**ALBIZIA**

**Botanical Names:** Albizia lebbeck, Albizzia lebbeck#, A. lebbek#

**Family:** Leguminosae

**Plant Part Used:** Stem bark

### PRESCRIBING INFORMATION

**Actions**

Antiallergic, hypocholesterolemic, antimicrobial

**Potential Indications**

Based on appropriate evaluation of the patient, practitioners should consider prescribing Albizia in formulations in the context of:

- Allergic rhinitis (5,7)
- Allergic respiratory disorders especially asthma (4,5)
- Eczema (5)
- Possible benefit in hypercholesterolemia (7)

**Contraindications**

None known.

**Warnings and Precautions**

None required.

**Interactions**

None known.

**Use in Pregnancy and Lactation**

No adverse effects expected.

**Side Effects**

None expected if taken within the recommended dose range.

**Dosage**

- **Dose per day**
  - 3.5-8.5 ml of 1:2 liquid extract

- **Dose per week**
  - 25-60 ml of 1:2 liquid extract

### SUPPORTING INFORMATION

**Traditional Prescribing**

Traditional Ayurvedic uses include:

- Bronchitis, asthma, allergic disorders, leprosy, eczema, pruritus, paralysis, gum inflammation, worm infestation¹-⁴
- As an antiinflammatory agent⁵

**Pharmacologic Research**

- Studies found Albizia to have antiallergic and antianaphylactic activity.⁵-⁷ Early processes of sensitization were inhibited, levels of allergy-inducing antibodies were depressed, as was T-lymphocyte and B-lymphocyte activity. A stabilizing effect on mast cells compared with disodium cromoglycate and prednisolone was exhibited.³,⁶
- A protective effect on the adrenal glands was demonstrated for oral administration of Albizia extract or decoction. An increase in adrenal activity was also observed.³,⁸,⁹
- Oral doses of Albizia significantly decreased serum cholesterol in vivo.³,⁶

---

¹ Alternative name.
² This dose range is extrapolated from traditional Ayurvedic medicine³ and the author’s education and experience.
• Albizia demonstrated antiulcer activity in vivo but not in nonsteroidal antiinflammatory drug (NSAID) models of ulcer induction (indomethacin and acetylsalicylic acid).¹⁰
• Albizia has demonstrated antimicrobial activity¹¹ and anthelmintic activity¹² in vitro.

Clinical Studies

In an uncontrolled study involving 20 patients with asthma, the response to Albizia was excellent for asthma of recent onset (less than 2 years) but less predictable in more chronic cases. Improvement in clinical and biochemical parameters such as plasma cortisol, catecholamine, histaminase, and blood histamine were observed. The significant increase in plasma cortisol levels after treatment suggests that Albizia might provide benefit through supporting the adrenal cortex. Albizia was administered as a decoction (25 ml four times/day) for 3 weeks.¹³

REFERENCES

4 Thakur RS, Puri HS, Husain A: Major medicinal plants of India, Lucknow, India, 1989, Central Institute of Medicinal and Aromatic Plants.