



**Kooperation
Phytopharmaka**

Phytotherapy

Herbal medicinal products are effective and well tolerated





Therapy with herbal medicines

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The treatment of diseases with medicinal plants (phytotherapy) is one of the oldest achievements of mankind. Phytotherapy is the treatment of diseases and disorders with plants, parts of plants and their preparations, the herbal medicinal products. They are used in various dosage forms, e.g. as teas, pressed plant juices, capsules, tablets, drops or ointments.

Herbal medicinal products are very popular. Patients believe in the „healing powers of nature“ e.g. for cold, but also for gastrointestinal complaints, sleep disorders or depressive moods.

Modern phytotherapy in Europe has its roots in folk medicine, but today it is scientifically based. The evidence of efficacy, supported by experimental and clinical studies, justifies the high importance of many herbal medicinal products in modern therapy.

Prof. Rudolf F. Weiss (1895 – 1991)
developed phytotherapy from an
empirical medicine into a teachable
and learnable science.

Phytotherapy is often mistakenly equated with homeopathy, medicinal products from anthroposophic medicine or other complementary medicine procedures, which are, however, based on other ideological backgrounds and therefore not comparable with scientifically proven phytotherapy.



— Knowledge from thousands of years

Healing or alleviating diseases is a basic human need. The knowledge and experience of preparing tinctures, teas and ointments from medicinal plants has been passed down through generations—long before their production and use were evaluated based on scientific criteria. Descriptions of the use of plants and plant extracts to treat various diseases date back to ancient times, extending from pre-scientific times up to the 19th century.

For Hippocrates, Galen, Paracelsus and many other well-known physicians in the history of medicine, plants were part of the fundamentals of medicine. In the Middle Ages, medicinal plants were cultivated in cottage and monastery gardens. Artistic manuscripts and later printed books were multiplied and knowledge about the cultivation and use of medicinal plants was passed on.

Despite the increasing availability of synthetic medicines since the early decades of the last century—especially for the treatment of more serious diseases—the use of herbal medicinal products has retained its importance in medicine.

The positive properties of herbal medicinal products—proven quality, high efficacy and tolerability, a broad therapeutic spectrum, and a range of application — are valued by many doctors and pharmacists today and lead to increased demand from patients. The pharmaceutical quality, efficacy and safety of all approved herbal medicinal products have been proven in accordance with the legal products. Herbal medicinal products are a valuable part of our medicinal treasure.



Benefit and risk of herbal medicines

Herbal medicinal products consist exclusively of plants or their preparations (e.g. extracts) that are produced according to standardized processes. They contain a mixture of constituents from the parental plant, which together determine the pharmacological effects. In contrast, chemically synthesized medicinal products usually consist of a single chemically defined drug or a combination of a few precisely identified chemical compounds.

Approved herbal medicinal products are generally well tolerated and have a wide therapeutic range. They are often associated with fewer risks than chemically synthesized drugs. This is particularly important when multiple medications are taken at the same time. Herbal medicinal products are particularly suitable for the treatment of mild to moderate illnesses.

In general, herbal medicinal products may also have risks. Side effects may occur, and there may be contraindications as well as interactions with other medications. Particular caution is advised when ordering supposedly pure herbal products from uncontrollable sources on the internet.



High-quality raw material for tested medicinal products

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In order to meet strict legal requirements, only certified raw materials may be used for the production of herbal medicinal products. Medicinal plants growing in nature are exposed to a variety of environmental factors, such as climate, soil conditions or the risk of pest infestation. Therefore, the plant-based raw materials are often obtained by cultivation in the field. The principles of „good agricultural practice“ for medicinal and aromatic plants, such as the use of high-quality and clearly defined seeds, requirements for soil conditions and recommendations for fertilization and irrigation of the fields must be observed. The use of pesticides should be avoided as far as possible.

After harvesting, the medicinal plants are dried. The removal of moisture prevents possible fungal growth during storage. This drying process must be carried out carefully so that valuable compounds such as the volatile essential oils are not lost. The dried medicinal plants are called herbal drugs.

