# EXPECTORANT AND DEMULCENT HERBS

**COMFREY** **MULLEIN** **CHICKWEED** **MARSHMALLOW**
**SLIPPERY ELM** **ELECAMPANE** **HOREHOUND** **WILD CHERRY**
**COMMON SPEEDWELL**

**OTHER: Licorice rt (Mediterranean)**

**Demulcents soothe the tissue: Marshmallow and Slippery Elm are about the best. Because of this they help relieve pain. Comfrey is used for respiratory as well as gastro problems. Mullein is most used on the respiratory. Chickweed is most used on the skin, throat, mouth, genitals, respiratory. Marshmallow rt. is high in lime and calcium, oxygen and pectin and when applied to moist surfaces it draws and absorbs moisture; it soothes and heals respiratory, intestinal, urinary and genital areas. Slippery elm soothes inflammation, draws out impurities and can even be eaten as a gruel for emergency conditions. Hollyhock is a demulcent used for inflammation of bronchi and bladder.**

**Expectorants act upon the broncho-pulmonary membrane to expulse or eject fluids from lungs and bronchi through coughing and spitting. Nauseating expectorants when given in large doses cause vomiting, in small doses they increase osmosis from the inflamed mucous membranes. Elecampane, Horehound, , Wild Cherry are pulmonary expectorants. Licorice is both a demulcent and expectorant.**

# COMFREY

**(Symphytum officinale)**
**Symphyti radix-root**

**Family: BORAGINACEAE (borage)**



## Common Names:
**Comfrey, knitbone or boneknit, healing herb, bruisewort, consound, blackwort, wallwort, gum plant, black root, slippery root, nipbone, knitback, yalluc (Saxon), Schwarzwurz(Ger) and conswelda, sinfito(Span**

## Synonyms:
**Symphytum Root, Consolidae radix**

## Part Used:
**Dried rhizome and roots of Symphytum off., Boraginaceae. The root is more powerful but leaves are also used.**

## ID:
**Stem: very hairy, 2-3' high, freely branched at the joints, rough, angular and hallowed**
**Leaves: ovate to lanceolate, upper leaves are smaller, fewer and hug the stem, the lower leaves are very large, and many are on long petioles (the ones lying on the ground are so hairy and prickly that they will cause any tender part of the hands, face and body to itch when touched), green with wavy margins.**
**Flowers: Pale whitish or pale purple, terminal to the many branches, somewhat long and hollow like the finger of a glove.**
**Seed: seed, small, black.**
**Root: spindle-shaped, thick and brownish-black bark, gray and horny wood, branched and penetrates, deeply into the earth, deeply wrinkled, short fracture, short wood bundles and broad medullary rays.**
**Taste: sweetish, mucilaginous and faintly astringent. Odor: none.**

## Growing:
**- perennial root**
**- native of Europe and naturalized in U.S.**
**- grows in low grass, moist places (damp fields, ditches, river banks, waste places),**
**- may be cultivated in an herb garden or potted and grown indoors**
**- hardy and easy to grow and flowers all summer**

### Allied Plants
**Marshmallow (Althea off) - action very similar to comfrey**

## Constituents:
**Root:**
**Allantoin often quoted as .6-0.8% but recently also found in the range 1:2-4.7%.**
**Abundant mucilage, about 29%, composed of polysaccharides of fructose and glucose.**
**Phytosterols such as b-sitosterol**
**Isobauerenol, a triterpenoid**
**Phenolic compounds including caffeic, chlorogenic and lithospermic acids; tannins (2-6%)**
**Pyrrolizidine alkaloids (.02-.07%) principally the stereoisomers 7-acetylintermedine and 7-acetyllycopsamine with smaller amounts of intermedine, lycopsamine and symphytine, all presently mainly in the N-oxide form. Echimidine is not present in Symphytum off. contrary to earlier reports in which the species investigated may have been S. x uplandicum.**

## Therapeutics:

**DEMULCENT**
**astringent**
**expectorant**
**vulnerary**
**cell proliferant**
**nutritive**
**hemostatic**
**mucilage and styptic.**
**pectoral**
**tonic**
**alterative**

## Actions: Vulnerary, demulcent

## Medicinal Uses:

**cough**
**bronchitis**
**tuberculosis**
**pneumonia**
**ulcerated kidneys**
**bloody urine**
**dysentery**
**cancers**
**cuts**
**gangrene**
**ulcerous wounds**
**catarrh**
**anemia**
**female debility**
**gum boils**
**burns and insect bites**
**asthma (excessive expectoration)**
**ulcerated and inflamed lung conditions**
**hemorrhage**
**pleurisy**
**inflamed stomach or bowels**
**soothes gravel**
**diarrhea**
**bruises, sprains, swellings, fractures**
**torn ligaments, ruptures, broken bones**
**gout**
**heart problems**
**hemoptysis**
**scrofula**
**leukorrhea**
**boils**
**sinusitis**

## Pharmacology:

**Allantoin is chief healing element acts as a vulnerary due to its cell proliferant effect. The demulcent action is due to the high mucilage content. Significant anti-inflammatory activity has been demonstrated in vivro.**

## Indications:

**External use: minor wounds, ulcers, skin inflammation, bruises, fractures, sprains as a poultice for skin disorders. Good for itching/cracking skin.**

**- Dr. Shook says it is a great cell proliferant or new cell grower, it grows new flesh and bone alike, stops hemorrhage and is wonderful for coughs, soothing and healing the inflamed tissues. One of the finest healers of the respiratory system, especially where there is hemorrhage of the lungs.**
**- root has been used as tonic and vulnerary**
**- root and leaves as a poultice in healing any obstinate or ulcerous wound**
**- forms an ingredient in a large number of herbal preparations**
**- may be given wherever a mucilaginous or demulcent medicine is required**

## Toxicology:

**Some pyrrolizidine alkaloids are potentially hepatotoxic especially esters of 1,2-unsaturated necines (hydroxylated 1-methylpyrrolizidines); in small amounts some of these occur in comfrey root and their effects are cumulative. Hepatic veno-occulusive disease has been related to the ingestion of comfrey over extensive periods. Internal use is therefore inadvisable.**

## Contraindications:

**caution during pregnancy.**

## Preparation:

**Decoction, fluid extract, infusion, powder and tincture. Comfrey root contains a large amount of mucilage that is best extracted by water.**

## Congenial combinations:

**For ulcerated conditions (internally and externally comfrey root in combination with burdock root is most beneficial to the ulcerated conditions. For an inflamed kidney or urinary condition, comfrey in combination with gravel root will relieve the inflamed kidney or urinary condition.**

## Dosage:

**Br. Pharmacopea:**
**For external use:**
**semi-solid preparations (ointment base) or mucilaginous decoction containing 10-15% m/m of root. For 4-6 weeks per year.**

## Dr. Christopher:

**Decoction: 1 wineglassful 3 times daily**
**Fluid Extract: 1/2 - 2 tsp**
**Infusion: 1 cupful, 3 times daily**
**Mucilage: see formulas**
**Powder: 2 #00 capsules or 1 tsp**
**Tincture: 1/2 - 1 tsp (fluid dram)**

