

Horehound

Botanical Name: *Marrubium vulgare*

Family: Lamiaceae

Energetics: Bitter, warming

Taste: Bitter, aromatic

Actions: Expectorant, digestive tonic, antispasmodic, mild diuretic, respiratory support

Overview

Horehound is a bitter, aromatic herb traditionally used for respiratory and digestive support. It helps loosen mucus, soothe coughs, stimulate digestion, and relieve mild gastrointestinal discomfort.

Uses

Internal Uses

- Respiratory support for coughs and bronchial congestion
- Digestive stimulant for bloating and indigestion
- Mild diuretic and tonic

External Uses

- Poultices for minor respiratory congestion
- Infused oils for muscle aches

Medication Interactions

- May interact with blood sugar-lowering medications
- May enhance effects of diuretics

Contraindications

- Pregnancy: avoid medicinal doses
- Children: use small, controlled amounts only
- Allergy to Lamiaceae family

Caution & Safety

- Bitter herb; avoid excessive intake
- Monitor for digestive upset or allergic reaction
- Discontinue if nausea occurs

Herbal Pairings

Blends Well With

- Mullein (respiratory synergy)
- Thyme (antimicrobial and respiratory support)
- Licorice Root (soothing and expectorant synergy)

Avoid Combining With

- Blood sugar-lowering herbs or diuretics in high doses without guidance

Possible Side Effects

- Mild digestive upset
- Rare allergic reactions
- Nausea if overconsumed

Forms & Dosage

Tea / Infusion

- 1–2 tsp dried leaves per cup water
- Steep 5–10 minutes
- 1–2 cups daily

Tincture (1:5)

- 2–4 mL, 1–2 times daily

External / Infused Oil

- Apply to chest or muscles as needed



Horehound is an excellent herb for respiratory and digestive support. Its bitter and warming properties make it ideal for teas, tinctures, and supportive herbal blends.

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