

Aztec Sweet Herb (*Phyla scaberrima*)

Written by Administrator

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In Belize, this is a favorite remedy for bronchitis and dry, hacking coughs. Fresh plant material is boiled, and the patient holds his head over the pot. The warm mixture is then strained and sipped slowly. For toothaches, the flowers are chewed or placed directly on the gum. The drug is used as a stimulating expectorant, the tincture, in doses of $\frac{1}{2}$ to 1 fluid drachm, is given as a respiratory sedative in coughs. It acts as an alterative on the mucous membrane. Lippiol, in doses of 4 $\frac{1}{2}$ grains, causes warmth, flushing, diaphoresis and drowsiness. Indications: Persistent dry hard resonant or ringing bronchial cough. Useful in chronic bronchitis, having a soothing and sedative effect to the mucous surface of the post-nasal region and bronchial tubes, soothing and relieving irritability, of these surfaces, and is a valuable expectorant in these conditions. Its action is limited to the air passages.