## Administration:

**May be used in all combinations of fomentation.**

**<u>Oral</u>**
**Diarrhea, dysentery, and cough (delicate children): Give mucilage sweetened with honey in teaspoonful doses frequently (it strengthens, nourishes, soothes and heals)**
**Inflamed kidneys: combine comfrey root with gravel root in a decoction**
**Hemorrhage of lungs: give mucilage of comfrey often and in large doses or give 1 teacupful of decoction or mucilage (1 mouthful at a time and mix well with saliva). Rest 1 hour, then repeat until all soreness is gone and blood is not in the sputum. If patient sleeps, awaken and continue with the same dosage for 2 hours and administer every 3 hours thereafter. Do not give food for at least 12 hours.**
**Tuberculosis or consumption: combine comfrey with garlic (add 1 tbsp of fresh garlic juice to every pint of mucilage of comfrey and stir well). This is best remedy ever discovered for this problem according to Dr. Shook.**
**Ulcerated stomach, intestines, larynx, mouth, tonsils: combine comfrey with burdock root**
**Scrofula, anemia, dysentery, diarrhea, leukorrhea, female debility, internal pains and bruises: give tea of comfrey decoction or infusion.**
**<u>Skin</u>**
**Inflammation, bruises, sprains, swellings, suppuration of boils: apply a fomentation made from the comfrey root or leaves.**
**Wounds, bruises, burns, varicose veins, ulcers, boils: paint part with pure olive oil to prevent sticking, then saturate a thick layer of cotton with comfrey mucilage and apply to the affected parts. Cover with plastic or waxed paper, bandage, and leave on until nearly dry. Make a fresh application by following the same process. If pus is present, pain the part with oil of garlic instead of olive oil and take 1 tsp of oil internally. This will prevent or stop putrefaction and pus formation, which will hasten the healing process. Give fomentations wrung out of a strong decoction.**
**Ruptures, burns, bruises, sores, ulcers, white swellings, fresh wounds, sore breasts, fractures, sprains: apply a comfrey poultice of the fresh, bruised leaves. It relieves pain in an hour.**
**Boils: a comfrey fomentation or fresh poultice is excellent when it is necessary to resort to cutting and draining. This will draw and drain the boil.**
**Skin lotion: juice or decoction mixed in equal parts with glycerine is an excellent skin lotion and beauty aid (tones, softens, and rejuvenates).**

**Mucilage of Comfrey Root:**

**2 oz comfrey root cut**
**1 quart distilled water**
**6 oz honey**
**2 oz glycerine**

**Soak root in water for 12 hours. Bring to a boil, cover and simmer 30 minutes. Strain, then filter and squeeze through muslin or linen cloth. Return liquor (liquid) to the cleansed vessel, add the honey and glycerine, simmer for 5 minutes and set aside to cool. Placing in a wide-mouthed bottle and keep in a cool place.**

## Dosage:

**For coughs, raw or sore throat, slight hemorrhage: 1 wineglassful every hour until tissues are healed and coughing stops.**

**For hemorrhage of lungs: see under "Administration"**

**Note: do not give food for at least 12 hours while the treatment is being administered in order for the mucilage to reach the blood and lungs without interference and loss of energy (it is very nutritive itself).**

# MULLEIN

## (Verbascum thapsus; Verbasci filia)

### Family: SCROPHYLARIACEAE (figwort)



**Common Names:** **Mullein, great mullein, white mullein, blanket herb, mullein dock, velvet dock, gorches, old ladies flannel, velvet plant, woolen, bullock's lungwort, flannel flower, rag paper, candlewick plant, clown's lungwort, Aaron's rod leaf, Juniper's staff, shepherd's club, hare's bear, pig taper, cow's lungwort, flannel leaf, wood blade, torch weed, hungwort,Jacob's staff,Peter's staff, shepherd's staff, begger's stalk, begger's blanket, Adam's flannel, Cuddie's lungs, feltwort, fluffweed, old man's flannel, duffle, Hag's taper, Wollkraug (Ger) and Gordolobo (Span)**

**The name mullein may be from 'mollis', Latin for soft which describes the large hairy leaves. It may also be from Latin 'molandrium' which is a remedy used to treat diseased cattle. Pliny called the plant verbascum. Linnaeus adopted Verbascum as the scientific name for the genus.**

**Mullein has been used medicinally for a long time.**

## ID

**- stem is stout, straight, simple, unbranched, 1-4' high, woolly with branches hairs.**

**- leaves are large, thick, flannel-like, velvety hairy, pale green, rough on both sides, lower ones laceolate-oblong and in a rosette on the round, upper ones alternate and strongly clasp the stem becoming decurrent, smooth and more ovate in shape; 6-8" long 2 1/2" broad.**

**The Verbascum nigrum and other mulleins have leaves narrow at the base into two wings which pass down the step. Dark green powder.**

**- flowers are 5 golden yellow rounded petals about 1" across, cup shaped, densely packed on a thick wool spike that is 1 or more feet long, thick, tough(moist), brittle dry, 1 pistil and 5 antherbearing stamens (3 upper ones are short and woolly).**

**- Fruit is capsule or pod**

**- taste is bitterish and somewhat albuminous**

**- odor of flowers is faint and rather pleasant**

**Parts used:** **leaves, flowers, root, fruit**

**GROWING:** **Easy Perennial/biennial. Although they want to list this plant as a pest and invasive, it is not invasive here, because it will not thrive without a little help, namely water. We have tried to grow it on its own, with very little success. However in our gardens, it receives some water and it does very well. It can grow 4-5 feet tall, just lovely and the leaves and flowers are used in teas or you can dry and cap them. The nice thing is you don't have to dig up the root to use it, so the plant is preserved and will continue to grow and spread by its seed.**

**Common mullein lives 1-3 years, very rarely longer. It grows as a rosette of leaves, the leaves getting bigger and more numerous until the plant has enough energy to flower. The rosettes of soft leaves can be very abundant in a neglected field or on a roadside, making practically a carpet. The rosette shape is an effective way for a plant to monopolize a spot on the ground. The growing rosette crowds out or covers its neighbors. When the rosette has stored enough energy, common mullein puts all the energy it has stored for several years into flowers. The tall flower stalks, up to 7 feet (2.1 m) high, support attractive yellow flowers the size of a dime (1.8 cm) that produce abundant seeds. The plant holds nothing back and so dies after flowering. (It is monocarpic, see discussion of monocarpy in previous post. The flower stalks dry out and are visible through the winter.**
**The seeds--small, numerous and durable—they self-seed well and have spread the plant across the world.**

**HISTORY: This european plant is now grown all over the world except in the coldest regions like the Arctic. It is a member of the snapdragon family. Dioscorides (64 AD) recorded it as useful for constipation, ruptures, convulsions, old coughs, toothaches, inflammations of the eyes, wounds and scorpion-stings.**

