



Marshmallow Leaf – The Moistening Healer

Botanical Profile

- Latin Name: *Althaea officinalis*
- Alternative Names: Marsh Mallow, White Mallow
- Plant Family: Malvaceae (Mallow family)
- Parts Used: Leaves (also roots and flowers)
- Origin: Native to Europe and Western Asia; now naturalised in damp areas across temperate regions

Marshmallow Leaf is a balm for dryness, heat, and irritation. At Peridotflow, we honour this herb as a gentle, demulcent ally—soothing inflamed mucosa, nourishing depleted tissues, and offering comfort wherever dryness lingers. While its root is more mucilaginous, the leaf also carries cooling, softening medicine that is easily incorporated into teas and blends.

Soothes Inflamed Mucous Membranes

Marshmallow Leaf coats and calms irritated tissues, particularly in the throat, lungs, stomach, and urinary tract. It is useful for dry coughs, acid reflux, gastritis, or urinary discomfort due to its cooling, mucilaginous action.

Moisturises and Restores Dry Tissue States

As a moistening demulcent, Marshmallow Leaf counters the drying effects of heat, stress, medication, or chronic inflammation. It nourishes dryness in the lungs, digestive system, and urinary tract, and may be helpful where dryness leads to tightness or discomfort.

Supports Lung Health and Eases Dry Cough

Used in teas or steams, Marshmallow Leaf soothes dry, tickling coughs and calms inflamed bronchial passages. Its gentle action makes it ideal for children, elders, or sensitive individuals with hot or dry respiratory conditions.

Gentle Support for Gut Healing

Marshmallow Leaf offers soft, moistening support to the digestive tract. It's helpful in cases of gastritis, heartburn, or IBS-like symptoms, especially where dryness or irritation is part of the picture.

Urinary Soother and Mild Diuretic

This herb helps ease burning urination or dryness in the bladder. It is commonly paired with antiseptic herbs to protect and soothe the urinary tract, offering comfort during infections or irritation.

Folklore & History

Marshmallow has a long history in both medicine and food, dating back to ancient Egypt. In European folk medicine, it was used to ease sore throats, chest complaints, and urinary discomfort. It was also applied externally for wounds and burns. Symbolically, it represents softness, nourishment, and protection.

Traditional Usage

Marshmallow Leaf is typically prepared as a cold infusion to preserve its mucilage content, or brewed gently as a tea. It can be used in syrups, steams, or poultices, and is often included in demulcent blends with other soothing herbs.

Herbal Actions

Demulcent, Emollient, Soothing Expectorant, Mild Diuretic, Anti-inflammatory

Energetics & Tissue States

Temperature: Cooling

Moisture: Moistening

Tissue States: Dry, Hot, Atrophic, Irritated

Active Compounds

- Mucilage – forms protective layer on tissues
- Flavonoids – antioxidant and anti-inflammatory
- Polysaccharides – immune supportive
- Phenolic acids – mild anti-inflammatory effects

Dosage & Preparation

- Cold Infusion: 1 tbsp dried leaf in 1 cup cold water, steep 4–8 hrs; sip throughout the day
- Tea: Infuse gently for 10 min, 1–3x/day
- Tincture: 2–4 ml up to 3x/day, though less preferred than tea for demulcent action
- Topical: Infused compress for burns or irritation

Safety & Contraindications

- Very safe for all ages
- Best taken away from pharmaceuticals, as mucilage may delay absorption
- No known toxicity or major drug interactions

Herbal Pairings

- Licorice Root – to enhance moistening and soothing action
- Calendula – for gut or skin repair
- Plantain Leaf – for urinary or respiratory irritation
- Chamomile – for gut inflammation and nervous tension
- Mullein Leaf – to support dry lungs and coughs

Peridotflow Perspective

Marshmallow Leaf is our herbal silk—gentle, cooling, and nourishing. It offers quiet relief to those dried out by heat, stress, or fire in the body. We turn to it when softness is needed, when the edges are too raw, and when the body needs kind, cool repair.