



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: lemon balm

BOTANICAL NAME: *Melissa officinalis*

HARVESTED FROM: *my garden*

PARTS USED: *aerial parts: leaves, stems and flowers*

CONSTITUENTS/ESSENTIAL OILS: citronella, geraniol, eugenol, rosmarinic and caffeic acids

PREPARATION: *simmer slowly*

USES:

- ❖ bruised leaves have a lemon taste and smell
- ❖ said to comfort the heart and drive away melancholy and sadness
- ❖ detoxifying for body tissues, balancing for immunity, stress managing, increases concentration and cognition
- ❖ in Ayurvedic medicine, both extraversion and intraversion are associated with the different compounds in this plant
- ❖ toss it in a salad or other dish, add it to an uplifting bath

RECENT RESEARCH:

“We can conclude that the essential oil of *M. officinalis* L. possesses potential anti-inflammatory activities supporting the traditional application of this plant in treating various diseases associated with inflammation and pain.”

Bounihi, Amina et al. “In Vivo Potential Anti-Inflammatory Activity of *Melissa officinalis* L. essential Oil” *Advances in pharmacological sciences* vol. 2013 (2013): 101759