

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

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*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.

Pelargonium sidoides - Last updated on July 24, 2023

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