

Health Benefits of Hyssop

Hyssop, *Hyssopus officinalis*, is an edible member of the mint family that's been used in a wide variety of foods, drinks, folk remedies, and even perfumes. Compared to other plants known as hyssops, true hyssop is safe to eat and is found in a variety of spice mixes and foods.



Hyssop plants look like a smaller form of lavender, with spikes of blue flowers that smell slightly minty. Tea made from true hyssop has been used to help treat coughs, earaches, asthma, and bloating. Today, studies are beginning to back up some of these age-old folk remedies, showing that hyssop offers some impressive health benefits.

The nutrients and essential oils in hyssop can offer some helpful health effects. For example, hyssop is rich in flavonoids, flavorful compounds that can act as antioxidants. Eating foods rich in flavonoids may help reduce your risk of age-related conditions like cataracts, heart disease, and strokes.

In addition, true hyssop may provide health benefits like:

- Reduced Risk of Ulcers

[May Help with Asthma](#)

Several studies have suggested that hyssop's traditional use for treating symptoms of asthma and [head colds](#) may actually have an effect. These studies have compared hyssop to other herbal and non-herbal methods of treating asthma symptoms and found that hyssop was one of the most effective natural substances. This may be because hyssop contains pinocamphone, which is a slightly toxic chemical related to [camphor](#) that is known to help open airways. However, in case of an asthma attack, always take your prescribed medications first.



[Reduced Risk of Cancer](#)

The [antioxidants](#) in hyssop aren't just good for reducing your risk of age-related conditions. They may also help lower your risk of cancer. Eating foods rich in antioxidants is connected to a lower risk of certain forms of cancer, as antioxidants help your body remove the free radicals that can trigger cells to become cancerous.

[May Reduce Inflammation](#)

Asthma involves a significant inflammation of the airways. Hyssop's effect on asthma may also extend to other types of inflammation. While more studies need to be done to determine hyssop's effectiveness treating inflammation in people, early animal trials suggest that hyssop may help reduce inflammation, lowering your risk of problems like [heart disease](#), [arthritis](#), and [diabetes](#).

Source: WebMD