

# HERBCLIP

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FILE: · *Coleus forskohlii*  
· forskolin

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RE: ***Coleus forskohlii* Monograph**

Snow, Joanne Marie. *Coleus forskohlii* Willd. (Lamiaceae). *The Protocol Journal of Botanical Medicine*, Autumn 1995, pp. 39-42.

Members of the genus *Coleus* have been used as therapeutic herbs in Ayurvedic medicine. *C. forskohlii*, used in pickles and condiments, was included in a large scale drug screening process of Indian medicinal plants. An aromatic perennial of the mint family (Lamiaceae), *C. forskohlii* is indicated in cases of asthma, congestive heart failure, glaucoma, hypertension, and allergies.

*C. forskohlii* was studied at The Central Drug Research Institute in Lucknow, India, where a spasmolytic and hypotensive compound was isolated and named coleonol. Later, Hoechst Pharmaceuticals isolated from the tuber a diterpenoid which was then named forskolin. The two compounds have been found to have identical properties. Forskolin has since been used in over 5000 research studies as a tool in cyclic adenosine monophosphate (cAMP)-related investigations.. It is known to have the following actions: bronchospasmolytic, hypotensive, PAF inhibitor, lowers intraocular pressure, stimulates lipolysis, positive cardiac inotropic, and anti-inflammatory.

While no toxicological studies have been conducted on the whole plant, studies on forskolin have not indicated any major side effects, although the herb should be avoided by gastric ulcer patients and is contraindicated in patients with low blood pressure. Daily dosage for forskolin is 5-10 mg, unless otherwise prescribed. A standardized extract of *C. forskohlii* with concentrated forskolin content is recommended. —*Ginger Webb*

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