary hair and eyebrow tonic solution

**References:**

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