

## **Asarabacca (*Asarum europaeum*)**

Written by Administrator

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A strong emetic. It has been substituted for Ipecac to produce vomiting. The French use it for this purpose after drinking too much wine. A little sniffed up the nostrils induces violent sneezing and a heavy flow of mucus. This has caused it to be used to remedy headache, drowsiness, giddiness, catarrhs, and other conditions caused by congestion. Asarabacca has been a component in many popular commercial medicinal snuffs.

Asarabacca has been extensively investigated, both chemically and pharmacologically. It is rich in flavonoids. The leaves contain a highly aromatic essential oil that contains constituents that verify the value of extracts as an errhine (for promotion of nasal secretion). Based on human experiments, the expectorant properties of both the roots and the leaves are quite good. In Rumania, human experiments where infusions of asarabacca were administered to people suffering pulmonary insufficiency, the preparations were said to have a beneficial effect on the heart condition, including a diuretic effect. From the types of irritant chemical compound known to be present in this plant, one would expect that catharsis would result from ingestion of extracts prepared from asarabacca. However, it is violent in its action.