



Köhler's Medicinal Plants 1887

Anise

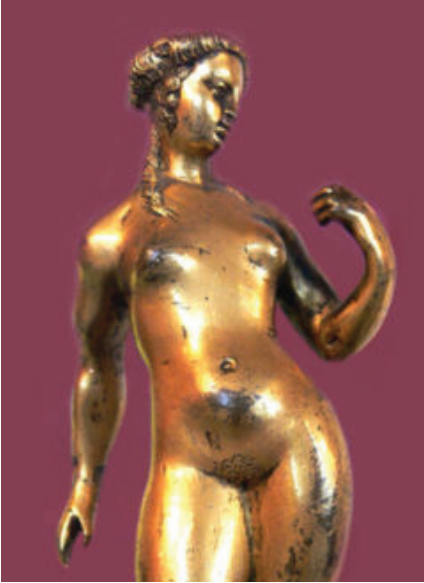
Let life's sensual beauty nurture and protect you from your center to the distant horizons of your mind.

Ancient Greeks and Romans knew this fruit as a delicious aphrodisiac, utilizing it for its digestive and sexually stimulating properties. Similarly, Cubans, traditionally associate anise with Oshun, the goddess of love, sensuality, intimacy, beauty and marriage. The herb's time proven properties echo and honor these associations. Anise (as well as fennel) has been used


for thousands of years in traditional healing for its estrogenic properties. In particular, healers have found anise to balance menstrual cycles, enhance a mother's milk secretion, and stimulate libido in women. It has also been discovered that a mother can ease an infant's colic by drinking anise tea while she is breastfeeding. Don't you think the nurturing and loving images conjured




Breathe easy and breathe deep. Remember it can be safe to nurture yourself and another in a manifold of ways upon this magic carpet ride called life. This was true in the beginning and shall be true until the end of time.



Christoph Weiditz. Venus ca. 1550, gilded bronze. Bode-Museum Berlin

are worthy to be linked to the Goddess of love by whatever name or cultural expression? 

Parts used: the ripe fruit 

Global summary:

Used to treat: Its therapeutic uses include reducing phlegm, coughs, colds, bronchitis, cramps, and bacterial infections, as well as addressing low immunity, loss of appetite, liver and gall bladder complaints, gastrointestinal problems and possibly hypochondria and panic attacks.

Used a a(n): Expectorant, antispasmodic, antibacterial, estrogen receptor modulator properties, promotes regular menstruation, supports healthy bones, mood elevator, anti-ulcer, carminative (reduces gas), breath freshener, bronchodilator, insect repellent and antifungal.

India:

Anise seed is used as a mouth freshener.

Summary medicinal properties supported by scientific studies:

Anise protects against gastric ulcers, gastro-intestinal difficulties (gas, cramps, bloating), and halitosis (bad breath); used as an antibacterial, expectorant, bronchodilator, anti-spasmodic, mosquito repellent, antifungal (candida); and used for its estrogen receptor modulator-like properties that produce bone-cell formation without causing breast and cervical cancer cell proliferation.

Brazil:

A University of São Paulo study justified the use of anise as an antispasmodic agent.¹ Scientists noted the Brazilian curandeiros' age-old herbal medicinal practices in which anise cured digestive difficulties resulting from gas, overeating, cramps and nervous stomach.

Croatia - Zagreb:

The University of Zagreb² tested the effectiveness of anise's fluid extracts and essential oils against several strains of candida in laboratory Petri dishes. Both tested effective for inhibiting fungal growth, although the essential oils proved to contain stronger antifungal properties.

Cuba:

Doctors find the fruit (fresh or dried) effective as an antibacterial and expectorant. It is used to treat coughs and sore throats as well as general low immunity. This Caribbean nation also employs anise's properties for poor digestion, flatulence, hypochondria and panic attacks.

Greece - Athens:

Greek herbalists have used anise and fennel to promote menstruation, increase breast milk production, facilitate birth and enhance libido. University of Athens' scientists have taken a closer look at anise in the context of finding a safe alternative to estrogen replacement therapies in preventing osteoporosis. Anise exhibited estrogen receptor modulator-like properties that produce bone-cell formation without causing breast and cervical cancer cells to proliferate.³

Iran - Mashhad:

Iranian scientists discovered a possible mechanism that explains why many traditional healers have been using anise extracts and oils in the treatment of certain respiratory ailments. Anise extracts and essential oils possess bronchodilatory (opens the upper airways) qualities derived from possible antihistamine-like properties.⁴ This makes anise oil (or extract) a possible natural allergy treatment or relaxant for upper airway constrictions.

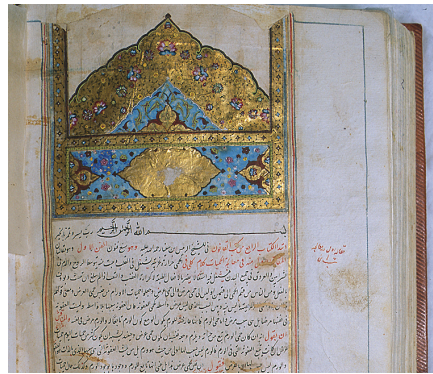
Pakistan - Karachi:

The Indian use of aniseed as a mouth freshener earned scientific merit from a Karachi University study. Scientists describe the oral antibacterial properties against a wide variety of bacteria taken from more than 200 human saliva samples.⁵



Saudi Arabia - Riyadh:

Since ancient times anise has been used safely in Unani medical tradition, made famous over a 1000 years ago by Hakim Ibn Sina aka Avicenna, to prevent and treat stomach ulcers and other gastro-intestinal complaints. A 2007 King Saud University study confirmed the anti-ulcer properties of a water-based anise solution.⁶ The anise solutions, fed to rats at doses of 250mg/kg and 500mg/kg, were noted to provide significant protection against cell-killing agents.



Ibn Sina. Canon of Medicine ca. 1315.
Courtesy: U.S. National Library of Medicine

Turkey - Antalya:

Scientists from the Akdeniz University looked at the value of anise seeds' essential oils as a mosquito repellent. A study determined the oils possessed the ability to repel and protect from mosquito bites.⁷

German Commission E:

Approved as an expectorant, antispasmodic agent and antibacterial.

Preparation:

An infusion is prepared by pouring 1/2 liter of boiling water over two to three grams of the dried or fresh fruit. Allow

the herb to sit for 5-7 minutes and drink throughout the day until the infusion is finished.

As a mouth freshener take a few anise seeds and chew them after eating or as needed.

Warning:

There are no known side effects noted with this dosage.

Possible interaction with drugs:

Currently no data is available indicating possible drug interactions.

Amharic: *Insilal*

Dutch: *Anijs*

French: *Anis cultivé*

German: *Anis*

Hebrew: *Anis*

Hindi: *Saunf*

Homeopathic: *Illicium (Anis.)*

Italian: *Anice verde, Anice volgare*

Korean: *Anisu*

Latin: *Pimpinella anisum*

Russian: *Anis*

Sanskrit: *Shatapushpa*

Spanish: *Anis*

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