

LONICERA JAPONICA

Lonicera japonica, known as Japanese honeysuckle and golden-and-silver honeysuckle. Honeysuckle flower is sweet in flavor, cold in nature, and manifests its therapeutic actions in the lung, heart and stomach meridians.

Honeysuckle flower clears heat, eliminates toxic substance, and dissipates wind and heat in the superficial portion of the body (exterior-relieving).

Honeysuckle flower can treat bloody dysentery. It can be used alone, to exert a more powerful anti-diarrhea effect.

Sore throat is usually caused by heat of internal or external origins; honeysuckle flower can be used. Clinically, modern TCM widely uses honeysuckle flower for infections of the respiratory system, digestive system and head region. It is also used to reduce blood lipid level.

Since honeysuckle flower has a sweet taste, it is a favorable ingredient for people to prepare as tea and distilled water, which can clear summer heat, quench thirst, relieve sore throat, soothe skin sores and prickly heat.

Mainly contains derivatives of chlorogenic acid, flavones and essential oils.

it has been used to effectively treat influenza infection for centuries.

Aayurveda:

Madhumathi..?

REFERENCES:

[1] <http://www.shen-nong.com/eng/herbal/jinyinhua.html>