



ANISEED

Pimpinella anisum



Areas of application

- Nausea, feeling sick
- Digestive problems, flatulence, bloating
- aphrodisiac
- Menstrual cramps,
- Bad breath, cough, congested airways, sore throat,
- Diabetes
- bacterial and viral infections, fungal infections

Family

umbellifers (Apiaceae)

Based in

Anise is thought to originate from the eastern Mediterranean, the Balkans and Asia Minor. Today, it is found all over the world. The main growing region is southern Russia.

Plant parts used

Fruits, leaves and flowers

Ingredients

Anisic acid, caffeic acid, acetaldehyde, acetylcholine, azulene, boron, camphor, bergapten, carvone, chamazulene, eugenol, thymol, umbelliferone, xanthotoxin, myristicin, coumarins, salicylates, vitamins A and C, B-complex vitamins, minerals such as calcium, copper, iron, manganese, magnesium and zinc.

Usage/Indications

In herbal medicine, aniseed is mainly used to treat gastrointestinal complaints. It has antispasmodic, carminative and digestive properties and is therefore frequently used to relieve feelings of fullness, flatulence and mild abdominal cramps. Aniseed is a classic ingredient in tea blends for infants and children, as it is particularly mild and well tolerated.

Furthermore, aniseed is used to treat colds. Due to its expectorant and mucolytic properties, it is used for coughs, bronchitis and hoarseness. In folk medicine, aniseed was also considered to promote milk production and was recommended for breastfeeding mothers. Typical indications include digestive complaints, flatulence, cramp-like gastrointestinal complaints and colds accompanied by a cough.

The essential oils (primarily anethole) exhibit mild antibacterial and antifungal properties and can inhibit the growth of certain bacteria and fungi.

Good to know

Aniseed was so highly prized in the Middle Ages that it was at times used as a form of payment: in parts of Europe, taxes, rents and levies were settled using Aniseed. Its high value stemmed not only from its flavour, but also from its significance as a medicinal plant for treating digestive and respiratory ailments.

Side effects/Contraindications

Aniseed is generally well tolerated. Allergic reactions are rare, particularly in people with an allergy to umbelliferous plants. High doses of aniseed oil can cause stomach irritation and should not be taken undiluted. Caution is advised in infants, in cases of hormone-dependent conditions, and when used in high doses during pregnancy and breastfeeding.

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