

# Did You Know?

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## Horehound, *Marrubium vulgare*

- The plant commonly known as horehound or white horehound is a perennial herb in the mint family. It has a similar growth habit to mints and is often grown contained to prevent unwanted spreading.
- It is native to Europe, Asia, and northern Africa and has naturalized especially in disturbed sites in North America. It grows well in sunny locations with dry sandy soil and tolerates poor fertility.
- Horehound has downy leaves and clusters of white flowers that appear in a whorl around the stem, just above a set of leaves.
- The history of using horehound medicinally dates back to the first century and it is still used today. Uses include cold and flu symptoms, coughs, upper respiratory issues, as well as digestive issues like stimulating digestion and loss of appetite.
- It has a very bitter taste so is often prepared with honey or other sweeteners.
- Commercially it is included in herbal cough drops such as the Ricola brand, as well as others. It is also available in powdered form or capsules, made into tinctures, syrups, cough drops, or hard candy.
- Teas and other products can be made from fresh or dried leaves.
- Horehound has been used to make cordials. In Australia, a nonalcoholic beer was made with horehound and other herbs by Bundaberg Brewed Drinks. It was used in an ale in England.
- In the Victorian language of flowers, horehound means wishes for good health and frozen kindness.
- Horehound is planted as a barrier plant to repel grasshoppers and locusts.  
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