

Marshmallow Root

Botanical Name: *Althaea officinalis*

Family: Malvaceae

Energetics: Cooling, moistening

Taste: Sweet, mucilaginous

Actions: Demulcent, soothing, anti-inflammatory, digestive and respiratory support

Overview

Marshmallow Root is a cooling, mucilaginous herb used to soothe irritated mucous membranes, support respiratory health, aid digestion, and reduce inflammation. It is gentle and safe for most individuals.

Uses

Internal Uses

- Soothes digestive tract irritation (esophagus, stomach)
- Supports respiratory system and eases coughs
- Reduces inflammation in mucous membranes

External Uses

- Poultices for skin irritation, burns, or inflammation
- Infused oils for skin hydration and soothing

Medication Interactions

- May slow absorption of other oral medications if taken simultaneously
- Generally considered safe, but take with food if on other medications

Contraindications

- Pregnancy and breastfeeding: safe in moderate doses
- Allergy to Malvaceae family
- Children: generally safe in teas or tinctures

Caution & Safety

- Take other medications at different times to avoid absorption interference
- Rare allergic reactions

Herbal Pairings

Blends Well With

- Licorice Root (demulcent synergy)
- Marshmallow + Slippery Elm (mucilage support)
- Chamomile (digestive and calming synergy)

Avoid Combining With

- Oral medications taken at the same time without spacing doses

Possible Side Effects

- Rare allergic reactions
- Mild digestive upset if consumed in excess

Forms & Dosage

Tea / Infusion

- 1–2 tsp dried root per cup water
- Simmer 10–15 minutes
- 1–3 cups daily

Tincture (1:5)

- 2–4 mL, 1–2 times daily

External / Infused Oil

- Apply poultice or oil to skin as needed

Notes

Marshmallow Root is a gentle, demulcent herb excellent for digestive and respiratory soothing as well as external skin care. Best used in teas, tinctures, and poultices.

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