
Subject: Noch ein Pflänzchen . . .
Posted by [Gast](#) on Thu, 06 Oct 2011 20:47:02 GMT
[View Forum Message](#) <> [Reply to Message](#)

Hier noch was aus dem Abendland.

<http://www.heilkraeuter.de/lexikon/weidenroeschen.htm>

Ich habe mir das als Tee gekauft.

Subject: Aw: Noch ein Pflänzchen . . .
Posted by [pilos](#) on Fri, 07 Oct 2011 10:53:41 GMT
[View Forum Message](#) <> [Reply to Message](#)

manuela schrieb am Thu, 06 October 2011 23:47Hier noch was aus dem Abendland.

<http://www.heilkraeuter.de/lexikon/weidenroeschen.htm>

Ich habe mir das als Tee gekauft.

ja..das ist schon lange bekannt...zumindest im reagenzgals hatte es eine wirkung

Subject: Aw: Noch ein Pflänzchen . . .
Posted by [Gast](#) on Fri, 07 Oct 2011 13:03:13 GMT
[View Forum Message](#) <> [Reply to Message](#)

Wurde in den 70 ern wieder neu entdeckt.

Vielleicht so einen Tee zur Unterstützung, wer gern Tee trinkt.

Subject: Aw: Noch ein Pflänzchen . . .
Posted by [Safaa](#) on Fri, 27 Jan 2012 09:00:46 GMT
[View Forum Message](#) <> [Reply to Message](#)

Hallo,
das kannte ich nicht...
Funktioniert's gut? Gibt es Nebenwirkungen?
Danke

Subject: Aw: Noch ein Pflänzchen . . .
Posted by [Mr.Goodkat](#) on Tue, 31 Jan 2012 20:33:28 GMT
[View Forum Message](#) <> [Reply to Message](#)

gute Frage! Im Glas auf jeden Fall.

Epilobium (Epilobium Parviflorum) is believed to have originated in Europe, though it has successfully managed to spread its floating seeds to various parts of the world, including North America. Often looked down upon as "just a weed," Epilobium has been shown to have some fantastic antioxidant, anti-inflammatory, anti-microbial, and anti-fungal properties (information referenced from Epilobium-based studies found at the bottom of this section). Due to Epilobium's ability to reduce 5-AR and, in turn, reduce DHT, it has also been found to be effective against benign prostatic hyperplasia.

DHT-Blocking ability

Epilobium appears to be comprised of at least two specific polyphenols (plant chemicals) that are known to have some potent antioxidant properties. The particular polyphenols referred to include: Oenothien A and Oenothien B, with researchers stating that both are responsible for inhibiting the conversion of testosterone to DHT via 5-AR. It is presumed that this process is what makes it effective against Benign Prostatic Hyperplasia.

Epilobium for Hair Loss

There have been no clinical studies to indicate the efficacy of Epilobium as an agent against hair loss. However, anecdotal accounts and testimonials exist claiming that it has helped those who have used it to maintain a healthy head of hair while reducing hair fall out with no side-effects mentioned. Here are a couple user testimonials from Epilobium.com:

Perhaps the most refreshing thing to hear about Epilobium is that it doesn't seem to share the same side-effects that one can experience while on Saw Palmetto and Propecia, such as loss of libido. As such, it can be a very effective tool to utilize against hair loss if your primary source of loss is excessive DHT production. However, like any DHT-reducing agent, cessation of usage will result in DHT levels returning to what they were prior to the addition of Epilobium into one's hair loss regimen.

"Oenothien and 5alpha reductase activity

Inhibition of 5 alpha-reductase and aromatase by the ellagitannins oenothien A and oenothien B from Epilobium species.

Planta Med. 1997. Institut de Pharmacognosie et Phytochimie, Université de Lausanne, Switzerland.

Species of the genus Epilobium (Onagraceae) have been investigated for their activity against 5 alpha-reductase and aromatase, two enzymes which are involved in the aetiology of benign prostatic hyperplasia. Activity-guided fractionation has led to the identification of two macrocyclic ellagitannins, oenothin A and oenothin B, as the main constituents responsible for the inhibition of the two enzymes. Quantitation of oenothin B in 10 different species of Epilobium has shown that amounts of up to 14% in the crude plant extracts are possible."

Subject: Aw: Noch ein Pflänzchen . . .
Posted by [Gast](#) on Tue, 31 Jan 2012 21:01:05 GMT
[View Forum Message](#) <> [Reply to Message](#)

Danke für das einstellen.

Interessant.

Ich habe den Tee nicht konsequent längere Zeit getrunken, als dass ich etwas zur effektiven Wirkung sagen könnte.
