

SQUILL

Mediterranean Squill

Scilla maritima

Urginea maritima

Σκιλλοκρέμμυδο

Ασκελετούρα



Squill is a plant. The bulbs of the plant are used to make medicine.

Despite serious safety concerns, people take squill to treat mild heart failure, irregular heartbeat, “nervous” heart complaints, and certain vein problems. They also take it as a “heart tonic.”

Squill is used for lung diseases including chronic bronchitis, asthma with bronchitis, and whooping cough.

Some people take squill to relieve fluid retention (edema), thin mucus, induce vomiting, or cause an abortion.

In manufacturing, squill is used in pest control as rat poison.

How does it work?

The chemicals in squill affect the heart. They can also thin mucus secretions in the lungs.

USES & EFFECTIVENESS

Insufficient Evidence to Rate Effectiveness for...

- **Coronary heart disease (CHD).** Early research suggests that injecting methylproscillaridin, a chemical in squill, intravenously (by IV) might improve heart function in people with coronary heart disease.
- **Abnormal heart rhythm and other heart problems.**
- **Fluid retention (edema).**
- **Bronchitis.**
- **Asthma.**
- **Whooping cough.**
- **Thinning mucus.**
- **Inducing vomiting.**
- **Other conditions.**

More evidence is needed to rate the effectiveness of squill for these uses.

SIDE EFFECTS

Squill is **UNSAFE** when taken by mouth. It causes stomach irritation, loss of appetite, diarrhea, vomiting, headache, vision changes, depression, confusion, hallucinations, irregular heartbeat, and skin rash. More serious side effects such as seizures, life-threatening abnormal heart rhythms, and death have occurred.



SPECIAL PRECAUTIONS & WARNINGS

It is **UNSAFE** for anyone to take squill by mouth, but people with the following conditions have even more reasons not to use it:

Pregnancy and breast-feeding: It's **UNSAFE** to take squill by mouth if you are pregnant. It might cause a miscarriage. It's also **UNSAFE** to take squill if you are breast-feeding.

Heart conditions: Do not use squill if you have certain heart conditions, such as complete heart block, abnormally thick heart muscle, abnormally fast heart beats, or a condition called Wolff-Parkinson-White syndrome. Squill could make your condition worse.

Low potassium levels or high calcium levels in the blood (electrolyte imbalance): Do not use squill if you have one of these conditions. Squill could make your electrolyte imbalance worse.

Stomach and bowel problems: Squill can irritate the stomach and intestines. Don't use it if you have any stomach or bowel conditions.

INTERACTIONS

Digoxin (Lanoxin) helps the heart beat more strongly. Squill also seems to affect the heart. Taking squill along with digoxin can increase the effects of digoxin and increase the risk of side effects. Do not take squill if you are taking digoxin (Lanoxin) without talking to your healthcare professional.

Squill can stimulate the heartbeat. Calcium might also affect the heart. Taking squill along with calcium might cause the heart to be too stimulated. Do not take squill along with calcium supplements.

Squill might affect the heart. Some medications for inflammation can decrease potassium in the body. Low potassium levels can also affect the heart and increase the risk of side effects from squill.

Squill can affect the heart. Quinidine can also affect the heart. Taking quinidine along with squill might cause serious heart problems.

Squill can affect the heart. The heart uses potassium. Laxatives called stimulant laxatives can decrease potassium levels in the body. Low potassium levels can increase the chance of side effects squill.

Some stimulant laxatives include bisacodyl (Correctol, Dulcolax), cascara, castor oil (Purge), senna (Senokot), and others.

Squill might affect the heart. "Water pills" can decrease potassium in the body. Low potassium levels can also affect the heart and increase the risk of side effects from squill.

DOSING

The appropriate dose of squill depends on several factors such as the user's age, health, and several other conditions. At this time there is not enough scientific information to determine an appropriate range of doses for squill. Keep in mind that natural products are not always necessarily safe and dosages can be important. Be sure to follow relevant directions on product labels and consult your pharmacist or physician or other healthcare professional before using.

Traditional uses and benefits of Squill

- Bulb has been widely used by herbalists, mainly for its effect upon the heart and for its stimulating, expectorant and diuretic properties.

- Fresh bulb is slightly more active medicinally than the dried bulb, but it also contains a viscid acrid juice that can cause skin inflammations.
- It is used internally in the treatment of bronchitis, bronchitic asthma, whooping cough and oedema.
- The bulb has been used in the treatment of dandruff and seborrhea.
- It is often used in dropsy, whether due to chronic disease of the kidneys or to the renal congestion consequent to chronic cardiac disease.
- It is generally used in combination with other stimulating expectorants, its effects being thereby increased, and is considered most useful in chronic bronchitis, catarrhal affections and asthma.
- Tincture is administered combined with other expectorants, especially ipecacuanha and ammonium carbonate.
- Vinegar, Oxymel and Syrup of Squill are also common constituents of expectorant cough mixtures.
- It is also a cardiac tonic, acting in a similar manner to digitalis, slowing and strengthening the pulse, though more irritating to the gastro-intestinal mucous membrane.
- It has also been given as an emetic in whooping-cough and croup, usually combined with ipecacuanha.
- Rhizome of Squill is made into paste and applied over the area effected with skin disease and localized swelling as part of treatment.
- In condition of ascites, the fresh juice of the rhizome of Indian squill is given in a dose of 15-20 ml as part of treatment.
- Rhizome of *Urginea indica* is heated and the juice is extracted which is given in a dose of 15-20 ml in conditions of rhinitis and cough.
- Cold infusion of Squill is given in a dose of 40-50 ml for difficulty in micturition.
- Decoction of the rhizome of the plant is given in a dose of 30-40 ml to treat dysmenorrhea.
- Herb acts similar to digitalis leaf; hence the rhizome of the plant is given in conditions of irregular heart beat and weakened cardiac muscles.

- Decoction of Squill is given in a dose of 25-30 ml to treat intestinal worms.
- In ancient Greece, Egypt and Arabia physicians used the squill bulb as the base of an expectorant, diuretic and remedy for cough.
- It is widely used to cure unrelieved bronchitis, particularly when there is low sputum production leading to an irritating dry cough.
- Usage of squill helps in the secretion of a liquefied mucus that smoothens the progress of expectoration.
- Many herbal physicians use squill to heal bronchial asthma as well as whooping cough.
- For removing warts, a powder of the bulb should be applied locally on the affected areas.
- For Corns a poultice of the roasted bulb should be applied.



Ayurvedic Benefits of Squill

- Ascites: Take few bulbs of Squill plant and make its decoction. Drink 20 ml of it twice a day.
- Corns: Heat some root of Squill in a pan. Use them as poultice on the affected areas.
- Respiratory Diseases: Add 5 g of Jaggery in 100 ml of juice of Squill bulbs. Drink it once a day.
- Ulcers: Apply the bulb paste of Squill plant over infected areas. It helps in reducing burning sensation of skin.

- Warts: Apply the oil extracted from the shell of cashew nut over the warts and bandage the area.



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