

BIBERNELLE

Pimpinella saxifraga



Areas of application

- Expectorant
- Cough
- common cold
- Bronchitis
- Respiratory diseases
- Loss of appetite
- Aids digestion
- Stimulation of urine flow

Family

Apiaceae

Based in

Northern and Central Europe to Central Asia

Plant parts used

The fresh or dried roots (*Pimpinellae radix*)

Ingredients

saponins, essential oils, resins, tannins, bitter principles, coumarins and polyacetylenes

Usage/Indications

Bibernelle contains essential oils, coumarins and saponins, which have secretolytic, mildly anti-spasmodic and anti-inflammatory properties.

The main indication for *Pimpinella* root is in the respiratory tract. It is used as a supportive treatment for colds accompanied by coughing, thick mucus and hoarseness, as it can help loosen phlegm and promote expectoration. It is also used for inflammation of the mouth and throat, such as a sore throat or mild irritation of the mucous membranes – usually as a tea, gargle or in cough syrups.

In folk medicine, burnet was also used for gastrointestinal complaints, particularly for mild flatulence or cramp-like symptoms, which is attributed to its mild spasmolytic effect.

Good to know



During major epidemics – particularly during the time of the plague – *Pimpinella* root was used as a protective remedy and cure. It was even an ingredient in so-called 'plague vinegars' and protective potions. It was believed to purify 'poisonous vapours' and protect against infection. It also became famous through an old proverb:
'Eat juniper and burnet, and you won't die so quickly.'
(Kranewitt = juniper)

Side effects/Contraindications

Overall, burnet is considered to be well tolerated. However, it should be used with caution in people with known allergies to umbellifers.

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