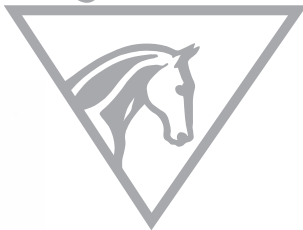


EQUISTRO[®]



Parts used: Leaf, flower

The Latin name *Verbascum* is considered to be a corruption of *barbasicum*, from the Latin *barba* (a beard).

Botany

This biennial plant is widespread in Europe, temperate Asia and North America and can grow up to 2 m high. Large yellow flowers in apical spike-like racemes.

Constituents

Contains approximately 3% watersoluble mucilage polysaccharides, flavonoids (rutin, hisperidine, diosmin) and saponins (verbascosaponine).

Possible Interactions

Herbs - None documented. Drugs - None known

Comments

Approved by the German Commission E for cough/bronchitis reporting expectorant activity and alleviation of irritation. Mullein flowers have demonstrated antiviral action, *in vitro*, against several strains of influenza A and B, and herpes simplex virus. Expectorant actions may be due to the plant's saponin content. Avoid confusion with goldenrod (*Solidago* species).



MULLEIN *VERBASCUM THAPSUS*

➔ Pharmacopoeia and Other Monographs
BHC 2nd Edn., BHP 1996, The German Commission E

Vétoquinol
Signe de Passion

