

HOLISTIC HERBALISM ADVANCED CLINICAL PROGRAM MATERIA MEDICA

Common Name	Sweet Melilot
Latin	Mellilotus officinalis, M. alba
Family	Fabiaceae
Other Known Names	Yellow or White Sweet Clover
Energy	Cool, dry
Taste	Bitter, slightly sweet, fragrant
Part Used	The wilted flowering herb
Location	It is a common plant native to Europe and naturalized throughout the U.S. and Canada
Gathering	When in flower.
Cultivation	It can grow in poor to average soil with full sun.

HERBAL ACTION	TISSUE AFFINITY	MAJOR CONSTITUENTS
Analgesic	Nervous System	Coumarins:
Antiinflammatory	Digestion	Coumarin-antiinflammatory
Antispasmodic	Kidney Bladder	Melilotin
Carminative	Lung	Melilotic acid
Expectorant	Blood / Xue	Scopoletin-antiinflammatory
Vulnerary	Lymph	Triterpenes:
	Capillaries, veins, arteries	Betulinic acid-analgesic
	Female Reproductive System	Oleanolic acid-antiinflammatory
	Large Intestine	Lupeol-antiinflammatory
	Musculoskeletal System	Robinin (Flavonoid)
	Heart/Cardiovascular	Melilotol (Phenylpropanoid)

SPECIFIC INDICATIONS

Relieves wind spasm/anti-inflammatory

Sharp, stabbing nerve pain that is tender to the touch and worse when cold

It strengthens vascular integrity and relieves varicose veins and trauma injuries with edema

PRIMARY USES

- Sweet Melilot is a very effective remedy for sharp, stabbing nerve pain that is tender to the touch and worse when cold.
- Sweet Melilot is useful for ophthalmic, renal, gastric or ovarian neuralgia, as well as sciatica, renal colic, dysmenorrhea, rectal or intestinal spasms, neuralgic and throbbing headaches.
- The Eclectic physicians used Sweet Melilot to treat angina pain that was sharp and stabbing.
- Melilotus strengthens vascular integrity, reduces capillary leakage, and it can be used to treat varicose veins, trauma injuries with edema, to reduce postoperative swelling, hemorrhoids and venous insufficiency.
- Melilot also improves lymphatic circulation and can be of benefit for lymphedema and lymphatic congestion.
- Topically, it is effective as an infused oil or poultice for nerve pain, trauma injuries with edema, decubitus ulcers, varicose veins, sprains and contusions.

FORMULA COMBINATIONS

- To address sciatica combine Sweet Melilot with St. John's wort, Teasel/Xu Duan, Prickly Ash and Horse Chestnut.
- For renal colic combine Melilot with Kava or Khella.
- To address dysmenorrhea combine Melilot with Jamaica Dogwood, Cyperus/Xiang Fu, Corydalis/Yan Hu Suo or Black Haw.
- For rectal or intestinal spasms combine Melilot with Wild Yam, Kudzu or Horse Chestnut.
- For neuralgic and throbbing headaches combine with Melilot with Horse Chestnut, Jamaica Dogwood and Betony.
- Melilotus is effective for addressing excess/heat migraines when combined with Feverfew, White Peony, St. John's wort and Siler/Fang Feng.
- To address hemorrhoids combine Melilot with Collinsonia, Horse Chestnut and Figwort.
- To address lymphedema and lymphatic congestion combine Melilot with Seal-Heal, Cleavers and Horse Chestnut.

DOSAGE

Tea (Infusion): 5 gram recent dried herb, 250 ml hot water, steep covered for 1 hour, take 100 ml 2-3x/day

Tincture (1:2.5), 35% ETOH Dose: 1-2 mL (20-40 gtt.) BID/TID

Sweet Melilot accounts for 1 part in formulation.

PREPARATIONS

The dry herb maintains its activity for only 6 months.

To prepare this herb as a tincture, the fresh, raw herb must be wilted for 24 hours prior to tincturing.

CONTRAINDICATIONS & DRUG INTERACTIONS

Avoid use during pregnancy and with liver disease.

Coumarins do not effect bleeding or prothrombin times, but when fermented (improper drying) coumarin is enzymatically converted into dicoumarol which can cause serious bleeding disorders. Use caution if combining it with warfarin and other anticoagulant medications.

In animal studies, high doses of pure coumarin have been shown to cause hepatotoxicity and liver tumors. This seems to be species specific and humans taking it as a pharmaceutical have only rarely had adverse effects. High doses of the isolated chemical have been found to cause dizziness, diarrhea, vomiting and hepatotoxicity.

SPECIAL NOTES OF CONSIDERATION

The dried herb has been used to scent clothes, repel moths and as a substitute for Sweetgrass (burned as an incense) for spiritual purification.

RESOURCES & REFERENCES

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