

## Improving colds by *Adiantum capillus-veneris*



It is an herbaceous and perennial plant with a thin and branching rhizome, from which thin and black or reddish-black petioles come out and the leaves are placed on it.

### **Pharmacology and important effects**

This plant has been used since ancient times as an antitussive, chest pain reliever and expectorant. It was also used as a decoction to improve cold symptoms. It was brewed and sweetened with sugar or honey to make its effect stronger. This syrup is also used in lung diseases and bronchitis. This syrup was mostly used for children, and sometimes other herbs such as saffron were added to it to increase its effect.

### **Important compounds**

Essential compounds, sugars, tannins, mucilage and the most important bitter compounds are capillary. This plant also has flavonoids.

### **Side effects**

No side effects have been reported as far as medicinal use of this plant is concerned, but it should not be used during pregnancy.

### **Method and amount of consumption**

Leave one and a half grams of the plant with a glass of boiling water for 15 minutes to infuse, then strain it and eat after sweetening. You can drink this brew twice a day. Also, the same amount of leaves and water can be boiled for three minutes and consumed.

### **The most important effects reported**

Antipyretic, astringent, laxative, laxative, diaphoretic, diuretic, nauseating, nauseating, laxative, expectorant, hypoglycemic, stimulant and tonic.

### **References**

Salehi Sarahi, M. Medicinal plants and medicinal plants. Tehran. Nutrition World Publications. 2017. The third volume, p. 114.