The processing of these herbal drugs into herbal teas or extracts, as well as the manufacture of medicinal products, is strictly regulated to ensure high and consistent quality.

The starting materials as well as intermediate and finished products are tested for compliance with the regulations of the European Pharmacopoeia that apply to medicinal products. This also includes special purity tests, such as testing for the absence of heavy metals or pesticides.



The following pages give an overview on ...

... which herbal medicinal drug preparations can help with specific complaints. In all cases, the field of application indicated on the respective product, the dosage as well as other information for safe use must be followed.



Artichoke

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Parts of the plant used

Dried or fresh artichoke leaves and flower buds

Pharmacopoeial name

Cynarae folium

(Original plant: *Cynara cardunculus* L.)

Medicinal application

Internal use: Symptomatic relief of digestive complaints such as dyspepsia (indigestion) with bloating and flatulence; nausea, vomiting, flatulence (gas in the stomach and intestinal tract), gallbladder problems. As a lipid-lowering agent to support lipid metabolism disorders.

External use: None known

Dosage and application Tea:

Tea: Pour 150 ml of hot water over 1.5 g to 3,0 g of dried and finely chopped artichoke leaves and strain after 10 min. (daily dose: 3–6 g of dried herb).

To increase appetite, drink 1 cup of freshly prepared artichoke tea (sweetened with honey if necessary) half an hour before meals.

Finished dosage form: See patient information leaflet.

Herbal drug preparations in finished dosage forms

Tea: Dried, chopped artichoke leaves.

Soft extracts/dry extracts from fresh or dried artichoke leaves in coated tablets, capsules and other dosage forms.

Fresh plant pressed juice of artichoke buds as juice.

Notes

Preparations from artichoke leaves are available as foodstuffs on the market and help to relieve minor digestive problems. Preparations from artichoke leaves or buds should not be taken in case of allergies to Compositae (potential cross-allergy), obstruction of the bile ducts, gallstones or liver diseases.

During pregnancy, lactation or in children under 12 years of age, artichoke leaf preparations should not be used without consulting a doctor, as there are currently no sufficient studies on their safety.

Side effects

Very rarely mild diarrhoea and associated upper abdominal discomfort, nausea and heartburn.

Interactions

Described with vitamin K antagonists (anticoagulant substances).



<https://arzneipflanzenlexikon.info/en/artichoke.php>

Disorders of the upper respiratory tract

Sore throat

Iceland moss
Marshmallow root
Mullein flowers
Sage leaves
Thyme herb

Inflammation in the mouth and throat

Anise oil
Eucalyptus oil
Fennel oil
Chamomile oil
Myrrh gum
Clove oil
Peppermint oil
Sage oil
Sage leaves
Rockrose leaves

Dry cough

Marshmallow root
Ivy leaves
Ribwort plantain leaves
Mallow leaves

Lower respiratory tract diseases

Productive cough

Ivy leaves

Combinations:

- Ivy leaves, Thyme leaves
- Primrose roots, Thyme leaves, Ribwort plantain leaves
- Primrose roots, Thyme leaves
- Nasturtium herb, horseradish root
- Spruce needle oil, Peppermint oil
- Eucalyptus oil, pine needle oil

Valerian



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Parts of the plant used

Dried rootstock (rhizome) with roots
(Valerian root)

Pharmacopoeial name

Valerianae radix
(Original plant: *Valeriana officinalis* L.)

Medicinal application

Internal use: For restlessness, mild nervous tension, nervous difficulties to fall asleep, exam anxiety and mild stress symptoms.

External use: As a calming bath for nervous restlessness.

Dosage and application

Tea (calming tea): Pour 150 ml of boiling water over 0.3–3 g of the drug (cut valerian root) three times a day and leave to stand covered. Strain after 10 to 15 minutes. For difficulties to fall asleep, drink 1 cup of tea approx. 30 to 60 minutes before bedtime. Regular intake is recommended. In combination with other sedative herbal medicinal products (e.g., from passion flower herb, hop strobiles, lemon balm leaves), a lower dose is

sufficient. A prolonged effect on sleep usually only occurs after 5 to 14 days.

