

Product Profile

MYRRH

Commiphora habessinica

Liquid extract of dried oleo-gum-resin masses (“tears”).

Actions: Astringent, antiseptic, anti-inflammatory and vulnerary. Stimulant to blood circulation. Warming digestive bitters and stomachic. Stimulating, antiseptic expectorant. Classic remedy for mouth and gums. Specific for conditions that produce pus.

Uses: Torpid mucous membranes with ulcerations and excessive tenacious mucous; as spray or swab for spongy membranes and ulcerations of mouth, gums, tonsils, pharynx and nasal cavity; sore throat. Chronic inflammation, congestion and mucous discharge of urinary tract, bronchi, uterus and vagina; gleet. Poor appetite and digestion (taken before meals). Poor circulation with cold skin. Topically applied to cold sores and herpes, indolent ulcers and infected wounds. Respiratory infections and bronchitis with excess mucus.

Dose: Take 20 to 40 drops in a little water, 2 to 4 times per day. To enhance appetite and digestion take 15 minutes before meals. Topically apply full-strength (if well tolerated), or dilute with 2 or 3 parts water or glycerine. As gargle, mix drops in a little water and gargle several times per day.

Cautions: Large doses may irritate stomach. Moderate dosage during pregnancy.



Excerpted from the Therapeutic Herb Manual by Ed Smith. The Therapeutic Herb Manual is available for purchase by calling Herb Pharm at: 1-800-348-4372.

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