



# Horopito

*Pseudowintera axillaris*  
and *P. colorata*



- Botanical Family:** Winteraceae
- Common Names:** Horopito, Peppertree, Ramarama
- Distribution:** Occurs naturally throughout both the main islands of New Zealand, except in the very north of the North Island. It is found in the lowlands, to the mountain forests and can form thickets after forest destruction.
- Parts Used:** Leaves, fruits
- Constituents:** Volatile oils including eugenol, polygodial, bicydic sesquiterpenoid dialdehyde (*P. colorata* only)
- Possible Pharmacological Actions:**
- Anti-fungal - an agent that inhibits or destroys fungi.
  - Antiseptic - an agent used to prevent, resist and counteract infection.
  - Counter-irritant/rubefacient - an agent that increases the circulation to that area of skin, stimulating the dilation of capillaries, causing redness.
  - Astringent - an agent that contracts tissues, making them firmer and reduces discharges.
  - Insecticidal
  - Circulatory stimulant (internal use)
  - Stimulating expectorant (internal use) - supports the body in the removal of excess amounts of mucus.
- Medicinal Uses:**
- Fungal infections, including *Candida albicans*, ringworm (*Trichophyton spp*)
  - Diarrhoea
  - Stomach ache
  - Circulatory insufficiency
  - Respiratory conditions
  - Toothache.
- Contraindications:** None, though not recommended during pregnancy or lactation
- Herb-Drug Interactions:** None known to date
- Dosage/Preparation:** 10-30ml per week of a 1:2 fluid extract  
(available by prescription through a Registered Medical Herbalist)

References: Phytomed Medicinal Herbs Ltd - Phil Rasmussen  
Medicines of the Maori - Christina McDonald  
Maori Healing & Herbal - Murdoch Riley