

Pelargonium sidoides

Pelargonium sidoides, commonly known as African Geranium or Umckaloabo, is a medicinal plant native to South Africa. It has been traditionally used for respiratory health and infectious conditions in regional herbal medicine systems. Today, standardized Pelargonium extracts are widely utilized in herbal products for respiratory and immune support.

Key facts

- **Scientific name:** *Pelargonium sidoides*
- **Common names:** African Geranium, Umckaloabo
- **Family:** Geraniaceae
- **Active compounds:** Coumarins, polyphenols, tannins
- **Typical forms:** Syrups, tablets, drops, extracts

Botanical characteristics

Pelargonium sidoides is a perennial plant with dark green leaves and deep reddish-purple flowers. The roots are harvested and processed into medicinal extracts commonly used in respiratory-support products.

Traditional and modern uses

Traditionally, *Pelargonium sidoides* has been used for respiratory complaints, cough, and general infectious illnesses. In modern herbal medicine, it is commonly promoted for upper respiratory tract support, bronchial comfort, and immune wellness.

Mechanism and research

Research suggests that *Pelargonium* extracts may exhibit antimicrobial, immunomodulatory, and anti-inflammatory properties. Clinical studies have investigated its role in respiratory tract symptoms and bronchial wellness, although further high-quality research remains ongoing.

Safety and regulation

Pelargonium sidoides is generally considered safe when used in moderate amounts. Mild gastrointestinal symptoms or allergic reactions may occur in sensitive individuals. Individuals with autoimmune conditions or those taking anticoagulants should consult healthcare professionals before use.

Culinary and supplement context

Pelargonium sidoides is primarily used in syrups, extracts, tablets, and respiratory-support formulations rather than culinary applications. It remains especially popular in herbal respiratory wellness markets worldwide.