Ready to start planning your care? Call us at 800-525-2225 to make an appointment.
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Memorial Sloan Kettering Cancer Center

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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 any questions, contact a member of your care team directly. If you're a patient at MSK and you need to reach a provider after 5 p.m., during the weekend, or on a holiday, call 212-639-2000.

For more resources, visit www.mskcc.org/pe to search our virtual library.
Pelargonium sidoides - Last updated on July 24, 2023

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