**Folk herbals often used common mullein, but modern usage seems to be bypassing common mullein for its relative, denseflower mullein, *Verbascum densiflorum*. The German Commission E, which evaluates the efficacy of herbal remedies, endorsed tea made from *V. densiflorum* flowers as an effective treatment for catarrhs of the respiratory tract. They consider *V.phlomoides,* orange mullein also effective, and that *V. thapsus* is the same as *V. phlomoides.* Other authorities (USDA plants; The Plant List; Flora of North America) consider *V. phlomoides* and *V. thapsus* different. No one has seriously reviewed the genus *Verbascum* worldwide since the 1930s, so it is hard to know. I'll talk about common mullein, *Verbascum thapsus*, its distribution and folklore, and leave whether it is an effective medicinal or should be merged with *V. phlomoides*, to others. Grieve, Jones and Martin (see References) have nice discussions of additional characteristics of common mullein.**

## Therapeutic action:

| | | |
|---|---|---|
| **DEMULCENT** | **astringent** | **emollient** |
| **pectoral** | **nutritive** | **absorbent** |
| **diuretic** | **antiseptic** | **hemostasis** |
| **anodyne** | **narcotic** | **anti-asthmatic** |
| **anti-catarrhal** | **antispasmodic** | **vulnerary** |
| **germicide** | **arthmintic (vermicide).** | |

**- Mullein has special affinity for the respiratory organs**
**- a valuable remedy for all pulmonary complains**
**- the only herb known that has remarkable narcotic properties without being poisonous and harmful**
**- great herbal pain killer and nervous soporific, calming and quieting all inflamed and irritated nerves**
**- used in wasting disorders such as phthisis, the weight is steadily increased, expectoration is easy, cough is palliated, and the general condition improved.**
**- soothes and strengthens the bowels and renal system**
**- one of the most important agents for influencing the glandular system (the serious and mucous membranes)**
**- promoted absorption of effusions (escape of fluids from their vessels, as by rupture) and morbid accumulations.**

## Medicinal uses:

**Pulmonary disease, catarrhal cough, tuberculosis, hemorrhage of lungs, dysentery, diarrhea, glandular swellings, thickening of lung tissue, ptysis, asthma, hay fever, pleuritic effusions (pleurisy), bronchitis, asthma, croup, sinusitis, nasal congestion or catarrh,**
**Cellular dropsy, synovial dropsy,**
**Scrofula, chronic abscesses**
**Cramps, spasms, ear diseases, dyspnea**
**Sciatica, inflammatory rheumatism, toothache, open sores, pain, warts, inflamed hemorrhoids (piles), swollen joints**
**Ulcers, tumors, mumps**
**Tonsilitis, malignant sore throat**

**Dysentery diarrhea, bleeding bowels, swollen testicle or scrotum**
**Sprains**
**Mastitis (gathered breasts).**

## Congenial Combinations:

**Mullein combines well with black cohosh and lobelia in liniments. In advance cases of disease, mullein is very beneficial in combination with comfrey root and garlic juice.**

## Preparation

**Decoction, fluid extract, infusion, powder and tincture**

## Dosage:

**Decoction: 1 tbsp 3-4 times daily (may be taken in much larger doses, but it is 4 times the strength of the infusion. It is more astringent and anodyne).**
**Fluid extract: 1/2 - 1 tsp (fluid dram)**
**Infusion: 1 wineglassful - 1/2 teacupful or more 3-4 times daily**
**Powder: 2 #00 capsules 3 times daily**
**Tincture: 1/2 - 1 tsp**

## Administration:

**When the disease is advanced, use the strong decoction of leaves and flowers singlely, or in combination with comfrey root and garlic juice.**

**<u>Anal</u>**

**Hemorrhoids: apply mullein ointment and take tea internally**
**Inflamed piles, ulcers: apply fomentations or wash from a hot infusion or decoction made from the leaves**

**<u>Oral</u>**

**Cough, phthisis, pulmonary diseases, hemorrhage, asthma, bronchitis, croup, hay fever: drink strong decoction of leaves and flowers, or combine with comfrey root and garlic juice.**
**Diarrhea, dysentery and bleeding of bowels: boil 1 oz mullein and 1 pint milk for a few minutes, strain and give in 1/2 cupful doses after each bowel evacuation (if you don't have a scale or the time to calculate the equivalent measure, just grab some and go to work)**
**Glandular swellings: see formulas**
**Induce sleep, relieve pain, laxative(lg doses): drink infusion made from the flowers.**

**<u>Skin</u>**

**Vermicide and parasiticide: take 1 tsp mullein oil 3-4 times daily.**
**Appendix inflammation: apply hot mullein leaf poultice with lobelia herb and ginger. Take lady's slipper tea (formula) internally.**
**Earache and inflammation of inner ear: use warm mullein oil 2-3 drops n the ear 2-3 ties daily. Apple cider vinegar is also a healing agent.**
**Burns: apply juice of mullein leaves mixed with apple cider vinegar**
**Glandular swellings: see formulas**
**Mumps: apply a fomentation as hot as possible on the swollen glands, wrung out of the tea made from the mullein leaves; also the fresh leaves soaked in apple cider vinegar may be applied.**
**Neuralgia, sore throat, pleurisy, pneumonia, bruises, sores, wounds, lacerations, swollen joints, torn ligaments, purulent ophthalmia, appendicitis inflammation, skin diseases: rub mullein oil in well, or apply on saturated cotton and cover.**
**Bronchitis and croupy cough: see formulas**
**Arthritis, painful and swollen joints: cover a small quantity of mullein with boiling hot vinegar, cover closely and simmer for 20-30 minutes. Strain and add a little tincture of cayenne (powerful stimulant) and a tincture or fluid extract of lobelia (as a relaxant). Foment this on the affected area.**

**Infusion of Mullein**

**1 ounce mullein leaves cut**
**1 1/2 pints distilled water.**
**Pour boiling hot water over leaves, cover and steep in a warm place 15 minutes. Strain through muslin (to filter out the hairs), sweeten with honey to taste or add 1 oz glycerine to preserve. Cool, bottle and keep in a cool place.**
**Dosage: 1 wineglassful - 1/2 teacupful or more 3-4 times a day.**

**Strong decoction (inflamed tissues, tuberculosis, chronic diarrhea, dysentery, pulmonary complaints)**

**4 oz Mullein leaves and flowers (equal parts), cut**
**3 pints distilled water**
**4 oz glycerine**
**Place herb in the water, bring to a boil and simmer slowly for 15 minutes. Strain, press and then return the liquor (liquid) to a clean vessel and reduce to 1 pint. Add glycerine while hot, allow to cool, bottle and keep in a cool place.**
**Dosage: 1 tbsp 3-4 times daily (may be taken in much larger doses).**
**Children: 1 tsp doses.**
**Note: this decoction is 4 times the strength of the infusion and is more astringent and anodyne.**

