



## PATIENT & CAREGIVER EDUCATION

# Pelargonium sidoides

This information describes the common uses of *Pelargonium sidoides*, how it works, and its possible side effects.

Tell your healthcare providers about any dietary supplements you're taking, such as herbs, vitamins, minerals, and natural or home remedies. This will help them manage your care and keep you safe.

## What is it?

*Pelargonium sidoides* helps reduce cold symptoms.

*Pelargonium sidoides* is an herb that has been used in traditional medicine in South Africa for centuries. It is used in Europe to treat the common cold and bronchitis. In laboratory studies, this herb was shown to kill bacteria, viruses, and stimulate the immune system. Human studies show that it can reduce the symptoms of common cold and bronchitis.

## What are the potential uses and benefits?

- **Common cold**  
Several studies support use of *P. sidoides* in reducing symptoms.
- **Bronchitis**  
Clinical trial data shows that *P. sidoides* is effective against acute and chronic bronchitis.
- **Dysentery or Diarrhea**  
Although *P. sidoides* is used to treat dysentery in traditional medicine, there

is no scientific evidence to back this claim.

## What are the side effects?

- Allergies
- Gastrointestinal upset
- Ear and inner ear disorders
- Fever
- Diarrhea
- Restlessness

If you have questions or concerns, contact your healthcare provider. A member of your care team will answer Monday through Friday from 9 a.m. to 5 p.m. Outside those hours, you can leave a message or talk with another MSK provider. There is always a doctor or nurse on call. If you're not sure how to reach your healthcare provider, call 212-639-2000.

For more resources, visit [www.mskcc.org/pe](http://www.mskcc.org/pe) to search our virtual library.

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