

Kleine Braunelle

Prunella vulgaris

Lamiaceae · Prunella · Lamiales · Magnoliopsida



WIRKUNG

entzündungshemmend, antiviral, antibakteriell

ANWENDUNG

für alle Entzündungen und zur Förderung der Harnausscheidung

ÜBERLIEFERTE HEILWIRKUNGEN

- adstringierend
- antibakteriell
- blutstillend
- harntreibend
- krampflösend
- tonisierend

SIGNATURENLEHRE

wächst auf Wiesen/Rasen → 'Bodenverbesserung'

ERKENNUNGSMERKMALE

kleine, zweilippige Blüten in doldenartigen Blütenständen (Scheinquirle) an den Spitzen der Stängel; vierkantige, glatte Nussfrucht mit vier Samen

WUCHS

ausdauernde, krautige Pflanze

STANDORT

feuchte Wiesen, Uferbereiche, Wegränder, Gärten und andere offene, sonnige Standorte

VERWENDETE PFLANZENTEILE

- Blatt

ZUBEREITUNG

- Tee
- Salbe

SAMMELN

Pflanzenteile: Kraut

INHALTSSTOFFE

- stigmast-5-en-3-ol
- phytol
- hyperoside
- hexadecanal
- phytol
- stigmast-5-en-3-ol, (3 β)-
- (2r)-3-(3,4-dihydroxyphenyl)-1-methoxy-1-oxopropan-2-yl 3-(3,4-dihydroxyphenyl)prop-2-enoate
- asiatic acid
- sitogluside
- ethyl caffeate
- 3,4-dihydroxycinnamic acid
- 23-hydroxyursolic acid
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- 2-(3,4-dihydroxyphenyl)-5-hydroxy-7-[[3,4,5-trihydroxy-6-(hydroxymethyl)oxan-2-yl]oxy}chromen-4-one
- chondrillasterol
- β -amyrin
- ursolic acid
- umbelliferone
- isoorientin
- arjunolic acid
- betulinic acid
- para-coumaric acid
- n-[2-(5-methoxy-1h-indol-3-yl)ethyl]ethanimidic acid
- epi-maslinic acid
- corosolic acid
- rosemary acid
- luteolin 7-o-glucoside
- tanshinone i
- scopoletin
- asiatic acid
- 3,4-dihydroxyphenyllactic acid

ÄTHERISCHE ÖLE

- methyl
(4as,4bs,5ar,6ar,6br,8r,9s,10s,10ar,12ar,14as)-8,9-bis(acetyloxy)-10-[(acetyloxy)methyl]-3,3,6b,10,12a-pentamethyl-1h,2h,4h,4ah,5h,5ah,6h,6ah,7h,8h,9h,10ah,11h,12h,14h-cyclopropa[r]picene-14a-carboxylate
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- 5-hydroxy-9-(hydroxymethyl)-2,2,6a,6b,9,12a-hexamethyl-10-[[3,4,5-trihydroxy-6-(methoxycarbonyl)oxa

- n-2-yl]oxy}-1,3,4,5,6,7,8,8a,10,11,12,12b,13,14b-tetradecahydronicene-4a-carboxylic acid
- methyl
- 8,9-bis(acetyloxy)-10-[(acetyloxy)methyl]-3,3,6b,10,12a-pentamethyl-1h,2h,4h,4ah,5h,5ah,6h,6ah,7h,8h,9h,10ah,11h,12h,14h-cyclopropa[r]picene-14a-carboxylate
- methyl
- (1s,2r,4as,6as,6br,8ar,9s,10s,11r,12ar,12br,14bs)-10,11-bis(acetyloxy)-9-[(acetyloxy)methyl]-1,2,6a,6b,9,12a-hexamethyl-2,3,4,5,6,7,8,8a,10,11,12,12b,13,14b-tetradecahydro-1h-picene-4a-carboxylate
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- (1s,2r,4s,4as,6as,6br,8ar,10s,12ar,12br,14bs)-4,10-dihydroxy-1,2,6a,6b,9,9,12a-heptamethyl-2,3,4,5,6,7,8,8a,10,11,12,12b,13,14b-tetradecahydro-1h-picene-4a-carboxylic acid
- methyl
- 8,9-dihydroxy-10-(hydroxymethyl)-3,3,6b,10,12a-pentamethyl-1h,2h,4h,4ah,5h,5ah,6h,6ah,7h,8h,9h,10ah,11h,12h,14h-cyclopropa[r]picene-14a-carboxylate
- methyl
- (4as,6as,6br,8ar,9s,10s,11r,12ar,12br,14bs)-10,11-dihydroxy-9-(hydroxymethyl)-2,2,6a,6b,9,12a-hexamethyl-1,3,4,5,6,7,8,8a,10,11,12,12b,13,14b-tetradecahydronicene-4a-carboxylate
- phytol
- methyl
- 10,11-dihydroxy-1,6a,6b,9,9,12a-hexamethyl-2-methylidene-1,3,4,5,6,7,8,8a,10,11,12,12b,13,14b-tetradecahydronicene-4a-carboxylate
- methyl
- 10,11-dihydroxy-9-(hydroxymethyl)-2,2,6a,6b,9,12a-hexamethyl-1,3,4,5,6,7,8,8a,10,11,12,12b,13,14b-tetradecahydronicene-4a-carboxylate
- methyl
- 7,8-bis(acetyloxy)-6-[(acetyloxy)methyl]-2,6,10,17,17-pentamethylhexacyclo[12.8.1.0^{1,14}.0^{2,11}.0^{5,10}.0^{15,20}]tricos-12-ene-20-carboxylate
- phytol
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- (1r,3as,5as,5br,7ar,9s,11ar,11br,13br)-9-hydroxy-5a,5b,8,8,11a-pentamethyl-1-(prop-1-en-2-yl)-1h,2h,3h,4h,5h,6h,7h,7ah,9h,10h,11h,11bh,12h,13bh-cyclopenta[a]chrysene-3a-carboxylic acid
- methyl
- 10,11-bis(acetyloxy)-9-[(acetyloxy)methyl]-1,2,6a,6b,9,12a-hexamethyl-2,3,4,5,6,7,8,8a,10,11,12,12b,13,14b-tetradecahydro-1h-picene-4a-carboxylate
- methyl
- (4as,4bs,5ar,6ar,6br,8r,9s,10s,10ar,12ar,14as)-8,9-dihydroxy-10-(hydroxymethyl)-3,3,6b,10,12a-pentamethyl-1h,2h,4h,4ah,5h,5ah,6h,6ah,7h,8h,9h,10ah,11h,12h,14h-cyclopropa[r]picene-14a-carboxylate

SICHERHEIT UND WECHSELWIRKUNGEN

GIFTIGKEIT

schwach

WECHSELWIRKUNGEN

Zu Wechselwirkungen liegen uns hier keine Angaben vor. Das heißt nicht, dass es keine gibt. Wenn du Medikamente nimmst, frag bitte deine Ärztin oder in der Apotheke nach.