



# White Horehound – The Bitter Lung Ally

---

## Botanical Profile

- Latin Name: *Marrubium vulgare*
- Alternative Names: Common Horehound, Hoarhound
- Plant Family: Lamiaceae (Mint family)
- Parts Used: Aerial parts (leaves and flowering tops)
- Origin: Native to Europe, Asia, and North Africa; now naturalised in many parts of the world

White Horehound carries the earthy bitterness of a plant with a deep purpose—to awaken, move, and clear. At Peridotflow, we recognise Horehound as a true ally for the lungs and digestive system, helping dispel sluggishness and stagnation. Though humble in appearance, this herb offers profound support where phlegm, dampness, and constriction linger.

## **Supports the Respiratory System and Clears Mucus**

White Horehound is a classic expectorant, helping to expel thick or stuck mucus from the lungs and bronchi. It is especially useful in chronic bronchitis, wet coughs, or post-viral lung congestion, restoring deeper breath and movement. It may also ease asthma where phlegm is a contributing factor.

## **Stimulates Digestive Secretions and Eases Bloating**

As a bitter herb, Horehound promotes bile flow, aids sluggish digestion, and reduces gas or fullness after meals. It can be used where there's bloating, slow metabolism, or lack of appetite—especially in colder, damp constitutions.

## **Mildly Antispasmodic and Relaxing to the Chest**

White Horehound can ease spasms in the chest and airways due to coughing. Its bitter and warming energetics also have a grounding effect on the nervous system, calming tension linked to respiratory discomfort.

## **Useful in Cold, Damp Conditions with Mucus**

Horehound works best in tissue states that are cold, moist, and congested. It helps dry excess damp while gently warming and restoring flow, making it an excellent choice during the winter season or for chronic congestion.

## May Offer Gentle Immune and Antiviral Support

Though not a primary immune stimulant, Horehound has a history of use in traditional medicine to help shorten the duration of colds and support recovery. Its ability to move mucus and support elimination indirectly assists the body's defences.

## Folklore & History

Horehound has been revered since ancient times as a sacred herb. It was used by the Egyptians as an antidote to poison, by the Romans as a cough remedy, and was a staple in monastery gardens. Its name may stem from 'Horus-hound' (a reference to the Egyptian god Horus). Traditional folklore also includes its use in protection and purification rituals.

## Traditional Usage

Commonly made into syrups, teas, or lozenges for coughs and colds. Also used as a bitter digestive tonic, and in some cultures, brewed as a spring cleansing tea.

## Herbal Actions

Expectorant, Bitter, Digestive Tonic, Mild Antispasmodic, Mild Diaphoretic, Antimicrobial

## Energetics & Tissue States

Temperature: Warming

Moisture: Drying

Tissue States: Cold, Damp, Stagnant, Constricted

## Active Compounds

- Marrubiin – a bitter lactone and primary expectorant compound
- Tannins – astringent and toning
- Volatile oils – aromatic and antimicrobial
- Flavonoids – antioxidant and anti-inflammatory

## Dosage & Preparation

- Infusion: 1 tsp dried herb per cup, steep 10–15 minutes, 2–3x/day
- Tincture: 2–4 ml up to 3x/day
- Best combined with soothing herbs for sensitive stomachs (e.g. marshmallow or licorice root)

## **Safety & Contraindications**

- Not recommended during pregnancy
- Use caution in dry or hot constitutions
- May aggravate acid reflux in sensitive individuals due to its bitterness

## **Herbal Pairings**

- Marshmallow Root – to soothe irritated lung tissues
- Elecampane – for deeper lung support
- Thyme – for infection and cough
- Ginger – to warm and stimulate further
- Licorice Root – to balance its dryness and improve taste

## **Peridotflow Perspective**

White Horehound is like the wise herbal elder who nudges you to move forward and release the old. We work with it when the lungs are heavy, the digestion is sluggish, and a bitter awakening is needed. It brings relief, movement, and resilience—especially for clients caught in cycles of congestion and inertia.