

## Marshmallow Root

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Marshmallow root (*Althaea officinalis*) is a perennial herb that's native to Europe, Western Asia, and Northern Africa. It's been used as a folk remedy for thousands of years to treat digestive,...

Marshmallow Root: Benefits, Side Effects, and More

Marshmallow root, or *Althaea officinalis*, is a flowering plant that has played a role in herbal medicine for centuries. Many people use marshmallow root for various ailments, including coughs, skin...

Marshmallow root: Benefits, risks, and uses

Marshmallow leaf and root are commonly used by mouth to treat stomach ulcers, diarrhea, constipation, swelling of the stomach lining, and pain and swelling of the mucous membranes that line the...

Marshmallow: Uses, Side Effects, Interactions, Dosage, and ...

Marshmallow root (*Althaea officinalis*) has a very long history in folk medicine that goes back to ancient Greek and Egyptian times. Over 2,800 years ago, references to marshmallow root were made in Homer's "Iliad," since at the time this "slippery" herb was a popular way to treat coughs, sore throats and congestion.

Marshmallow Root Benefits, Uses, Risks, Side Effects and ...

USDA Organic Marshmallow Root Powder, 4 oz, Pure Whole Powder, No Additives or Fillers, Supports Digestive Health - *Althaea Officinalis* 4.4 out of 5 stars 40 \$16.95\$16.95 (\$4.24/Ounce) Save more with Subscribe & Save

Amazon.com: marshmallow root

This plant has been used in beverages, desserts, candies, cosmetic creams, and was the "root" of the original marshmallow confectionery. Marshmallow is in the mucilage containing Malvaceae family. It is an herbaceous perennial and grows to a height of 2-5 feet with soft, velvety, and irregularly serrated leaves.

Marshmallow Root - Mountain Rose Herbs

Marshmallow root is the root of the marshmallow plant, which bears the scientific name *Althaea Officinalis*. This is the plant that is processed to create the well-known marshmallows that you add to desserts and hot chocolate, but the root has been used for medicinal purposes for thousands of years.

Benefits and Side Effects of Marshmallow Root | Organic Facts

Marshmallow root has long been used as a food, particularly during times of famine when it is more abundant than other vegetables. Medicinally, it has been approved by the German Commission E in supporting inflammation of the gastric mucosa, and for irritation of the oral and pharyngeal mucosa.

### How to Use Marshmallow Root for Better Health

Althaea is a genus of perennial herbs native to Europe, North Africa and western Asia. It includes *Althaea officinalis*, also known as the marshmallow plant, whence the fluffy confection got its name. They are found on the banks of rivers and in salt marshes, preferring moist, sandy soils. The stems grow to 1–2 m tall, and flower in mid summer.

### Althaea (plant) - Wikipedia

Marshmallow (*Althaea officinalis*) fills out the description of demulcent to a tee. All parts are useful, including root, leaf, and flower. All parts are useful, including root, leaf, and flower. This slippery ally was noted by Nicholas Culpeper, 17th-century English herbalist, to help with “all hot and sharp diseases” and for “opening the ...

### Best Herbs for Lungs and Respiratory Support

Marshmallow root has traditionally been recognized as a source of mucilage, which has been used for more than 2 millennia to treat topical wounds and as a remedy for sore throats, cough, and stomach ailments.

### Marshmallow Uses, Benefits & Dosage - Drugs.com Herbal ...

The common marshmallow plant (*Althaea officinalis*) is a green perennial that grows large, bee-pollinated, white flowers from July to September, followed by seedpods that ripen from August to October.

### Where Do Marshmallow Plants Grow? | Home Guides | SF Gate

Marshmallow root or *Althaea officinalis* is a polycrest herb and is also known as a white mallow herb. It's an African plant with short roundish leaves and small pale flowers. It's been around for centuries and even mentioned in Homer's *Iliad* written over 2880 years ago! It was used by ancient Greeks, Indians, Egyptians and the Chinese.

### Benefits of Marshmallow Root for Hair | NaturallyCurly.com

Marshmallow root is rich in both polysaccharides and starch. When made using the cold infusion method, the healing polysaccharides are the primary component that gets extracted. A decoction (hot water extraction) extracts both.

### 7 Marshmallow Root Uses (And How To Prepare It)

Marshmallow contains large sugar molecules called mucilage, which are thought to exert a soothing effect on mucous membranes, and this is the basis of most proposed uses of the herb. However, only double-blind, placebo-controlled studies can prove a treatment effective, and no such studies of marshmallow have been reported at this time.

### Marshmallow - Cancer Care of Western New York

Marshmallow root soothes the nerve-sense system of the skin, which, in turn, reduces skin irritation. The root can also be used topically to treat wounds, burns, insect bites, dry or chapped skin, and even peeling skin (10).

### 9 Benefits Of Marshmallow Root - The Ultimate Cure For ...

Marshmallow root has a long history dating back thousands of years as an herbal remedy for cough, sore throat and other respiratory problems such as bronchitis and whooping cough (pertussis). This is due to the large amounts of mucilage found in the flower as well as the root.

### Marshmallow Root - Herb Uses, Side Effects and Benefits

All parts of the marshmallow plant can be consumed, but the most commonly used portion is the root. The plant's root can be used for everything from skin and hair care to supporting digestive issues. Some people still even use marshmallow root to create DIY delectable, delicacies of the same name... homemade marshmallows.