
American Botanical Council

HerbClip

FILE: Honeysuckle
(*Lonicera japonica*)

Date: August 30, 1996

HC 8-30-6-3

To: General Distribution

Re: Medicinal Properties of Honeysuckle

Van Galen, Rees. *Lonicera japonica*, honeysuckle. *Australian Journal of Medical Herbalism*, Vol. 7, No. 4, 1995, pp. 99-103.

The flower buds, stems, and leaves of the perennial honeysuckle (*Lonicera japonica*) are used medicinally. In traditional Chinese medicine (TCM), the flower is called *jin yin hua* or *shuang hua*, and the stem *jin yin teng* or *jen tung*. The herb's actions are: antibiotic, antihypertensive, antipyretic, alterative, anti-inflammatory, diuretic, refrigerant, diaphoretic, central stimulant, and antilipemic, and it removes toxic heat. It is indicated in cases of acute respiratory infection and common colds associated with fever and thirst, and it lowers fevers, swellings, and inflammations, and removes pus. It appears to be a safe expectorant for asthma patients. Inflammation of the gastrointestinal tract is also treatable with honeysuckle, as well as inflammations of the skin. It is indicated in cases of rheumatism and rheumatoid arthritis, acute conjunctivitis, inflammation of the female reproductive organs, and acute mastitis. In TCM, honeysuckle is used in combination with *Chrysanthemum* flowers to lower high blood pressure and to treat arteriosclerosis.

Clinical studies have demonstrated that honeysuckle is effective in lowering body temperature and reducing inflammation in cases of acute tonsillitis, and in improving cases of pulmonary tuberculosis and pneumonia. In combination with *Forsythia suspensa*, honeysuckle has been shown to be effective against the common cold. In a clinical study with 22 patients with infectious hepatitis, 12 were cured and 6 others improved with honeysuckle vine treatment. In one study, honeysuckle in combination with *Astragalus membranaceus* and *Ophiopogon japonicus* effectively treated viral myocarditis by removing heat and toxic materials and nourishing and supplementing vital energy.

Honeysuckle is not intended for long-term use. While the flowers are low in toxicity, the fruits, leaves, and stems are more toxic. Symptoms of poisoning include extreme tiredness, drowsiness, dilated pupils, and photosensitivity.

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