

# Marshmallow

*Althaea officinalis*

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The term 'marsh' is actually derived from how the mallow plant is actually growing in marshes. So, the combination of those words is what you get now, marshmallow.



Marshmallow, the sugar-based candy made from the combinations of sugar, water and gelatin is widely produced now as the modern version while the ancient version is actually using the marshmallow plant root before gelatin was found in the late 1800s. Sadly, marshmallow root is no longer used in the commercially made ones we have today.

Though there is not an exact date when marshmallow is found but some history documents have stated that Ancient Egyptians are the ones who invented marshmallow. Marshmallow root was once used as the main ingredients of marshmallow candy and surprisingly this marshmallow root has a lot of health benefits for human.

The word *Althaea* itself is originated from Greek word *althainein* which has meaning 'to heal'. In other words, before it was used as marshmallow candy, marshmallow has been well known as herbs plant used for medical purpose. In Ancient Egyptian, medicines made from marshmallow root is considered as gift from gods and only used by the royal family only.



Marshmallow root comes from the marshmallow plant and looks like a brown, fibrous husk. The flowers, root, and leaves of the marshmallow plant are edible.

The medicinal properties of marshmallow root come from the mucilage, or sap-like substance, that the plant produces.

The mucilage of the plant contains antioxidants, and research suggests that it forms a coating over skin and the digestive tract. By doing this, it may help with skin irritation and digestive issues, such as ulcers.

Digestion  
Metabolism  
Sore Throat  
Soothing  
Mucilage  
Respiratory  
Wound  
Burns  
Bronchitis  
Asthma  
Severe Cough  
Kidney Stones  
Kidney  
UTI  
Hair  
Skin  
Skin Treatments  
Cosmetics  
Cold  
Immune Booster  
Weight Loss  
Infections  
Diuretic  
Cholesterol  
Rashes  
Reflux  
Hernia  
Cystitis  
Renal Colic  
Spasms  
Gastritis  
Peptic Ulcer  
Pain Reliever  
Insomnia  
Sleep  
Heart  
Bladder  
Expectorant  
Chest Congestion  
Cold & Flu



For Nursing  
M o t h e r s  
Marshmallow  
may be known  
for increasing  
milk production  
during lactation.

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7



The Anti' s:

Antioxidant  
Anti-Inflammatory  
Antiseptic  
Anti-lipdemic  
Antibacterial  
Antifungal  
Anti-aging  
Antimicrobial  
Anti-ulcer  
Antiviral  
AntiTussive



Marshmallow is known to contain expectorant properties cleansing the mucus throughout the body and is most effective in improving some upper respiratory tract conditions such as pertussis, bronchitis, pleurisy and various things resulting in chest congestion. It is good to have during cold and flu season.

## Caution

Generally Safe  
Pharma drug interactions so consult MD if your taking pharma drugs, especially ones with blood sugar issues.