

## 1. Names & Synonyms

***Lavandula angustifolia*.**

**English:** Lavender.

**Family:** Lamiaceae (Labiatae).

**Other Names:** French Lavender,  
Garden Lavender, Lavender



## 2. Parts used.

Dried ripe stems and flowers.

## 3. Description

- English Lavender subshrub Stem is a gray-green and is heavily branched.
- The flowers are long, ovate with brown violet or violet-tinged color
- The leaves are sessile, oblong lanceolate with entire-margins.

## 4. Major chemical constituents

- Volatile oil:** linalool and linalyl acetate others, cis-ocimene, terpinene-4-ol, beta caryophyllene and lavandulyl acetate.
- Hydroxycoumarins:** umbelliferon and herniarin.
- Tannins**
- Caffeic acid derivatives:** rosmarnic acid.

## 5. Medicinal uses (Indications)

1. Loss of appetite and Dyspeptic complaints.
2. Circulatory disorders.
3. Mood disturbances such as restlessness or insomnia .
4. Functional abdominal complaints and cramps.
5. Migraine and bronchial asthma .
6. Sedative in cases of tension or exhaustion.
7. Wound healing.
8. Aroma therapy.

## 6. Herbal preparations correlated to medicinal use

1. Whole or comminuted dried ripe flower in herbal tea bags with boiling water.
2. Inhalation of lavender essential oil.
3. Aromatherapy massage of lavender oil.
4. Lavender dried powder is consumed in foods.

## 7. Examples of drugs in the market

1. Nature's Way Calm Aid Lavender Soft Gels CAPSULES.
2. Calm Aid Lavender Oil- 500mg Soft gels capsules.
3. lavender peppermint headache stick.
4. Kalms Lavender One-A-Day Capsules.
5. Inhalation lavender patch

## 8. Posology and method of administration

**Dose:** tea can be administered one cup three times daily or adding 5 to 10 ml of drug per cup of hot water (150 ml) for 10 minutes.

**For external use:** 100 g of drug is boiled with two liters of water and added to the bath.

## 9. Side Effects (Toxicity)

- When taken by mouth: might include constipation, diarrhea, and headache.
- When applied to the skin sometimes causes skin irritation.
- When inhaled: It has been used safely as aromatherapy for up to 12 weeks.

## 10. Contraindications

- Hypersensitivity to active substances.
- Liver disease (hepatitis, cirrhosis).
- Neurological diseases .
- Parkinson's disease.
- epilepsy.
- Peptic ulcer disease.
- Gastritis.
- Colitis.
- Crohn's disease.
- Irritable bowel syndrome.
- Children under 2 years.

## 11. Special warnings and precautions for use

- There is not enough reliable information to know if lavender is safe for children to take by mouth or apply lavender oil on skin is possible unsafe
- Lavender oil may have hormone-like effects that may disrupt normal hormones resulting in breast growth.

## 12. Interactions with other medicinal products and other forms of interaction

- Lavender might slow down the central nervous system, if used with anesthesia and other medications given during and after surgery, Stop using lavender at least 2 weeks before surgery.

## 13. Fertility, pregnancy, and lactation

There is not enough reliable information to know if lavender is safe to use when pregnant or breast-feeding, stay on the safe side and avoid use.

## 14. Effects on ability to drive and use machines

No studies on the effect on the ability to drive and use machines have been performed.

## 15. References

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