

Hibiscus

Botanical: *Hibiscus rosa-sinensis*, *H. sabdariffa*

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Native to Angola, hibiscus has been used by North Africans to support respiratory health. Traditionally it has been used in Iran to support normal blood pressure levels, a function that modern science has confirmed. It is also well known for its abilities to help regulate cholesterol levels, treat sunstroke, and counter the effects of too much alcohol.

Western



Western Name: Hibiscus

Also Known As: Chinese Hibiscus, China Rose

Main Organs/Systems: Immune, Respiratory, Skin

Key Actions: Mild Laxative, Antispasmodic, Anti-inflammatory, Antibacterial, Anti-aging, Digestive, Heart Tonic

Key Medicinal Uses: Lowers blood sugar and cholesterol levels, lowers blood pressure, increases the production of breast milk, supports immune health, aids weight loss, treats constipation, intestinal cramping, uterine cramping, inflammation, worms, urinary tract infections, leukorrhea, loose stools, colds, edema, nausea, loss of appetite, neuropathies.



BASIC HABITAT/BOTANY: Hibiscus is in the family Malvaceae. It is a bushy evergreen shrub. Its flowers vary from disc-shaped petals to showy double flowers, and from solid-color blossoms to contrasting-color centers.

Hibiscus sabdariffa (aka roselle) is native to Angola and West Africa. It is now cultivated throughout tropical and subtropical regions. Especially in Sudan, Egypt, Thailand, Mexico, and China.

Hibiscus rosa-sinensis is likely native to some parts of tropical Asia.

KEY CONSTITUENTS: Citric acid, Malic acid, tartaric acid, Hibiscus acid (Allo-hydroxycitric acid), Alkaloid, Anthocyanins, Quercetin, Vitamin C, Calcium, Chromium

PARTS MOST FREQUENTLY USED: Flower, Flower Bud, Crushed Leaf

FLAVORS/TEMPS: Sour, Slightly Sweet, Cool, Warm

CAUTION: Hibiscus of either variety is considered safe. Not recommended in high doses for pregnant women as it can increase the flow of blood.

HISTORY/FOLKLORE: The two varieties of hibiscus (*Hibiscus rosa-sinensis* and *H. sabdariffa*) can be used interchangeably. They both have edible flowers and have similar medicinal properties. Hibiscus (*H. sabdariffa*, aka roselle) has a long history of use in Egypt, Sudan, Iran, and North Africa for treating supporting respiratory function, improving heart health by managing blood pressure and cholesterol levels, encouraging fluid balance, and improving circulation. In Africa, hibiscus flower tea has been used to treat constipation, cancer, liver disease. A pulp made from the leaves is used to apply to the skin to heal wounds.

Eastern



Pin Yin: Fu Rong (*H. rosa-sinensis*)

Also Known As: Mei Gui Qie (flower buds/*H. sabdariffa*)

Main Meridians: Lung, Kidney

Key Actions: Relieves Coughing and Wheezing, Transforms Phlegm, Cools Summer Heat, Nourishes Spleen Qi, Promotes Body Fluids, Clears Toxins

Key Medicinal Uses: Coughs, colds and flu, wheezing, hypertension, hangovers, thirst due to heat, sunstroke, promotes urination, counteracts toxicity, promotes the production of body fluids, promotes appetite, supports the liver, used topically to treat shingles.

FUN FACT!



National Flower

Hibiscus is the national flower of South Korea and Malaysia.



Hangover

Hibiscus is an effective remedy for hangovers. It improves hydration and can help calm the digestive tract.



Sour Tea

In Iran, where the herb has been traditionally used to support heart health by regulating blood pressure and cholesterol levels, a popular summer drink, "sour tea" is made from hibiscus and enjoyed by all. It can help treat sunstroke.

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