Lemon Verbena

Species (Family)
Aloysia triphylla (L’Her.) Britton (Verbenaceae)

Synonym(s)
Aloysia citriodora (Cav.) Ort., Lippia citriodora (Ort.) HBK, Verbena citriodora Cav., Verbena triphylla L’Her.

Part(s) Used
Flowering top, leaf

Pharmacopoeial and Other Monographs
PDR for Herbal Medicines 2nd edition\(^{(G36)}\)

Legal Category (Licensed Products)
Lemon verbena is not included in the GSL.\(^{(G37)}\)

Constituents\(^{(G22,G34,G57,G64)}\)

**Flavonoids** Flavones including apigenin, chrysoeriol, cirsimaritin, diosmetin, eupafolin, eupatorin, hispidulin, luteolin and derivatives, pectolinarigenin and salvigenin.\(^{(1)}\)

**Volatile oils** Terpene components include borneol, cineol, citral, citronellal, cymol, eugenol, geraniol, limonene, linalool, \(\beta\)-pinene, nerol, and terpinenol (monoterpenes), and \(\alpha\)-caryophyllene, \(\beta\)-caryophyllene, myrcenene, pyrollic acid and isovalerianic acid (sesquiterpenes).\(^{(2)}\)

Food Use
In the USA, lemon verbena is listed as GRAS (Generally Recognised As Safe) for human consumption in alcoholic beverages. Lemon verbena is also used in herbal teas.\(^{(G37)}\)

Herbal Use
Lemon verbena is reputed to possess antispasmodic, antipyretic, sedative and stomachic properties. It has been used for the treatment of asthma, cold, fever, flatulence, colic, diarrhoea and indigestion.\(^{(G38, G57, G64)}\)

Dosage
Decoction 45 mL taken several times daily.\(^{(G34)}\)

Pharmacological Actions
None documented.

Side-effects, Toxicity
None documented for lemon verbena. Terpene-rich volatile oils are generally regarded as irritant and may cause kidney irritation during excretion.

Contra-indications, Warnings
Individuals with existing renal disease should avoid excessive doses of lemon verbena in view of the possible irritant nature of the volatile oil.

Pregnancy and lactation
In view of the lack of pharmacological and toxicity data, and the potential irritant nature of the volatile oil, excessive doses of lemon verbena are best avoided during pregnancy and lactation.

Pharmaceutical Comment
Limited information is available on lemon verbena. The traditional uses are probably attributable to the volatile oil, for which many components have been identified, and to the flavone constituents. In the UK, lemon verbena is mainly used as an ingredient of herbal teas.

References
See also General References G22, G34, G36, G38, G57 and G64.