

Green anise



THE ORIGINS EARTH

GREEN ANISE

PIMPINELLA ANISUM

Scientific Classification

Name: Green Anise

Scientific name: Pimpinella anisum

Kingdom: Plantae

Clade: Tracheobionta

Division: Magnoliophyta

Class: Magnoliopsida

Order: Apiales

Family: Apiaceae

Genus: Pimpinella



Habitat:

Anise grows in Southern Europe, South America and various other parts of the world and especially in Asia. This plant is actually native to the Asian continent, probably the Near East.

GREEN ANISE

Therapeutic effects

Organs involved: digestive system

Effects:

Galactagogue, carminative, antibacterial, antispasmodic.

Active ingredients:

Essential oils (anethol and estragole), flavonoids, coumarin.

Indications :

Internal use:

Dyspepsia, bloating or flatulence, colic.

External use:

Greasy cough, lice.

Indications after the childbirth:

Green anise also promotes, like fennel, the rise of milk after childbirth. It is associated generally with the fennel and are taken in the form of herb tea.

Side effects:

Allergies -> do not take if you have allergies.

Skin problems, gastrointestinal problems.



GREEN ANISE

Therapeutic effects

Contra-indications:

Pregnancy (if used internally as an essential oil), children under 6 years.
Allergy (especially to anethol).

Parts used:

Fruit and essential oil

Galenic forms:

Herbal tea, tincture, essential oil



INFORMATIONS

The information contained in this file does not replace a doctor's consultation and diagnosis.

We are not responsible for any misuse of the plant or for any side effects.

For more detailed information on its use, ask your pharmacist for advice.

THE ORIGINS EARTH

