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College of Natural Healing
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Learn the Art of Healing with Plant Medicine

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MARSHMALLOW – ALTHAEA OFFICINALIS

Family: Malvaceae

Part used: Root, leaves and sometimes flowers

Herbal action: Demulcent, topically emollient, vulnerary.

Indications: Particularly antitussive (demulcent and expectorant) for irritable coughs and catarrhal inflammation of the throat. A good demulcent for the urinary tract.



Medicinal uses: It is considered the “most diuretic of the mucilages” and “the most mucilaginous of the diuretics.” This illustrates its strongest note ... as a demulcent for the urinary tract. It is useful for inflammation of the bladder, hematuria, retention of urine, some forms of gravel, and in nearly every affliction of the kidney and bladder.

This is an excerpt of our full plant monograph which is available to members of the Herbal Village