

Green Aniseed – Sweet Carminative, Lung Soother & Digestive Ally

Botanical Profile

- Latin Name: *Pimpinella anisum*
- Alternative Names: Anise, Aniseed, Anise Herb
- Plant Family: Apiaceae (Umbelliferae)
- Parts Used: Dried seeds
- Origin: Native to the Eastern Mediterranean and Southwest Asia

Green Aniseed is a fragrant seed that brings warmth, sweetness, and digestive ease. Long used in both Western and Eastern traditions, its gently stimulating yet calming effects make it ideal for relieving wind, bloating, and congestion in both the digestive and respiratory systems. At Peridotflow, we welcome Green Aniseed for its soft yet effective ability to move stagnation, open the breath, and settle frazzled nerves—offering sweetness without excess.

Relieves Gas, Bloating & Digestive Discomfort

Green Aniseed is a classic carminative, relaxing smooth muscle and helping to expel trapped gas from the digestive tract. It soothes colic, indigestion, and the kind of bloating that feels tight and upward-moving. Ideal after meals or in cases of digestive stagnation, it combines beautifully with Fennel and Peppermint to calm the belly and restore digestive flow.

Eases Lung Congestion and Coughs

Aniseed's aromatic and expectorant actions help loosen phlegm and open the chest. It is particularly useful in lingering coughs, chesty congestion, and wheezing due to dampness or cold. Its gentle warmth is comforting for both children and adults and pairs well with Mullein or Licorice in respiratory blends.

Promotes Relaxation and Emotional Softening

The sweet and softly spicy nature of Aniseed has a calming effect on the nervous system. It is particularly helpful when digestive symptoms are linked to tension or anxiety. As a heart-softening herb, it can also soothe frayed edges emotionally—especially when worry becomes somatised in the gut or breath.

Encourages Hormonal Balance and Lactation

Aniseed has been traditionally used as a galactagogue to support lactation. Its mild oestrogenic properties also make it helpful in supporting hormonal transitions such as

menopause or irregular cycles, particularly when symptoms are linked to digestive upset or nervous tension.

Sweetens Breath and Freshens the Mouth

With its strong aromatic profile, Green Aniseed has been used to freshen breath and clear bad mouth odour—especially that related to digestive sluggishness. It can be chewed after meals or infused into digestive bitters to promote a sweet inner clarity.

Folklore & History

Aniseed has been used since antiquity in Egyptian, Greek, and Roman traditions as both medicine and flavouring. It was believed to prevent nightmares, lift melancholy, and aid digestion. Its seeds were carried for protection, and its inclusion in love potions and herbal cordials speaks to its warming and heart-opening energy.

Traditional Usage

Used as a tea, tincture, or chewed whole, especially after meals. Found in traditional gripe waters and digestive formulas. Often paired with other carminative seeds such as Fennel, Coriander, and Caraway for comprehensive gut support.

Herbal Actions

Carminative, Expectorant, Antispasmodic, Galactagogue, Mild Oestrogenic, Aromatic

Energetics & Tissue States

Temperature: Warming

Moisture: Moistening

Tissue States: Cold, Damp, Tense, Stagnant

Active Compounds

- Anethole – sweet aromatic oil with carminative and mild oestrogenic effects
- Flavonoids – antioxidant and anti-inflammatory
- Coumarins – relaxant and anti-spasmodic

Dosage & Preparation

- Tea: 1 tsp crushed seeds per cup, steep 10–15 mins
- Tincture: 1–3 ml up to 3x daily
- Powder: may be added to foods or honey
- Seeds: can be chewed directly after meals

Safety & Contraindications

- Generally safe in normal amounts
- Use cautiously in pregnancy due to mild oestrogenic action
- Avoid high doses in oestrogen-sensitive conditions

Herbal Pairings

- Fennel – digestive ease and lung support
- Licorice – moistens and soothes throat and lungs
- Chamomile – calms nerves and digestion
- Coriander – cools and refreshes the gut
- Mullein – clears lung congestion

Peridotflow Perspective

Green Aniseed reminds us that sweetness can be medicine. She unknots the belly, lifts the lungs, and brings a sigh of relief to the overburdened nervous system. At Peridotflow, we work with Aniseed when breath, belly, and being all need to let go—softly, sweetly, and with dignity.