

Coleus (Coleus forskohlii)

Location: This herb can be found in Kenya, Myanmar, Nepal, Tanzania and Sri Lanka.

Description: The coleus' root and leaves are used medicinally.

Properties: Coleus is known for being an antihistamine.

Uses: Use this herb to treat asthma, high blood pressure and eczema.

Doses: According to the author of Prescriptions for Herbal Healing (2002), "Coleus should be used in the form of forskolin extract."

Warnings: Do not take coleus while taking other blood thinning medicines.