

Marshmallow Root – Deeply Soothing, Moistening, and Protective Herb for Mucosa and Emotion

Botanical Profile

- Latin Name: *Althaea officinalis*
- Alternative Names: Marsh Mallow, White Mallow
- Plant Family: Malvaceae (Mallow family)
- Parts Used: Root (also leaves and flowers)
- Origin: Native to Europe and Western Asia; now cultivated worldwide

Marshmallow Root is one of nature's most deeply soothing and protective herbs. Rich in mucilage, it wraps the internal landscape in a silken balm, calming inflammation and dryness in the throat, lungs, gut, and urinary tract. At Peridotflow Wellness Centre, we turn to Marshmallow Root when the inner terrain needs softening, hydration, and a protective embrace—both physically and emotionally.

Soothes Sore Throat and Irritated Mucous Membranes

Marshmallow Root is rich in mucilage, which forms a soothing, protective layer over inflamed tissues. It is ideal for sore throats, dry coughs, and hoarseness. This cooling action also makes it valuable in respiratory blends for dry or scratchy conditions.

Eases Digestive Inflammation and Ulcers

Marshmallow's mucilaginous compounds coat and calm the gut lining, reducing inflammation in gastritis, ulcers, acid reflux, and leaky gut. It supports the healing of irritated tissues while providing gentle hydration and softness where dryness or atrophy have settled.

Supports Urinary Tract Health and Soothes Irritation

This herb helps reduce burning and discomfort in the urinary tract, particularly in cystitis or irritation caused by dryness. It works as a urinary demulcent and mild diuretic, flushing out irritants while cooling and calming the tissues.

Relieves Dry Constipation and Encourages Gentle Elimination

Marshmallow Root moistens and lubricates the bowels, making it a gentle support for those with dry, hard stools or chronic dryness in the colon. Its calming action on gut tissue makes it well suited to long-term use in atrophic digestive states.

Hydrates and Restores in Depleted or Deficient States

When the body, mind, or spirit feels dried out, raw, or overexposed, Marshmallow Root provides deep moistening support. It helps rebuild from exhaustion, dryness, grief, or burnout—especially when tissues are brittle, cracked, or inflamed.

Folklore & History

Marshmallow has been used for thousands of years as both food and medicine. In ancient Egypt, it was blended with honey to soothe sore throats. Romans and Greeks prized its mucilaginous roots for digestive and urinary ailments. The original confectionary 'marshmallow' was made from the plant's root. In folk traditions, it has symbolised comfort, nourishment, and the sweet softness of emotional healing.

Traditional Usage

Traditionally infused as a cold tea to extract mucilage for sore throats, coughs, and digestive inflammation. Also powdered or decocted for soothing intestinal or bladder inflammation. Used topically for burns, wounds, or skin irritation.

Herbal Actions

Demulcent, Emollient, Anti-inflammatory, Vulnerary, Mild diuretic, Soothing expectorant, Nutritive

Energetics & Tissue States

Temperature: Cooling

Moisture: Strongly Moistening

Tissue States: Dry, Atrophic, Inflamed, Hot

Active Compounds

- Mucilage polysaccharides – Soothing and hydrating
- Flavonoids – Anti-inflammatory
- Pectin – Tissue-soothing and mildly nutritive
- Tannins – Mild astringency and wound support

Dosage & Preparation

- Cold infusion: 1–2 tbsp chopped root per 1 cup water; steep 4–8 hours, strain and sip
- Decoction: Simmer 1 tsp root in 1 cup water for 15 mins

- Powder: ½–1 tsp stirred into water or blended
- Tincture: 2–4 ml up to 3x daily (best in glycerite form for mucilage preservation)

Safety & Contraindications

- Generally safe and gentle for all ages
- Best taken away from other medications due to mucilage’s potential interference with absorption
- Use caution with very damp conditions or weak digestion

Herbal Pairings

- Licorice Root – for synergistic moistening and adrenal support
- Slippery Elm – for deeper demulcent action on gut and lungs
- Calendula – for gut lining repair and lymphatic movement
- Plantain – for respiratory and gut healing
- Chamomile – for calming inflammation in the gut with gentle nervine support

Peridotflow Perspective

Marshmallow Root is a sacred balm—offering rest to the brittle, hydration to the parched, and softness to the wounded. At Peridotflow, we use this herb when the inner and outer landscape are dry, inflamed, or overexposed. It reminds us that true healing begins with nourishment, receptivity, and gentle protection.