



## Materia Medica

**Materia Medica** (English: medical material/substance) is a Latin term from the history of pharmacy for the body of collected knowledge about the therapeutic properties of any substance used for healing.

HERB: Elder

BOTANICAL NAME: *Sambucus nigra*

HARVESTED FROM: *the roadside*

PARTS USED: *flowers*

CONSTITUENTS/ESSENTIAL OILS: flavonoids including quercetin, anthocyanin, amino acids

PREPARATION: *simmer slowly*

### USES:

- ❖ berries contain high levels of vitamin C, and the hydrosol has immune boosting properties when taken with vitamin C
- ❖ flowers make a delicious tea, and the syrup makes a wonderful gin and tonic.
- ❖ elder flowers are a gentle circulatory stimulant, and can tone the venous system
- ❖ reduces pain associated with arthritis, rheumatism, and swollen joints (experimental)
- ❖ reduces physical and mental stress and promotes a sense of calm

### RECENT RESEARCH:

" These data suggest a significant reduction of cold duration and severity in air travelers (with elderberry supplementation)."

Tiralongo, Evelin et al. "Elderberry Supplementation Reduces Cold Duration and Symptoms in Air-Travellers: A Randomized, Double-Blind Placebo-Controlled Clinical Trial" *Nutrients* vol. 8,4 182. 24 Mar. 2016, doi:10.3390/nu8040182