

Pogostemonis Herba



Pogostemonis Herba (广藿香) is the dried aerial part of *Pogostemon cablin* (Blanco) Benth., family Lamiaceae (Labiatae).

Other name Cablin Patchouli Herb, Guanghuoxiang(Chinese name)

Macroscopic character

Stem square, pubescent, texture fragile, easily broken; mature stem subcylindrical, external greyish-brown. Leaves opposite, ovate or elliptical, greyish-white pubescent on both surfaces, margin irregularly serrate. Odor, characteristic aromatic; taste, slightly bitter.



Important cultivation area

Guangdong and Hainan provinces.

Processing method

Eliminate the remaining roots and foreign matters. Collect the leaves and set aside. Wash clean the stems, soften thoroughly, cut into sections and dry, then mix with the leaves.



Traditional Chinese Medicine action

Pungent, slightly warm. Enter spleen, stomach and lung channels. Resolve dampness turbidity with aromatic flavor, harmonize *zhongjiao* and anti-vomiting, release the exterior and summer heat.

Thai Traditional Medicine action

Bai-Phim-Sen (dried leaf of *P. cablin*) : Aromatic, cool. Resolve heat-toxin, relief fever, anti-vertigo, nourish heart.

Usage and dosage

3-10 g. decoction for oral use.

Contraindication and precaution



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