

Health Benefits of Horehound

Horehound is a perennial plant. This means once it is planted it will return year after year. The horehound plant (*M. vulgare*) is native to Europe, northern Africa, and southwestern and central Asia. It has small white flowers. The flowers as well as all of the plant's parts are used for medicinal purposes.



White horehound is used for digestion problems including diabetes, loss of appetite, [indigestion](#), bloating, gas, [diarrhea](#), [constipation](#), and [liver](#) and [gallbladder](#) complaints. It is also used for [lung](#) and [breathing problems](#) including [cough](#), [whooping cough](#), [asthma](#), [tuberculosis](#), [bronchitis](#), and swollen breathing passages.

Women use white horehound for painful menstrual periods.

People also use it for yellowed [skin](#) ([jaundice](#)), to kill parasitic worms, to cause [sweating](#), and to increase urine production.

White horehound is sometimes applied to the [skin](#) for [skin](#) damage, ulcers, and wounds.

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Source: WebMD