**Mullein Oil (specific cure for ear diseases)**

**2 oz Mullein flowers**
**Olive oil as needed.**
**Place mullein flowers into a jar or wide-mouthed bottle, add sufficient pure olive oil to show 1 inch of oil above flowers, stopper and shake well. Place in a warm place or expose to the sun for 14 days, macerating or shaking well every day. Pour off and press out the oil and bottle (do not cap or cork tightly when cold, then allow to heat or else the expanding air will break the bottle).**
**Dosage: 2-3 drops warm oil in ear, 2-3 times daily or rub on affected part.**

# CHICKWEED

**(Stellaria media; Alsine media)**

**Family: CARYOPHYLLACEAE ( carnation)**





**Common names:** **Chickweed, starweed (east coast), star chickweed, stitchwort, scarwort, satin flower, adder's mouth, Indian chickweed, Huehnerbiss, Vogelmiere (Ger), Alsine, pamplina de canarios and hierba pajarera (Span)**

**Chickweed grows in a unique, intertwined manner, and it has small white star-shaped flowers hence its Latin name, Stellaria media. Stems have a thin line of white hair that grows in a weave-like pattern.**

## ID

**- stem is prostate, weak, brittle, straggling, leafy, freely branched, 4-6" long, line or hairy fringe of white hairs along one side only, and changing direction each pair of leaves.**

**- leaves are small, opposite, ovate-cordate, sessile above, lower ones on flat and hairy petioles and upper ones seated on stem**

**- flowers are white, very small, deeply-cleft or two parted petal singlely on slender pedicels from the axils of the upper leaves, and in terminal clusters.**

## Part Used: herb

## Growing:

**Chickweed is an annual or biennial wild edible that grows in many locations and as hardy as it is, chickweed is quite delicate.**

**This is an easy-to-grow plant that's healthy to eat and it produces flowers throughout the growing season even in hot, dry conditions.**

**Chickweed is multi-functional because its presence decreases insect damage to other plants.**

**This plant has a lot of health benefits and is full of vitamins, minerals and other essential nutrients.**

**It grows 5 – 50cm tall, in fields, waste places, roadsides, around dwellings and esp. in moist and shady places.**

**It flowers from beginning of spring until last of autumn**

**It is considered to be a curse by gardeners because it creeps and twines among other plants.**

### Collection:

**Best used fresh but chickweed may be gathered and dried at the flowering stage.**

## Therapeutic action:

| | | |
|---|---|---|
| **DEMULCENT** | **emollient** | **nutritive** |
| **resolvent** | **pectoral** | **alterative** |
| **refrigerant** | **mucilage and discutient.** | |

**- an excellent herbal remedy for pulmonary complaints, any form of internal or external inflammation of the membranes or skin and weakness of the stomach and bowels (esp bleeding of the bowels or lungs)**

**- excellent for external applications to wounds, skin diseases, inflamed surface etc.**

**- very nutritional as a food, eaten raw in salads, or steamed as an ordinary vegetable (with the water used as a soothing and healing medicine either internally or externally).**

## Medicinal Uses

**Asthma, bronchitis, ulcerated throat and mouth, pleurisy, coughs, colds, hoarseness**
**Swollen testicles, burning and itching genitals**
**Inflamed surfaces, skin eruptions, erysipelas, boils, scalds, burns, tumors, hemorrhoids, wounds**
**Inflamed or sore eyes**
**Cancer**
**Deafness**
**Blood poisoning**
**Constipation**
**Scurvy**
**Blood disorders**
**Rheumatism, peritonitis and appendicitis.**

## Congenial combinations:

**For inflamed surfaces, skin eruptions and diseases: chickweed should be used in combination with burdock seed which opens the pores and acts upon the sebaceous or oil glands.**

## Preparation

**Decoction, fluid extract, infusion, ointment, powder and tincture.**

## Dosage:

**Decoction: 1 wineglassful 3-4 times (or every 2-3 hours when necessary)**
**Fluid extract: 1/2 - 1 tsp**
**Infusion: 3-4 cupfuls daily between meals (sip a swallow at a time, mixing well with the saliva)**
**Powder: 1 tsp 3-4 times a day or more as needed**
**Tincture: 1/2 tsp as needed.**

## Administration

**Anal**

**Inflamed or ruptured appendix: give injection (cool for retention) of chickweed infusion or decoction (stronger and more effective), at the same time drink the tea and apply fomentations as hot as possible over the affected area.**

**Inflammation or weakness of the bowels: give injection of chickweed decoction or infusion 1-2 times daily.**

**Hemorrhoids and rectal cancer: bathe area 2-3 times daily with the decoction, infusion or diluted tincture (as warm as possible), then apply chickweed ointment of Dr. Christopher's healing ointment.**

**Nasal**

**Inflamed or abraded surfaces: apply chickweed ointment or Dr. Christopher's healing ointment.**

**Oral**

**Chest troubles (asthma, bronchitis, peritonitis, stomach and bowel weakness) boil fresh herb, eat the vegetable and drink the water freely. Drink the decoction, and apply hot fomentations of the decoction over the chest area.**

**Blood poisoning: drink decoction internally and apply a chickweed poultice externally over the affected part**

**Constipation: Take 1 cupful of warm decoction (fresh herb) every 3 hours or oftener until bowels are regulated.**

**Skin**

**Inflamed surfaces, skin diseases, skin eruptions, cancerous sores, itching dermatitis and hives: drink burdock seed tea (as a diaphoretic to open skin pores and glands from the inside), and wash the affected parts with a strong decoction 2 or more times daily (more often for local eruptions). Apply chickweed ointment, or a chickweed bath is also excellent.**

**Erysipelas: no matter how bad the pain and swelling, make a decoction from a handful or two of fresh chickweed. Bathe the surface every 1/2 hour and apply chickweed ointment (the pain and swelling will be gone in a few hours)**

**Swollen testicles, burning and itching genitals: bathe area with a strong decoction and apply chickweed ointment.**

**Boils, scalds, burns, inflamed or sore eyes, ulcerations, mouth or throat, deafness, wounds etc.: use decoction warm as a wash and apply the ointment (ointment may be used externally and internally).**

## Chickweed Ointment:

**1 pound chickweed, fresh green**
**1 1/2 pd leaf lard**
**1 oz Bee's wax**
**Cut up chickweed and place all ingredients in a stainless steel pot. Cover and place into an oven for 3 hours at 200 degrees F., strain through a fine wire, and cool.**
**Apply as needed.**
**The leaf lard is pure and contains no salt. The bee's wax is to add firmness to the ointment (a little more is needed in warmer climates than cooler). This ointment should be available in every household. The base may be used to make any kind of ointment.**

# MARSHMALLOW ROOT

## (Botalical name: Althea officinalis )

**Pharmaceutical name: Malvaceae** (mallow)





**Common Names / Synonyms:** **Marshmallow, althea, marshmallow root, mortification root, mallards, sweetweed, cheese plant, wymote, mauls, sweet weed, hock herb, guimauve, schloss tea, white mallow, Racine de Guimauve, Guimave(Fr), Radix Althaeae, Althee, Aibischwurzel, gereiner Eibish (Ger), and Malvavisco(Span)**

