



Geranium

Revised: December 3, 2018.

Drug Levels and Effects

Summary of Use during Lactation

Geranium (*Pelargonium* species) leaves contain small amounts of dimethylamylamine which is a sympathomimetic stimulant. Rose geranium (*Pelargonium graveolens*) oil contains citronellol, citronellyl acetate, citronellyl formate, and geraniol. Applied topically, the essential oil may have antibacterial and antifungal activity and has been used for neuropathic pain. Topical application of fresh, whole geranium leaves, furry side against the skin has been used for cracked, painful nipples during breastfeeding.[1][2][3] Alternatively, geranium essential oil mixed into calendula cream has been advocated for the same purpose.[2] None of these claims have been scientifically validated.

Dietary supplements do not require extensive pre-marketing approval from the U.S. Food and Drug Administration. Manufacturers are responsible to ensure the safety, but do not need to *prove* the safety and effectiveness of dietary supplements before they are marketed. Dietary supplements may contain multiple ingredients, and differences are often found between labeled and actual ingredients or their amounts. A manufacturer may contract with an independent organization to verify the quality of a product or its ingredients, but that does *not* certify the safety or effectiveness of a product. Because of the above issues, clinical testing results on one product may not be applicable to other products. More detailed information [about dietary supplements](#) is available elsewhere on the LactMed Web site.

Drug Levels

Maternal Levels. Relevant published information was not found as of the revision date.

Infant Levels. Relevant published information was not found as of the revision date.

Effects in Breastfed Infants

Relevant published information was not found as of the revision date.

Effects on Lactation and Breastmilk

Relevant published information was not found as of the revision date.

References

1. Petrie KA, Peck MR. Alternative medicine in maternity care. *Prim Care*. 2000;27:117-36. PubMed PMID: 10739460.
2. Stapleton H. The use of herbal medicine in pregnancy and labour. Part II: Events after birth, including those affecting the health of babies. *Complement Ther Nurs Midwifery*. 1995;1:165-7. PubMed PMID: 9456733.
3. Matthews AJ. Geranium leaves for cracked nipples. *Aust J Hosp Pharm*. 1995;25:538-9.

Substance Identification

Substance Name

Geranium

Scientific Name

Pelargonium sp.

Drug Class

Breast Feeding

Lactation

Complementary Therapies

Phytotherapy

Plants, Medicinal

