

QUICK REFERENCE SHEET

HYSSOP

Hyssopus officinalis



Part Utilized:
Aerial portion



PROPERTIES:

Expectorant, Diaphoretic, Stimulant, Sedative
(when needed), Tonic, Pectoral, Vulnerary

SYSTEMS AFFECTED:

Respiratory, Circulatory, Digestive

POSSIBLE USES:

lung ailments with chronic catarrh, coughs,
respiratory congestion, sore throat, asthma,
gas, bloating, colic

INGREDIENT IN:

AC, HP, LCON, MULC, PL

GENERAL INFORMATION:

In the past, Hyssop was regarded as a cure-all. Dioscorides, in the 1st century B.C. recommended a recipe containing Hyssop, figs, honey, and water for treating a wide range of respiratory ailments. Although greatly undervalued today (it is coming into its own as an essential oil), Hyssop has shown a positive effect when treating bronchitis and other respiratory infections, especially where there is excessive mucus.

Although Hyssop is considered a stimulant (when a stimulant is needed), it can also act as a sedative and a tonic when that is what is needed. It is a useful remedy for asthma, especially with children. Like many herbs with a high percentage of volatile oils, Hyssop soothes the digestive tract and is useful for such ailments as indigestion, gas, bloating, and colic.