**Greek word "althe" means 'to heal'.**

**Parts Used:** **root (greater potency), leaves and flowers. Roots most used.**
**Marshmallow root consists of the dried, peeled roots of althaea off. collected in the autumn from plants at least two years old.**

**ID:** **- stem is several woolly stems 2-4' high, erect, round, busy, leafy. Distinguished from common mallow by velvety down covering of stem and leaves**
**- leaves are soft, velvety (dense covering of stellate hairs on both sides) 1-3" long, 1 1/4" broad, cordate, ovate, pointed, irregularly serrate at margins, 5 loved below and 3 lobed above, grayish-green, and brittle when dry**
**- flowers are large (1-2" in diameter), pink, pinkish-blue or purple, luxuriant axillary panicles, stamens unite into a tube and anthers are kidney-shaped**
**- root is slender, tapering, 6-12" long, 2/5 - 4/5" thick, fleshy externally, yellowish-brown (unscrape), greyish-white(scraped), internally yellowish-white and fibrous. It has accentuated longitudinal furrows when spirally twisted and covered with somewhat loosened bast-fibers. The bark has a fibrous fracture. Wood fractures short and granular. Powder: whitish**

**GROWING:** **Zone 3 to 9. It is found in salt marshes, river banks, other moist places in almost all tropical areas and in the US it is found from Massachusetts coast to New York. Its habitat and mucilage content accounts in part for its above average content of sodium since sodium salts of polysaccharides (mucilage) are soluble and are freely transported within the plant.**
**Recently it has been shown that the mucilage content varies seasonally and is highest in fall and winter.**
**It is a perennial. The first 2 years produce only a tap-root, which will soon become tough, woody, branched and not of much value medicinally. Marshmallow flowers between July and September and grows quite tall, about 4-5'. Once established, it seems to enjoy our garden here locally. It doesn't spread easily by seed, but you can get the plants, and divide the plant as it gets bigger.**

**Collection:** **The root is generally gathered late in autumn, peeled (but this is not necessary), and dried carefully. The tap root of the first and second year growth (prior to branching) is reported to yield greater medicinal potency.**

**Constituents:** **- Mucilge about 11% in late autumn and winter and 6% in mid summer. Consisting of polysaccharides. Amounts of 30-55%**
**- flavonoids: hypolaetin 8-glucoside and isoscutellarein**
**- phenolic acids in small amounts: caffeic, p-coumaric, ferulic, p-hydroxybenzoic, vanillic, syringic and p-hydroxyphenylacetic acids.**
**- 37% starch, 11% pectin, 10% sucrose, 1.7% fat, up to 2% asparagine and tannins**

**Areas affected:** **Lungs, stomach, intestines, bladder, kidneys**

## QUALITIES:

**Taste:** **Sweet**
**Odor:** **Faint and aromatic**
**Temperature:** **cool**
**Moisture:** **most with a secondary drying effect**
**Other:** **softening, thickening, relaxing**

## Therapeutics:

- **commonly substitute for Slippery Elm as many Elm trees are becoming endangered**
- **Binds and eliminates toxins, allowing the body to cleanse itself. So it is often added to arthritis, laxative, infection, female tonic, vermifuge and other cleansing formulas.**
- **Often used as major constituent of poultices.**
- **Known well for treating kidney and bladder infections. It soothes the urinary tract, however the polysaccharides are not absorbed from the digestive tract.**
- **Popular expectorant for the respiratory system.**
- **Can be used topically as a decoction to soothe the throat since the mucilage is not absorbed by the digestive tract.**
- **Fosters the yin. Provides moisture. Lenifies dryness and Clears heat.**
- **Promotes Expectoration and Urination**
- **Activates Immunity. Restrains infection and putrefaction. Reduces Inflammation and clears toxins.**
- **Softens boils and draws pus.**
- **Promotes tissue repair.**
- **Mollifies and comforts the sinews**
- **Promotes Lactation**
- **High in lime and calcium**
- **Root is high in oxygen and pectin**
- **Powdered or crushed fresh roots make first rate poultice**
- **Leaves are excellent as a fomentation for inflammation**
- **Its power in the decoction form for arresting mortification or putrefaction has been so great that it has been popularly called "mortification root"**
- **One of the best mucilage agents, giving off about 35% each of the vegetable mucus and starch**
- **NOTE: the non-absorbable polysaccharides coat the mucous membranes of the digestive tract and absorb toxins from the digestive tract. They have no demulcent effect on the urinary or respiratory tract since they are not absorbed. Another source says the powdered root is very absorbent???**
- **Soothing and healing to the mucous membrane and agreeable to the taste**
- **Used in pharmacies to harden pills, troches, electuaries**

**DEMULCENT emollient mucilage nutritive vulnerary laxative diuretic protective.**

**Meridians:** **Lung, Stomach, Colon, Bladder meridians**

## Pharmacology/Actions:

**Effects are due to its content of mucilage which forms a protective layer on mucous membranes or skin, soothing irritation and inflammation.**
**When powdered root is applied to moist surfaces, it will draw and absorb all moisture**

## Indications:

* **Very soothing and healing to the inflamed respiratory, alimentary, intestinal, genito-urinary areas**
* **Diuretic and demulcent qualities are useful for urinary complaints because it has no astringent action and is somewhat relaxing**

## Other Uses:

**Gastro-enteritis, peptic and duodenal ulceration, common and ulcerative colitis, enteritis.**
**Cough, pharyngitis, laryngitis, pulmonary complaints (chronic, acute), bronchitis, colds, hoarseness, catarrh, pneumonia,**
**Diabetes, gout**
**Renal hemorrhage, gravel, kidney and bladder inflammation, Cystitis, all kidney diseases, Bright's disease**
**Vaginal irritation, vaginal douche**
**Diarrhea, dysentery, chronic constipation, rectal irritation (enema)**
**Inflammation (organ or surfaces), burns (fire, acid); inflamed or swollen joints or muscles, inflamed or sore eyes, skin eruptions, psoriasis**
**Infections, burns (fire, acid), sores, abscesses, gum boils**
**Malnutrition, rickets**
**Weak digestion**
**Strangury rectal irritation (enema)**
**Mastitis**
**Neuralgia.**
**Topically: mouthwash or gargle for inflammation of mouth and pharynx; as poultice or ointment/cream in furunculosis, eczema and dermatitis.**

*** Fosters yin, provides moisture, lenifies dryness, clears heat; promotes expectoration and urination**
- **lung dryness: headache, dry mouth, nose and throat, tickling dry cough**
- **whooping cough, pneumonia**
- **lung yin deficiency: dry unproductive cough or with blood-tinged sticky sputum, night sweats**
- **pleurisy**
- **stomach & intestines dryness: abdominal distention with lumpy sensation, hunger without eating, constipation**
- **gastritis, hiatus hernia**
- **stomach fire: great appetite, fetid breath, swollen painful gums**
- **gastric & duodenal ulcers due to hyperacidity**
- **nephritis, kidney colic**

