

143. *FERULA SUMBUL* Hook. (APIACEAE) — Sumbul, Musk Root

The root is used as a substitute for musk in the perfume industry and as a fixative in the liqueur industry.³³ Iranians use as incense and perfume during religious ceremonies. Back in the days of Grieve's *Herbal*, a tincture of 10% sumbul with two volumes of alcohol, one volume water was used as an antispasmodic nervine.²

Reported to be aperitif, nervine, sedative, spasmolytic, stimulant, and tonic, sumbul is a folk remedy for asthma, bronchitis, diarrhea, dysentery, dysmenorrhea, hypertony, hysteria, nausea, neurosis, overarousal, and pneumonia.^{2 32.33} Said to have specific activity on the pelvic region and to stimulate the mucous membrane. Lebanese, considering it nearly a panacea, use it mainly for female problems, for hysteria, nervousness, and as a uterine tonic.²³ They know the seeds are vermifugal but use the cheaper seed of pumpkin and wormseed.²³ "Herbal Highs"⁵¹ suggests simmering 2 to 4 teaspoons root in a pint of water for about 5 min as a tranquilizer. Also, used homeopathically.³³

Contains 17% resin, sumbul acid, free umbelliferone, acetic-, angelic-, valerianic-, butyric-, methylcrotonic-, tiglic-, and vanillic-acids, alkaloids, fats, sugar, and phytosterol.^{2 33} Roots contain only *circa* 9% gum or resin, and 0.2 to 1 37% volatile oil.⁷ Betaine has been detected in the resin,² cerotic-, linoleic-, oleic-, palmitic-, stearic-, and tiglic-acids in the nonvolatile oil.

Toxicity — *Circa* 15 g tincture produces narcotic symptoms, confusing the head and causing tingling sensation and a tendency to snore when awake.²