



Koromiko
Hebe , veronica
Hebe salicifolia, H. stricta,
H. elliptica

Family Name: Scrophulariaceae

Maori Names: Koromiko, Korohiko, Korokio, Kōkōmuka

Botanical Notes: Originally identified as the species "*Veronica*". They are now placed in a separate genus "*hebe*". Most North Island shrubs known as *Hebe salicifolia* are now grouped in *Hebe stricta*. Grows in both islands.

Parts Used: Unopened young leaf tips.

Active Constituents: Tannins, Alkanes, Mannitol (wood), phenolic acid.

Actions: Astringent, bitter, styptic, tonic.

Main Uses: Dysentery, diarrhoea.

Internal stimulates appetite. Facilitates easy labour. Dysentery, diarrhoea. Piles, varicose veins, headaches, kidney and bladder troubles. Promotes bile flow. Haemorrhaging, teething babies with loosened bowels. Stomach ache.

Topically: Ulcers, rheumatism, haemorrhage.

Combines well with: Karamu, Pukatea, Kawakawa, Rata, Tanekaha, Cranesbill, Meadowsweet, Bayberry, Agrimony, Bistort, Plantain, Lady's Mantle, Oak Bark, Bethroot (*Trillium erectum*)

Dose: Fresh leaf tips (dried has little effect) given in proportion to age eg. 6 tips to a 6 year old, 12 tips to a 12 year old or adult. Steep in water.

Tincture 10 ml-30ml per week or ½ teaspoon twice daily. Alternatively Potentise to 1x or 20-60 drops per 100mls.

Historical Uses: Sister Suzanne Aubert (1835-1926) who worked extensively with the Maori people used koromiko in two of her remedies; Natanata medicine containing a combination of Koromiko, Pukatea, Rata, Tanekaha for stomach ache, diarrhoea and vomiting (all ages). Hapete ointment; Koromiko, Karamu, Pukatea for sores, lumps, tumours, scrofula, boils, abscesses, septic infections, piles, babies chafe. The leaves can also be bruised and applied as a poultice for an ulcer or a boil.

Home Remedies: Today Koromiko as a cure for diarrhoea and dysentery is still widely used by both Maori and Pakeha.

Related Pharmacology: *Veronica officinalis* or common speedwell used for coughs, bronchitis, catarrh, dysentery, promotes menstruation and as an ointment for skin disease. A veronica species was one of the ingredients in a lotion reputed to be made by witches in the middle ages.

References: Notes by Angela Chadwick - Selfheal, www.self-heal.co.nz
Maori Healing & Herbal - Murdoch Riley

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