*** Activates immunity, restrains infection and putrefaction, reduces inflammation and clears toxins; softens boils and draws pus, promotes tissue repair**
- **intestines damp heat: urgent burning passing of fetid stool with blood and mucous; enteritis, dysentery**
- **bladder damp heat: frequent painful urination, dry mouth:**
- **mucous cystitis, urethritis**
- **general bladder irritation**
- **urinary gravel & stones**
- **skin damp heat: boils, furuncles; insect stings**
- **chronic local infection & putrefaction: of mouth, throat**
- **slow healing wounds, ulcers, abscesses, gangrene**
- **breast lumps or swelling, mastitis**
- **dry skin eruptions, cuts, burns**

*** Mollifies and comforts the sinews**
- **bruises, sprains, aches or stiffness in muscles and tendons**

*** Promotes lactation if insufficient breast milk**

## Sister Plants

**Malva or Low Malva (Malva rotundifolia)**
- **called "marshmallow" in many parts and is medicinally similar, but it does not yield as much mucilage, about 1/2 as much as marshmallow**
- **biennial, procumbent (prostrate) and has spreading stems**
- **leaves are arbicular up to 3 1/5 inches broad, cordate (heart-shaped), 5-7 lobed, less pubescent (hairy), and on petioles up to 8" in length.**

**High Mallow/Blue Mallow (Malva sylvestris)**
- **medicinally similar to marshmallow (althea off), less though plentiful mucilage**
- **biennial**
- **stem erect, 3' high**
- **leaves orbicular, reniform (kidney shaped), cordate (heart shaped), 4 - 4 2/5" long, 6-8" broad, 3-7 lobed, petioles up to 4" in length, pale, crenate-dentate, and pubescent (hairy)**

**Hollyhock (althea rosea)**
- **similar medicinal properties**

**Cotton (Gossypium herbaceum)**
- **root, hairs and oil are useful in place of ergot, a parturient to hasten female problems, uterine tumors and hemorrhages**

## Dosage: (daily)

**Decoction: 1 teacupful, 3 times daily (regular)**
**Fluid extract: 1/2 - 2 tsp**
**Infusion: 1 teacupful 3-4 times daily**
**Powder: 2 #00 capsules each hour till pain leaves, then decrease as needed**
**Syrup: (root) 1/2 - 2 drams (teaspoonfuls)**
**Tincture: 1/2 - 1 tsp (20-50 drops TID)**
**British Pharm:**
- **2-5 g dried root (or as cold infusion) 3 times daily**
- **5-15 ml tincture (1:15, 25% ethanol) 3 times daily**
- **2-10 ml syrup 3 times daily**
- **5-10% preparations in an ointment or cream**

## Preparation:

**Decoction, fluid extract, infusion, syrup, powder and tincture.**
**Ideal preparation is a cold maceration for several hours eg. overnight in a fridge.**
**The tincture is mainly applicable for immunity, infections, inflammations, pus, gravel stones, lumps, eruptions, intestine and bladder damp heat.**
**Both tincture and cold maceration can be used externally in douches, washes, poultices.**
**Ointments popular in the 1820's were used for mellowing stiff or painful sinews, can be combined with asparagus root or chickweed for this purpose.**
**May be used for enemas with addition of other cool astringent herbs.**
**Use as syrup for lung remedies.**
**Only when used as a gargle should you decoct Marshmallow in the normal way as its starch is beneficial here.**

## Administration:

**<u>Oral</u>**
**Pulmonary complaints: combine with other expectorant and demulcent remedies**
**Hemorrhage of the urinary organs, diarrhea, dysentery, and mother's lacteal enrichment: boil powdered root in milk and drink freely.**
**Spasmodic asthma: use whooping cough formula, adding 1/2 oz lobelia herb with slightly more water added; but finishing with 1 pint of liquor in the preparation**
**Whooping cough: see formulas**

**Skin**

**Inflamed or sore eyes: infuse marshmallow leaves and bathe eyes frequently (in severe cases, bind saturated cotton on loosely and apply, leave on for 15 minutes and then make a fresh application)**

**Obstinate inflammation and threatened mortification (gangrene): apply a poultice of the powdered or fresh crushed roots on the affected area as hot as possible and renew it before it dries. The poultice will be more effective with the addition of slippery elm.**

**Eyewash for inflammation: see formulas**

**Gathered breasts (mastitis), gum-boil and neuralgia: see formulas.**

## Congenial Combinations:

**Adding slippery elm will accentuate the healing action.**

## Decoction of Marshmallow Root:

**2 oz marshmallow root, cut or granulated**

**3 pints distilled water**

**Soak herb for 1 hour in the water, bring to a boil and simmer slowly down to 1 1/2 pints; strain, press and bottle. Take 1 teacupful 3 times daily (warm), sweeten to taste if desired.**

## Marshmallow ointment

**8 oz marshmallow leaves, fresh**

**8 oz elder flowers fresh**

**1 pound leaf lard**

**1 1/2 pd beeswax**

**Bruise herbs and place them with the lard and beeswax into an appropriate vessel; cover, simmer in oven (150F) until herbs are crisp. Strain through wire strainer and stir until cold. If stronger salve is required, place second batch of herbs into the products and simmer as before. etc.**

**This salve will cleanse, digest and heal sores, wounds, ulcers etc.**

# Contraindications:

**May interfere with mypoglycemic therapy**

**Absorption of oral drugs may be delayed**

## Note from Holmes:

**There are two types of demulcents: one that is also nutritive and deals with chronic deficient conditions such as Iceland Moss, Irish moss, Comfrey, Slippery elm and Purslane; and the other that is a demulcent pure and simple which is Marshmallow. The first also tends to restore the blood, nourish and engender the fluids while the other simply moistens and soothes by its sheer substance.**

**Because of their moistening, soothing, slowing and calming presence, the mallows are needed in conditions of gastric and intestinal dryness, inflammation and hyperactivity. Their presence in the gut even goes so far as to evoke sympathetic reactions in the lungs and bladder: hence the same effects obtained in conditions such as lung dryness or yin deficiency and bladder damp heat and general irritation.**

**Marshmallow is a remedy for acute conditions were pain, irritation and redness present on skin or mucosa. In chronic conditions of this type, and in full heat syndromes, other remedies are appropriate: nevertheless, in these a good emollient influence such as this is often needed for the underlying support.**

# SLIPPERY ELM

**(Ulmus fulva)**

**Family: ULMACEAE (elm)**



**Common names:** **Slippery elm, red elm, elm bark, moose elm, Indian elm, rock elm, sweet elm, American elm; Cortex Ulmi Interior (Br), Ecorce d'Orme (fauve) (Fr), Ulmenrinde, Ruesterrinde (Fer) and Olmo (Span)**

