

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
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Medication Interactions

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

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

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

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

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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