For a full bath, use externally: 100 g of cut root as a bath additive (34–37 °C; 1 bath per day for 10 to 20 minutes).

Finished medicinal products: See package insert for dosage.

Herbal drug preparations in finished dosage forms

Tea: Cut valerian root, often combined with other herbal drugs with sedative effects.

Powdered: In tablets and coated tablets (dragées)

Fluid extract: In drops and juices

Tincture: Liquid, alcoholic preparation

Dry extract: In tablets, coated tablets and soluble instant tea

Note

In case of a known allergy to valerian, preparations in any form should be avoided. Full baths are not recommended for open wounds, large skin injuries, acute skin diseases, high fever, severe infections, severe circulatory disorders and severe heart failure. During pregnancy, lactation or in children under 12 years of age, valerian should not be used without consulting a doctor, as there are currently insufficient scientific studies on its safety.

Compared to synthetic sleeping drugs such as benzodiazepines, valerian is much better tolerated and is not addictive. As valerian preparations can potentially impair reaction times, do not drive a car for up to two hours after taking the product as a precaution.

Side effects

None known

Interactions

Stimulants (caffeine) can counteract the calming effects of valerian.



<https://arzneipflanzenlexikon.info/en/valerian.php>

Mucus congestion of the airways

Ivy leaves

Eucalyptus oil

Primrose root

Combinations:

- Eucalyptus oil, Sweet orange oil, Myrtle oil,

Lemon oil, Thyme oil

Infections with fever/cold

Elder flowers

Linden flowers

Purple coneflower

Pelargonium root

Combination:

- Nasturtium herb, Horseradish root

Musculoskeletal disorders

Arnica flowers

Comfrey roots

Nettle leaves

Mountain pine oil

Devil's claw root

Willow bark

Neurological and neurodegenerative diseases

Brain dysfunction, lack of concentration

Ginkgo leaves

Ginseng root

Siberian ginseng root

Dizziness

Ginkgo leaves

Mental disorders

Depressive disorders

St. John's wort

Ivy



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Parts of the plant used

Dried leaves of common ivy

Pharmacopoeial name

Hederae helix folium

(Original plant: *Hedera helix* L.)

Medicinal application

Internal use: Ivy extracts have expectorant, cough-relieving, antimicrobial, mucolytic, anti-inflammatory and bronchodilatory properties.

As an expectorant (mucolytic) for the treatment of productive (mucus-producing) coughs with sputum.

External use: Not recommended. Risk of contact allergy.

Dosage and application

Tea: This application is not common and is not recommended.

Finished medicinal products: These are always based on hydro-ethanolic extract preparations with a concentration of the extraction solvent between 24% m/m and 70% V/V ethanol (depending on the manufacturer). These standardised

ivy preparations are taken 1 to 3 times daily over a period of 1 week. The maximum daily dose of 0.42 g of drug for adults, 0.21 g for children aged 6 to 11 years and 0.15 g for children aged 2 to 5 years should not be exceeded.

For dosage, see the package leaflets provided by the manufacturer.

Herbal drug preparations in finished dosage forms

Herbal medicines containing ivy leaves are available in solid or liquid form for oral use, e.g. in the form of soluble instant teas, drops, juices, tablets or effervescent tablets.

Ivy extract preparations are also found in combination products. A combination with thyme herb or primrose root is beneficial and scientifically documented. Here, juices and drops are also the most popular forms.

Notes

Medicines containing ivy leaves must not be given to children under two years of age due to the risk of aggravating respiratory problems.

No data on safety during pregnancy and lactation are available. A doctor should also be consulted regarding use in children between 2 and 4 years of age and generally in cases of dyspnoea, fever or purulent sputum.

Side effects

Possible adverse effects include allergic reactions (hypersensitivity to plants of the Araliaceae family, such as urticaria, skin irritation and breathing difficulties).