## ID

- **stem is large tree 50-60' high, 1-4' thick reddish-brown bark and wood. Bark deeply furrowed, rough, scaly. Innermost layer next to wood is buff white, touch and fibrous texture and mealy fracture. Branches and twigs are rough, grayish and hairy. Powder: light brown.**
- **leaves large, 4-8" long, 2-3" broad, oblong, rough both sides, deep yellowish, olive green above, buds covered with a dense russet down**
- **flowers small in March-April, attached at base, no stalk or petiole in cluster**
- **fruit is long, flat, broadly oblong, 1/2-3/4 inch long, 1 celled, yellow wing, silky with short fulvous (dull yellow) hairs, ripening in spring at intervals of 2-4 years.**
- **taste is slimy or mucilaginous**
- **odor is strong**

## Part Used: inner bark

**HISTORY** **Slippery elm has a long history of use as an herbal medicine; it is still listed as an official drug in the United States Pharmacopoeia and is also sanctioned as an over-the –counter drug. It is one of nature's best demulcents, its effectiveness proven through eons of use. It contains mucilage cells, starch, tannin and calcium oxalate. These constituents penetrate and cover exposed irritated surfaces, aiding in the healing process. Having an emollient action, it tends to soften and relax inflamed tissues and is specific for inflamed conditions of mucous membranes of the bowels, stomach, throat, and kidney.**

## Growing:

**Deciduous tree native to Central, Eastern and Southern United States and Canada. Excellent shade tree, Slippery elm prefers part shade to sun and good water, drainage, and a limestone soil. Seed from the new harvest is sown in the early summer. Grows extensively in North and South America and it flourishes in high open places and in firm, dry soil.**

**Though slippery elm is still susceptible to Dutch elm disease, it remains healthy and usable for the first several years of its life. Thick young stands of trees could be thinned and used as medicine, while older, more disease-susceptible trees could be used for building and firewood.**

**Slippery elm seeds may be sown as is in their normal cycle in the spring of the year, in an 18-inch raised peat moss soil and sand bed. The beds may need wire top for protection of the young seeds and seedlings. You can expect a 10 to 25 percent germination rate. Transplant the trees into tree tubes within the first month of germination (the soil should be well drained potting soil). They may be field planted after a year or two, depending in the size of your chosen tree tube. Always keep the tree watered during drought, and routinely check for insect predation and signs of fertilization needs.**

## Collection:

- **recommended that the 10 year old bark be used**
- **best quality of slippery elm bark can be folded lengthwise without breaking, while inferior grades are brittle**
- **bark should be collected in the spring and the epidermis should be removed and dried.**

## Drying and Preservation

**Powder should be greyish or fawn colored. The dark reddish powder should be rejected.**

## Sister Plants:

**English elm or European elm (Ulmus campestris)**

- **thinner bark, cinnamon color, mucilaginous, bitterish, astringent with similar therapeutic properties and uses.**

**Black elm (Ulmus effusa)**

- **bark is therapeutically very similar**

## Therapeutic action:

| | | |
|---|---|---|
| **Emollient** | **DEMULCENT** | **pectoral** |
| **nutritive** | **expectorant** | **diuretic** |

**slightly astringent and tonic**

**- possesses an abundant mucilage which will soothe, disperse inflammation, draw out impurities, heal rapidly, and greatly strengthen**
**- its esp. soothing and healing to irritated and inflamed surfaces, various mucous membranes internally or wounds, burns, chapped skin etc.**
**- externally it is good for inflammatory conditions to the stomach, lungs, intestines and urinary organs**
**- powder made into a mucilage beverage or gruel is bland and nutritive food for babies, elderly or convalescents (possesses as much nutrition as oatmeal and is an excellent sustaining food)**
**- gruel is a valuable remedy in all cases of weaknesses, pulmonary complaints, stomach inflammation, lung hemorrhage etc.**
**- considered one of nature's finest demulcents**
**- esp efficient in absorbing noxious gases and neutralizing any acidity in the stomach. Because of its mucilaginous nature, it insures easy passage during the processes of assimilation and elimination.**
**- it is so gentle that it can be retained by delicate stomachs when other substances will be rejected**
**- as a poultice it is one of the greatest remedies in soothing injured or inflamed parts which also provides the elements for speedy healing and strengthening of the tissue.**

## Medicinal Uses:

**- consumption or tuberculosis, asthma, bronchitis, pneumonia, gastritis, nephritis, gastric ulcers, phloric inflammation or ulceration, croup, coughs, pleurisy, sore throat**
**- calculi**
**- scalding urine, inflammation of bowels, diarrhea, dysentery**
**- diphtheria**
**- skin eruptions, sores, boils, carbuncles, abscesses, wounds, burns, poison ivy**
**- ulcerated stomach, stomach weakness**
**- chilblains**
**- purulent ophthalmia diarrhea**
**- female problems, leukorrhea, vaginal irritation**
**- tumors**

## Preparation:

**Decoction, infusion, mucilage, powder, pessaries and suppositories, tincture.**

## Dosage:

**Decoction: 1 wineglassful 3-4 times daily**
**Infusion: 1 teacupful 3-4 times daily**
**Mucilage or Gruel: 1/2 - 1 pint (warm) 1-3 times or more often if needed**
**Powder: 1 teaspoonful or more in capsule 3 times or more per day.**

## Administration:

**Anal**

**Inflammation of bowels: infuse 1 oz powdered bark in 1 pint boiling hot water (pour water slowly over the bark while stirring) and allow it to stand until the proper injection temperature is reached. Strain off clear liquid and inject into the bowels.**

**Oral**

**Asthma, bronchitis, chronic cough (esp. whooping cough), lung trouble, cystitis, catarrh of bladder, poison ivy, burns, TB: see formulas under "Asthma"**

**Heart burn or sore throat: chew the bark**

**Tuberculosis: see formula**

**Ulcerated stomach: use slippery elm gruel**

**Weak stomach and vomiting, pneumonia,nephritis, inflammation, ulceration: gruel of slippery elm**

**Soothing nutritive for weaning babies: boil small portion or lump of whole slippery elm bark, pour off clear liquid and sweeten.**

**Skin**

**Drawing and healing poultice (inflamed surfaces, ulcer, wounds, burns, boils, skin diseases, purulent ophthalmia, chilblains): Add water to powder to make an application of due consistence (use alone or in combination with other healing agents discussed) and place on affected part. Stripping the bark straight from the tree and binding the inner side to a bad wound will work.**

**Poison ivy and burns: apply asthma remedy formula as a fomentation locally to the affected parts and allow to remain 1 hour. Wash off with biodegradable soapy water and rinse. Reapply until all itch and symptoms disappear.**

**Skin eruptions and sores: wash with slippery elm tea**

**Boils, carbuncles, abscesses: see slippery elm poultice**

**Vaginal**

**Pessaries, an suppositories (bases) easily made from powdered bark when moistened to a due consistency.**

**Female genito-urinary organs, inflammation of vagina, ovaries, inflammation, uterine weakness, puritis, leuckorrhea, growths, tumors: use slippery elm pack formula.**

**Slippery elm mucilage #1**

**6 grams slippery elm, bruised**

**3 fluid oz water**

**Place herb into boiling water, cover well, keep on low heat 1 hour. Strain through a wire strainer. Use alone or for emulsions and mixtures.**

