

The East London Garden Society

Plant Facts

Lobelia

Lobelia (*Lobelia Inflata*), or Indian tobacco, is a flowering herb that is named after the Dutch botanist Carolus Clusius. It is a member of the belladonna family (Solanaceae) and is known for its bright red flowers. The plant is highly toxic and has been used in traditional medicine for various ailments, including as a smoking cessation aid. However, its use is controversial due to its potential for abuse and side effects.

Lobelia functions as a bronchodilator, meaning it stimulates the respiratory system and may even help in alleviating the effects of asthma. It may also help relax the lungs when they're tense or overworked.

It triggers the secretion of sputum through the air passages, which is why lobelia is commonly used to ease asthma and bronchitis.

As a diaphoretic, lobelia promotes perspiration, which helps in cooling the skin during the onset of fever. It also aids in eliminating toxins