Gastrointestinal complaints such as nausea, vomiting or diarrhoea have been reported. The incidence is unknown.

Interactions

Combination with cough suppressants such as codeine or dextromethorphan is not recommended due to the risk of secretion congestion.



<https://arzneipflanzenlexikon.info/en/ivy.php>

Anxiety and nervousness

Valerian root
Lavender oil
Passion flower herb

Combinations:

- Valerian root, Hop cones
- Valerian root, Hop strobiles, Lemon balm leaves
- Valerian root, St. John's wort, Passion flower herb

Stress | Fatigue

Rhodiola
Ginseng root
Siberian ginseng root

Sleep disorders

Valerian root
Hop strobiles
Lavender oil
Lemon balm leaves
Passion flower herb

Skin diseases

Herpes labialis

Lemon balm leaves

Acne

Purple coneflower
Chamomile flowers
Witch hazel leaves

Dermatitis, Eczema

Chamomile flowers
Witch hazel leaves
Evening primrose oil



St. John's wort

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Parts of the plant used

Dried flowering tops with flowers, leaves and stems

Pharmacopoeial name

Hyperici herba

(Original plant: *Hypericum perforatum* L.)

Medicinal application

Internal use: Mild to moderate depression; temporary nervous strain, for the relief of temporary mental fatigue, for the symptomatic relief of mild gastrointestinal complaints and as an adjunctive treatment for nervous restlessness and sleep disorders.

External use: For the symptomatic treatment of mild skin inflammations and minor skin wounds.

Dosage and application

For the treatment of mild to moderate depression, only finished medicinal products containing standardised extracts should be used. The medicinal products are taken regularly once to three times a day with or after meals. The full effects become apparent after two to four weeks. A St. John's wort

tea preparation does not provide the effective dose required for the treatment of depression. St. John's wort teas are therefore not recommended for this indication.

Herbal drug preparations in finished dosage forms

Tea: Pour 150 ml of boiling water over 2–4 g of finely chopped St. John's wort and strain after 5 to 10 minutes.

Dry extract and plant powder: In capsules and tablets.

Liquid extracts: Extracts containing vegetable oils or alcohol.

Tincture: Alcoholic extracts in drops and other liquid preparations. Pressed juice from fresh, flowering St. John's wort.

Finished medicinal products: For dosage, see the package leaflet.

Notes

Food-based preparations (teas) are not recommended for treating depressive moods. Individuals with sensitive skin may react to high doses of St. John's wort with symptoms similar to sunburn and should therefore protect themselves from strong sunlight or take appropriate sun protection measures.

Side effects

Rare allergic skin reactions, photosensitivity of the skin, fatigue, restlessness, gastrointestinal complaints.

Interactions

Patients regularly taking other medicines should

contact their doctor or pharmacist before taking St. John's wort preparations, as interactions may occur, for example, with coumarin-type anticoagulants (phenprocoumon – trade name Marcumar), ciclosporin and tacrolimus (immunosuppressants), digoxin, indinavir and other protease inhibitors (HIV treatment), cytostatic drugs, contraceptive hormones as well as amitriptyline/nortriptyline (antidepressants) and theophylline.

These are due to the induction of CYP450 isoenzymes (including CYP 3A4, CYP 2C19), i.e. drugs that are metabolised by these enzymes may be degraded more quickly and may consequently be less effective.

Drugs used for serious conditions such as cancer, HIV or for immunosuppression following transplants and/or which have a narrow therapeutic index should not be used in combination with St. John's wort preparations.

Superficial wounds

Chamomile flowers
Calendula flowers
Birch bark

Intense sweating

Sage leaves

Cardiovascular diseases

Circulatory disorders

Lavender flowers
Rosemary leaves
Hawthorn leaves with flowers

Nervous heart complaints

Hawthorn leaves with flowers

Combination:

-Valerian root, Hop cones, Lemon balm leaves

Arterial occlusive disease

Ginkgo leaves

Venous diseases, varicose veins

Arnica flowers
Buckwheat herb
Witch hazel leaves, Witch hazel bark
Butcher's broom rhizome
Horse chestnut seeds
Sweet clover herb
Grapevine leaves
Horsetail herb

Pain

Headache

Peppermint oil



<https://arzneipflanzenlexikon.info/en/st.-johns-wort.php>

Chamomile

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Parts of the plant used

Dried chamomile flower heads (Chamomile flowers)

Pharmacopoeial name

Matricariae flos

(Original plant: *Matricaria chamomilla* L.).

