

Ready to start planning your care? Call us at [800-525-2225](tel:800-525-2225) to make an appointment.

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There is no scientific evidence to support the traditional uses of glehnia.

Scientists do not know how glehnia works. Very little research has been done with this herb, which is often used in traditional Chinese medicine. A few lab studies in mice show that glehnia has anti-inflammatory properties. It is not known if these effects occur in the human body.

## What are the potential uses and benefits?

- To treat bronchitis and relieve chest congestion  
Glehnia is used to treat bronchitis and chest congestion in traditional Chinese medicine, but these uses have not been tested in clinical trials.

## What are the side effects?

Although no adverse reactions have been reported, there are also no studies in humans.

## What else do I need to know?

Do Not Take if:

- You are taking CYP3A4 substrate drugs: Theoretically, glehnia root may increase side effects of these drugs, although clinical relevance is not known.
- You are undergoing radiation therapy: In theory, a compound in glehnia may cause increased skin sensitivity to light.

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.

Glehnia - Last updated on January 6, 2022

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