

# Salix alba

**Salix alba**, commonly known as White Willow, is a deciduous tree native to Europe and Western Asia. It has been traditionally used for centuries in herbal medicine for pain relief, fever reduction, and inflammatory conditions. White Willow bark is historically recognized as a natural source related to salicylate compounds.

## Key facts

- **Scientific name:** *Salix alba*
- **Common names:** White Willow
- **Family:** Salicaceae
- **Active compounds:** Salicin, flavonoids, polyphenols
- **Typical forms:** Teas, capsules, extracts, tinctures

## Botanical characteristics

*Salix alba* is a fast-growing deciduous tree with narrow leaves and flexible branches. The bark is harvested and processed into herbal preparations used for traditional and modern medicinal applications.

## Traditional and modern uses

Traditionally, White Willow bark has been used to support pain relief, joint comfort, and fever reduction. In modern herbal medicine, it is commonly promoted for musculoskeletal discomfort, headaches, and inflammatory wellness support.

## Mechanism and research

Research suggests that salicin is metabolized into salicylic acid-related compounds that may contribute to anti-inflammatory and analgesic effects. Clinical studies have explored White Willow bark for lower back pain, joint discomfort, and inflammatory conditions, although further research remains ongoing.

## Safety and regulation

White Willow bark should be used cautiously in individuals sensitive to salicylates or aspirin-like compounds. Potential side effects may include gastrointestinal discomfort or allergic reactions. It should generally be avoided in children with viral illnesses and used cautiously with anticoagulant medications.

## Culinary and supplement context

*Salix alba* is primarily utilized in herbal supplements, teas, and wellness products rather than culinary applications. It remains widely recognized within traditional and modern herbal medicine systems worldwide.