Medicinal application

Preparations made from the flowers of the German chamomile have anti-inflammatory, antispasmodic, antimicrobial, wound-healing and deodorising effects.

Internal use: Spasms in the gastrointestinal tract, inflammatory disorders of the gastrointestinal tract (e.g. gastritis), respiratory tract infections and irritation of the airways (for inhalation).

External use: Bacterial skin infections, including those of the oral cavity and gingiva. For wound treatment of superficial skin injuries, burns, sunburn, surgical wounds, chilblains and anal and genital disorders (baths, rinses).

Dosage and application

Tea: Adults should drink a warm cup of freshly prepared chamomile tea (1.5–4.0 g of chamomile flowers to 150 mL of boiling water) 3–4 times a day, between meals.

Children aged 6 to 12 years: 1.5–3.0 g of chamomile flowers; children aged 2 to 6 years: 1.0–1.5 g; infants aged 0.5–2 years: 0.5–1.0 g; 2–4 times daily in each age group. The tea can also be used as a mouthwash or for gargling.

Bath additive: 50 g of chamomile flowers to 10 L of water (prepare as for tea).

Inhalation: Add 3–10 g of chamomile flowers or few drops of chamomile oil to 100 ml of hot water. Children aged 6 to 12 years: 2–5 g; 1–2 times daily.

Inflammation in the mouth: A tea-like aqueous mouthwash of 1–5 g of chamomile flowers in 100 mL of water; several times a day.

Wash solutions for inflamed skin areas: 3–10 g of chamomile flowers in 100 ml of tea-like preparation; 10 ml thereof in 150 mL of wash solution; 3–4 times a day.

Finished medicinal products: See package leaflet

Herbal drug preparations in finished dosage forms

Tea: Chamomile flowers as tea, also in tea bags

Liquid extract: Alcoholic extracts in drops for oral use.

Dry extract: In coated tablets.

Alcoholic extracts in creams, ointments, mouth ointments and baths for external use. Chamomile oil in medicinal ointments, baths and mouthwashes for external use.

Notes

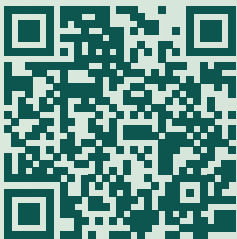
Do not apply pure chamomile oil directly to mucous membranes or injured skin, and never near the eyes. Water-based formulations can also be used during pregnancy and lactation. No sufficient studies on safety are available for the use of any chamomile flower products that are not purely aqueous, such as hydroalcoholic tinctures or extracts, during pregnancy and lactation. Chamomile preparations should be avoided in cases of hypersensitivity to the Asteraceae family.

Side effects

Rare allergic skin reactions or contact allergies.

Interactions

None known



<https://arzneipflanzenlexikon.info/en/chamomile.php>

Neuralgia

Spruce needle oil
Mountain pine oil
Peppermint oil

Dental pain

Clove oil

Muscle and arthritis pain

Arnica flowers
Comfrey herb, Comfrey root
Peppermint oil
Nettle leaf

Combination:

- Ash leaves, Goldenrod herb, Aspen bark,
Aspen leaves

Myalgia and back pain

Comfrey herb, Comfrey root
Chili pepper
Devil's claw root
Willow bark

Gastrointestinal disorders

Upper abdominal discomfort/irritable stomach

Gastritis

Artichoke leaves
Chamomile flowers
Linseed
Caraway oil
Peppermint oil

Combination:

- Angelica root, Chamomile flowers, Caraway
fruits, Milk thistle fruits, Lemon balm leaves,
Peppermint leaves, Iberis amara herb, Celandine
herb, Licorice root



Lavender

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Parts of the plant used

Dried lavender flowers and the essential oil (lavender oil) extracted from the lavender flowers (blossoms).

