

Balm

Contributed by Robert A Wilson
Thursday, 22 February 2007
Last Updated Friday, 08 February 2008

Balm is a perennial plant native to the Mediterranean and West Asian regions, however found today growing naturally throughout most of Europe. Differing varieties are cultivated worldwide. Parts usually used: Leaves.

Other Names: Lemon Balm, Sweet Balm, Melissa

{mospagebreak title=Potential Uses}Potential Uses:

- To treat feverish cold and headaches
- To calm the mind, heart, and nervous stomach
- To relieve menstrual cramps
- As a remedy for depression and anxiety
- Crushed leaves also help heal wounds and insect bites

{mospagebreak title=Precautions}

Precautions:

- Lemon balm is not recommended for use during pregnancy as it stimulates menstrual flow.
- It also is not recommended if an individual is hypothyroid due to its antithyrotropic properties.

Alternative medicine information is provided as a service to familiarize physicians and their patients with medicinal claims available through the media. This does NOT constitute a treatment recommendation.