



Manuka

Leptospermum scoparium



Family Name: Myrtaceae – this family almost invariably have gland-dotted leaves.

Maori Names: Mānuka, Kahikātoa, Pata

Botanical Notes: Genus *Leptospermum* - 50 species in Australia, Malaysia and New Zealand (3 in NZ). Shrub or small tree, it is abundant in NZ from lowland to subalpine areas.

Parts Used: Leaves, bark, seed capsules. Fresh leaves and twigs as an infusion. ½ cup 2 - 6 times daily, or chew 6 - 8 capsules every 10 mins till pain subsides.

Active Constituents: *Leptospermum* has anthelmintic properties closely related to properties in the male fern, also an insecticide. Triterpene acids ursolic acid. O-methyl esters of ellagic acid. Mannitol.

Dose: 20 - 60 ml 1:2 tincture per week

Actions: Anti-inflammatory, anti-microbial, anxiolytic, astringent, diuretic, alterative, febrifuge, spasmolytic, antiallergenic, antifungal.

Main Uses:

Internal Kidney and urinary problems, fevers, diarrhoea, digestive problems, colic, worms, blood purifier, halitosis, chest congestion, asthma, bronchitis, sinus problems, hayfever, flu, insomnia, coughs, headaches. (See Susanne Aubert's *Paramo Antidotes* for katipo bites).

Topically Burns, scalds, wounds, sores, inflamed or congested breasts, back pains, eye problems, ringworm, skin conditions (inflammatory conditions and eczema), haemorrhoids and anal fissures, as a mouth wash or gargle for gingivitis and to promote oral hygiene. An ingredient of Susanne Aubert's *Romino* ointment along with *Kareao* for lumbago, rheumatism, and stiffening of the joints.

Combines well with: *Kowhai*, *Tarata*, *Totara*, *Kawakawa*, *Kareao*, *Kohekohe*, *Pauwananga* vine, *Harakeke*, *Koromiko*, *Camphor*, *Angelica*, *Bogbean*, *Meadowsweet*, *Prickly Ash*, *White Poplar*, *Wild Yam*.

Related Pharmacology: *Leptospermum fleeces* in Malaysia used for fever, lassitude, Dysmenorrhoea, appetite stimulant and stomachic, bronchitis and rheumatism. *Melaleuca cajuputti* for rheumatism and gout.

Caution: Avoid prolonged use of large doses with meals in case of possible tannin-mediated impairment of mineral absorption.

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

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