Pharmacopoeial name

Lavandulae flos, Lavandulae aetheroleum
(Original plant: *Lavandula angustifolia* Miller;
Lavandula officinalis Chaix)

Medicinal application

Internal use: Lavender flower preparations and lavender oil to relieve mild symptoms of agitation, restlessness, mental stress and anxiety, and to aid sleep.

External use: Lavender oil as a bath additive (aromatherapy)

Dosage and application

Lavender flowers for *tea*: Pour 150 mL of hot water over 1–2 g of whole or comminuted, dried lavender flowers (do not boil); drink 1 cup of freshly prepared lavender flower tea warm several times a day (3 times).

Lavender flowers for internal use as a *tincture*:

2–4 ml, 3 times a day.

Lavender flowers for a *full bath* (external use):
20–100 g of flowers to 20 L of hot water.

Daily dose of lavender *oil* (internal use):

20–80 mg (1–4 drops), e.g. on a sugar cube.

Lavender *oil for inhalation or diluted to 10% in fatty oils for massage and as a compress.*

Lavender *oil for a full bath* (external use):

1–3 g of lavender oil per full bath; once daily;
bath temperature: 35–38 °C; bath duration: 10 to 20 minutes.

Finished medicinal products: For dosage, see the package leaflet.

Herbal drug preparations in finished dosage forms

Whole or comminuted dried lavender flowers for making *tea*.

Tincture: Liquid ethanol-based products (50–60% v/v) (lavender flowers to alcohol in a 1:5 ratio).

Lavender *oil as a bath additive* or for inhalation.

Notes

Formulations containing lavender flowers and lavender oil must not be used in cases of known hypersensitivity to the drug. *During pregnancy* and lactation or in children under 12 years of age, lavender oil and formulations containing lavender flowers should not be used without consulting a doctor, as there are currently insufficient scientific studies on their safety. Lavender oil is better tolerated than synthetic sleep-inducing sedatives (e.g. benzodiazepines). Full baths with lavender oil should be avoided in cases of extensive skin lesions and open wounds, fever, severe infections, serious cardiovascular diseases and severe heart

failure. As lavender products may impair reaction times, as a precaution, you should not drive for up to two hours after taking them. Caution: Tinctures made from lavender flowers contain alcohol.

Side effects

Taking lavender oil capsules may occasionally cause belching, nausea and allergic skin reactions. Do not exceed the recommended dose of the oil.

Interactions

An additive effect cannot be ruled out when administered with centrally depressant medicines.



<https://arzneipflanzenlexikon.info/en/lavender.php>

Vomiting

Ginger rhizome
Chamomile flowers

Irritable bowel syndrome

Psyllium seeds
Ispaghula seeds

Combinations:

- Angelica root, Chamomile flowers, Caraway fruits, Milk thistle fruits, Lemon balm leaves, Peppermint leaves, Iberis amara herb, Celandine herb, Licorice root
- Myrrh, Chamomile flowers, Coffee charcoal

Constipation

Psyllium seeds
Senna fruits, Senna leaves
Cape aloe, Curaçao-Aloe
Rhubarb root
Buckthorn bark

Biliary tract complaints

Artichoke leaves
Turmeric rhizome
Caraway oil

Loss of appetite

Gentian root
Ginger rhizome
Yarrow herb
Wormwood herb
Bitter orange peel

Nausea

Ginger rhizome

Thyme

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Parts of the plant used

Dried thyme and the essential oil (thyme oil) extracted from thyme.

Pharmacopoeial name

Thymi herba, Thymi aetheroleum
(Original plants: *Thymus vulgaris* L.; *Thymus zygis* L.)

Medicinal application

Internal use: Thyme herb and thyme oil, also in combination with other herbal drugs (e.g. primrose root), as an expectorant for cough associated with the common cold (for a productive cough associated with a common cold). Thyme oil has expectorant, anti-inflammatory, bronchodilatory and antimicrobial properties.

