

# Fennel

*Latin Name: Foeniculum vulgare*

## DIGESTION; CLEANSING; LACTATION

Use Whole Plant; Especially SEEDS; Essential Oil  
Native to Mediterranean area; India

## HISTORY

- 1) Romans: Awarded Fennel Garlands for victorious warriors. Believed to bestow strength, courage, and long life.
- 2) Greek physicians Hippocrates (460-370 BC) and Dioscorides (40-90 AD): Promotes Lactation in Nursing Mothers
- 3) Arabian Medicine: Diuretic; Appetizer; Digestive
- 4) Middle Ages: Ward off EVIL SPIRITS on Midsummer's Eve
- 5) Early 1600s: CULPEPER (British Herbalist): Cleanse the Blood; Open Obstruction of the Liver

## QUALITIES

- 1) NUTRIENTS: VITAMINS A (rich source); C; Calcium; Potassium; Sodium; Sulfur  
OTHER: Volatile Oils
- 2) AROMATIC FLAVORING: CONDIMENT with Fish
- 3) DIGESTION; Hiccups (preventing nausea); Intestinal GAS; Intestinal SPASMS; Indigestion; Children's Indigestion and Sedative; Normal Bowel Function; Expels WORMS; Constipation; Gentle Laxative
  - STUDY (laxative): "...treatment of constipation was evaluated in a randomized clinical trial which confirmed their laxative efficacy and safety." (Picon 2010)
  - WEIGHT reduction (Curbs Appetite; Alleviates Hunger Pains)
- 4) NURSING MOTHERS: (Poultice) Swelling and Inflammation in nursing mother's breasts; Enriches Quantity and Quality of Milk; Relieves Colic in babies
  - STUDY (infant colic): "The use of fennel seed oil emulsion eliminated colic in 65% of infants in the treatment group according to the Wessel criteria, which was superior to placebo 23.7%, in decreasing intensity of infantile colic." (Alexandrovich 2003)
- 5) CLEANSING and ANTISEPTIC:
  - KIDNEYS; Diuretic; Breaks down Uric Acid (from protein digestion); Stones; Back Ache; Gout
  - Breaks up mucus and phlegm in LIVER; Gall bladder and Liver Cleanser; Tissue Cleanser; Effective cleanser after radiation or chemotherapy
  - Breaks up mucus and phlegm in LUNGS; Expectorant; Coughs

6) EYES: Vit A helps alleviate LIGHT SENSITIVITY; Improves NIGHT VISION; Snow Blindness; Eyewash Tea

7) OTHER

- Skin (revitalizing); Wrinkles
  - Gargle for Bad Breath
  - Antidote to poisonous mushrooms
  - Drives away Fleas
- 

## Fennel References

### Herb History and General Information

Blumenthal M, Goldberg A, Brinckmann J, eds., *Herbal Medicine Expanded Commission E Monographs*. Austin, TX: American Botanical Council; Newton, MA: Integrative Medicine Communications; 2000

Christopher, Dr. John R., *School of Natural Healing*. Provo, Utah: BiWorld Publishers, Inc.; 1976. Also, 20th Revised and Expanded Anniversary Edition, Springville, Utah: Christopher Publications, Inc.; 1996; pp 132-133, 359, 461, 580, 584-587

Culpeper, Nicholas, M.D. and Thomas Kelly, *The Complete Herbal*, [Culpeper-Orig 1653] updated and revised; Compiled using additional writings from Culpeper legacy. London: Thomas Kelly; 1846

Felter, Harvey Wickes, M.D., and John Uri Lloyd, Phr. M., Ph.D. *King's American Dispensatory*; 1898. See excerpts at <http://www.henriettes-herb.com> accessed July 22, 2014

Grieve, M. *A Modern Herbal, Vol I & II*. New York and London: Hafner Publishing Co.; 1967. See excerpts at [www.botanical.com](http://www.botanical.com) accessed July 22, 2014

Keith, Velma J. and Monteen Gordon. *The How To Herb Book*. Pleasant Grove, Utah: Mayfield Publications; 1996; p 30

*Modern Essentials, A Contemporary Guide to the Therapeutic Use of Essential Oils*, 5<sup>th</sup> Edition. Orem, UT: AromaTools; 2013; p 62-63

Ritchason, Jack, N.D. *The Little Herb Encyclopedia*. Pleasant Grove, Utah: Woodland Health Books; 1995; pp 83-85

## Studies

Alexandrovich I, Rakovitskaya O, Kolmo E, Sidorova T, Shushunov S. The effect of fennel (*Foeniculum Vulgare*) seed oil emulsion in infantile colic: a randomized, placebo-controlled study. *Altern Ther Health Med*. 2003 Jul-Aug;9(4):58-61. [PubMed]

Picon PD1, Picon RV, Costa AF, Sander GB, Amaral KM, Aboy AL, Henriques AT. Randomized clinical trial of a phytotherapeutic compound containing *Pimpinella anisum*, *Foeniculum vulgare*, *Sambucus nigra*, and *Cassia augustifolia* for chronic constipation. *BMC Complement Altern Med*. 2010 Apr 30;10:17. doi: 10.1186/1472-6882-10-17. [PubMed]

---

### Additional info on Studies:

#### CONSTIPATION/ LAXATIVE

The efficacy & safety of the phytotherapeutic compounds present in *Pimpinella anisum* L., *Foeniculum vulgare* Miller, *Sambucus nigra* L., & *Cassia augustifolia* used in Brazil for the treatment of constipation was evaluated in a randomized clinical trial which confirmed their laxative efficacy and safety. Picon 2010

From Abstract:

Number of evacuations per day increased during the use of active tea; significant differences were observed as of the second day of treatment...Patient perception of bowel function was improved...

#### INFANT COLIC

The use of fennel seed oil emulsion eliminated colic in 65% (40 out of 62) of infants in the treatment group according to the Wessel criteria, which was superior to placebo 23.7% (14 out of 59) in decreasing intensity of infantile colic. Alexandrovich 2003

From Abstract:

Fennel seed oil has been shown to reduce intestinal spasms and increase motility of the small intestine. A randomized placebo-controlled trial was used to determine the effectiveness of fennel seed oil emulsion in infantile colic in 125 infants, 2 to 12 weeks of age, who met definition of colic.

The use of fennel oil emulsion eliminated colic, according to the Wessel criteria, in 65% (40/62) of infants in the treatment group, which was significantly better than 23.7% (14/59) of infants in the control group...Our study suggests that fennel seed oil emulsion is superior to placebo in decreasing intensity of infantile colic.