Hyssop Laura Clifford

Name: Hyssop (Hyssopus officinalis)

Family: [Lamiaceae](https://en.wikipedia.org/wiki/Solanaceae) (mint family)

Parts used: Aerial parts when in flower, essential oil

Habitat: Native to the Mediterranean and Southern Europe (sunny and dry climate)

Harvest: Harvest in the summer when in flower

Historical Use: Used traditionally for a wide variety of ailments but primarily for respiratory conditions such as chest congestion, asthma, pleurisy

Uses: Currently is used as a respiratory herb particularly to thin thick mucus in the chest and to stimulate a productive cough to expel the mucus. Particularly useful for bronchitis and asthma. Also used for digestive conditions such as indigestion, gas, bloating. Used to induce sweating for colds and flu

Actions: Expectorant- irritates mucus membranes to stimulate coughing and thins mucus. Tonic, sedating, soothing to the digestive tract, carminative, antispasmodic. Antiviral (particularly in relation to the herpes virus), diaphoretic, anti-inflammatory (when used topically). Bitter, dry, pungent, warming

Constituents: Terpenes, flavonoids, insolic acid, oleonolic acid, resin, gum, glycoside (hyssopin) tannin, volatile oil that contains pinocamphone which can cause seizures, and marubiin which is an expectorant

Tincture: As an expectorant for chest congestion and to thin mucus

Infusion: As an expectorant for chest congestion, to thin mucus, and for digestive upset

Essential Oil: 10 drops diluted with carrier oil used as a chest rub for congestion. 5-10 drops in a bath for nervous exhaustion, grief, depression, overwrought nerves. Also used to treat burns and bruises

Combines: Elecampane, Licorice Root, Anise

Constitution: Humoral: System Cold & Damp. Exhaustion, melancholy, overwrought nerves

Contradictions: Very strong, use in small doses. Additionally, the essential oil can cause epileptic seizures/ convulsions

Sources

Encyclopedia of Herbal Medicine, Andrew Chevallier, 1996, 2000

The Complete Medicinal Herbal, Penelope Ody, 1993

The New Age Herbalist, Richard Mabey, 1988