External use: Thyme oil (ointments, baths) to relieve cold symptoms.

Dosage and application

Tea: Pour 150 ml of boiling water over 1–2 g of dried, comminuted thyme. Drink 1 cup of freshly brewed thyme tea warm several times a day (3–4 times).

Thyme oil for internal use: Take 4–5 drops on a sugar cube or in honey 3–5 times a day.

Thyme oil for external use in a full bath: 7.6–27.2 mL per litre for adults; half the dose for children (6 to 12 years) (bath duration: 10 to 20 minutes, temperature: 35–38 °C).

Thyme oil for external use in liquid or semi-solid preparations for massaging into the skin: 10%, 3 times daily (e.g. contained in ointments for rheumatism and sports injuries).

Use in mouthwashes: approx. 5%.

Finished medicinal products: See package leaflet.

Herbal drug preparations in finished dosage forms

Comminuted thyme: For preparing a tea, also as tea bags in combination with other herbal drugs.

Thyme fluid extracts: In syrups (cough syrup), drops (cough drops) and other liquid forms.

Thick extracts: In syrups (cough syrup).

Alcoholic extracts (tinctures): In drops.

Dry extracts: In capsules.

Thyme oil in baths products (cold bath), ointments (cold ointments) and soluble instant teas (cold teas)

Notes

Do not apply thyme oil directly to mucous membranes or injured skin, and never near the eyes. Full baths containing thyme or thyme oil should be avoided in cases of extensive skin lesions and open wounds, as well as in cases of fever, severe infections, serious cardiovascular diseases and high-grade heart failure. In infants and young children up to 2 years of age, thyme oil can cause spasms of the glottis or respiratory arrest. Therefore, thyme oil should not be used in this age group.

There is currently insufficient evidence regarding the internal use of liquid thyme preparations in children under 4 years of age. This applies to thyme oil when used in children and adolescents under 18 years of age. No studies on safety are available for the use of thyme preparations during pregnancy and lactation.

Side effects

Extremely rare hypersensitivity reactions, e.g. shortness of breath, swelling or stomach discomfort. Rare allergic skin reactions. Hypersensitivity to the Lamiaceae family.

Interactions

None known



<https://arzneipflanzenlexikon.info/en/thyme.php>

Diarrhoea

Oak bark
Dried bilberry
Uzara root

Liver diseases

Milk thistle fruits

Haemorrhoids

Witch hazel leaves, Witch hazel bark

Urinary Tract diseases

Cystitis, Urinary tract infection

Bearberry leaves
Goldenrod herb
Orthosiphon leaves

Combinations:

- Lovage roots, Rosemary leaves, Centaury herb
- Nasturtium herb, horseradish root

Irritable bladder

Pumpkin seeds

Women's health disorders

Menstrual symptoms

Agnus castus fruits
Yarrow herb

Menopausal symptoms

Black cohosh rhizome
Rhapontic rhubarb root

Prostate symptoms

Nettle root
Pumpkin seeds
Saw palmetto fruits
Rye pollen extract

Information on additional plant descriptions ...

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... and their active compounds can be found at:

<https://arzneipflanzenlexikon.info/en>

Discover more!



**Please note that this information cannot replace
consultation with a medical doctor or pharmacist.**



Kooperation Phytopharmaka

Kooperation Phytopharmaka is a scientific society that advocates for strengthening the role of herbal medicinal products within the health-care system.

Kooperation Phytopharmaka acts as direct contact for specific scientific and medical questions for other institutions, regulatory authorities, companies and national and European bodies such as HMPC and ESCOP. The focus is always on the efficacy and safety of the products for patients.

Imprint

Kooperation Phytopharmaka GbR
Contact person: Cornelia Kern
Plittersdorfer Str. 218, 53173 Bonn, Germany

Phone: +49/228/36564-0
Email: info@koop-phyto.org

www.koop-phyto.org

