

Quince



Scientific name: *Cydonia oblonga* Mill.

Common name: Quince

Traditional name: Habe Safarjal

Part used: Seed

Description & characteristics:

Almost conical dark or light brown seeds, with two smooth sides and narrow tip. The entire surface of the seed is covered with a layer of transparent white mucilage that swells in the vicinity of water.

Temperament: Cold and wet

Functions: Laxative

Traditional uses:

Mucilage of Quince for pharynx and throat roughness, hot and dry cough, relief the heat of stomach, sting and dryness of tongue.

Modern uses:

Treatment of cough, inflammation of the gastrointestinal, digestive mucosa, inflammation of the joints, Injuries (topically).

Dosage:

A scoop in a cup of water

Side effects:

Not enough information is available.

Precautions and warnings:

Not enough information is available.

Use in pregnancy and breastfeeding:

Not enough information is available.

Contraindications:

Not enough information is available.

Interactions:

There is possibility of absorption impairment of other drugs in concurrent use, due to large amounts of mucilage in quince seed.

Pharmaceutical forms available in natural products pharmacy:

Compound: Quince seed in combination with other herbs

- Laxaplus syrup
- Violet syrup

References:

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