**Slippery elm mucilage #2 (for mucous membranes of stomach and intestines)**

**1 tsp Slippery elm powder**

**1 pint distilled water**

**Mix slippery elm with sufficient cold water to make a smooth paste. When thoroughly mixed, pour over the boiling hot water while stirring steadily and flavor with cinnamon, nutmeg, lemon rind, either grated or oil.**

**Dosage: 1/2 pint (warm) 1-4 times daily.**

**Slippery elm gruel (strengthening soothing and healing of inflamed surfaces)**

**1 1/2 tsp slippery elm powder**

**1/2 pint raw milk**

**1 tsp honey**

**dash cinnamon or nutmeg powdered.**

**Make paste out of slippery elm and honey (press out the lumps), bring milk to boil, stir in slippery elm mixture as the milk reaches boiling point. Remove from heat and stir 5-10 seconds, adding cinnamon or nutmeg. Dosage: drink warm 1/2 - 1 pint 1-3 times daily.**

**Slippery elm poultice**

**Mix slippery elm powder into a proper consistency with hot or boiling water (amount of powder used would vary with the area to be covered, but a sufficient amount should be used to make a fairly thick covering) and apply as hot as is convenient. Change as often as required, or from every 3 hours to 2 times daily. For an obstinate boil or any other external problems: Add 1 part lobelia powder to 3 parts slippery elm powder, which will relax affected are and hasten suppuration.**

# HOREHOUND

**(Botanical name: Marubium vulgare)**

**Pharm. Family: LABIATAE ( mint/deadnettle)**




**Common names**: **Horehound, hoarhound, white horehound, common horehound, marubium and marrubio (Span). Genus Marrubium is thought to be derived from "marrob", the Hebrew word for "bitter juice".**

**Mint Family**

**Part Used: Herb**

## ID:

- **stem square, covered with white and woolly hair, spreading branches, numerous stems 1-2' high, bushy, leafy**
- **leaves heart shapes, roundish ovate, opposite 3/5 - 2" long, coarsely crenate, crinkly, gray-green, blunt-toothed, rough, powder petioled, upper sessile, white downy hairs**
- **flowers small whitish or cream-colored, tubular, in dense axillary whorls just above upper leaves, 10 toothed, calyx-erect-spreading and pungent**
- **root fibrous, shot rootstock and exudes persistent bitter acid**
- **taste is aromatic, bitter, but pleasant**
- **odor is characteristic (distinct)**

**Taste: bitter, a bit pungent & salty**

**Temperature: cool**

**Moisture: dry**

**Constituents: essential oil (pinene, limonene, camphene), diterpene alcohols (Marrubinol, marriciol, silareol), sterols, saponins, bitter lactone, alkaloids (betonicine, stachydine), tannin, mucilage, bitter principle (marrubin), and vit. C.**

## Growing:

- **perennial**
- **native of Europe, naturalized to U.S., has spread rapidly almost throughout entire country through its abundant seeding and spreading of roots.**
- **grows on dry, sandy fields, waste places, roadsides**
- **flowers from June - Sept.**
- **best to start horehound from seed.**

## Collection:

- **gather leaves and small stems in May before plants bloom.**

## Sister plants:

**Black horehound (Ballota nigrum)**

- herb with similar uses as horehound or white horehound
- some herbalists claim it is superior for gravel or amenorrhea, menorrhagia, dysmenorrhea, dropsy, cough, hoarseness, bronchitis, consumption, stomach weakness, biliousness, bilious colic, vomiting, sour stomach, tonic to mucous membranes and as a corrective for acrid discharges
- for lung and respiratory complains combine with agents such as marshmallow, hyssop, lobelia, elecampane
- for parturition, toning up the uterine membranes, and re-establishing equilibrium to the parts, combine with motherwort.

# Areas affected:

**Lungs, heart, kidneys, liver, stomach, uterus**

## Therapeutics:

| | | |
|---|---|---|
| EXPECTORANT | tonic | stomachic |
| diaphoretic | bitter | slightly diuretic |
| emmenagogue | pectoral | aromatic |
| hepatic | resolvent | stimulant |
| cathartic (large doses) | anthelmintic (vermifuge) | culinary. |

## Actions:

- popular herbal remedy for respiratory system
- most frequently for throat in lozenge or cough drop form
- effective for all PULMONARY complaints as an expectorant, tonic and diaphoretic. It is a strong, cool, stimulating expectorant and for congestive bronchial conditions of acute and chronic therefore useful in hot lung patterns ie. acute or chronic infections esp. with unproductive coughing. Combines action of relaxing smooth muscles of the bronchus while promoting mucus production.
- Has relaxing effect on heart tissue, used as circulatory tonic to help lower blood pressure.
- as mild diaphoretic, horehound promotes profuse perspiration and relieves hyperemic conditions of lungs and other congestions by promoting a gentle outward flow of the blood.
- it has been highly valued as a soothing expectorant for at least 350 years.
- as an emmenagogue agent, in case of abnormal absence or suppression of menstrual discharge, it will regulate flow and in parturition, will assist expulsion of after-birth.
- taken in large doses it is laxative and will expel worms
- acts on hormonal system and will normalize heavy or scanty menstruation.

## Indications:

- BRONCHITIS
- hoarseness, coughs, asthma, pulmonary troubles, chest colds, croup, congestion, chronic sore throat, tuberculosis, dyspnea or difficult breathing, pneumonia, cachexia and catarrh
- amenorrhea,suppressed urine, constipation
- colic, stomach ache, chronic hepatitis
- intermittent fever, chronic rheumatism, phthisis

## Functions/uses:

* stimulates lungs, expels phlegm and relieves coughing; clears heat, restrains infection, resolves fever; benefits throat
  - lung wind heat: swollen sore throat, full cough with fetid sputum, thick nasal discharge, some fever
  - catarrhal head colds
  - lung phlegm heat-damp: asthmatic breathing, copious white or yellow phlegm, full cough, possible sore throat
  - chronic & acute bronchitis, laryngitis etc.
  - lung TB
  - typhoid fever
  - chronic cough, hoarseness

*** relaxes heart**
- **heart qi constraint: nervousness, unrest, palpitations**

*** promotes cleansing, clears toxins and drains plethora; dredges kidneys, promotes and harmonizes urination and menstruation**
- **general plethora: obesity, cellulite, spleen & liver hardening**
- **difficult painful, urgent urination**
- **urinary infection**
- **uterus qi stagnation: delayed, scanty clotted menstruation, PMS**
- **retained placenta**

*** restores liver and stomach/spleen, awakens appetite and creates strength**
- **liver and stomach qi deficiency: slow, painful digestion, constipation, jaundice**
- **spleen qi deficiency: no appetite, fatigue**
- **anemia**

*** promotes tissue repair**
- **wounds, running sores, bites, ulcers, scabs**

## Contra-indication:

**In cold and deficiency kidney conditions, esp. Kidney Yang deficiency**

## Preparation:

**Concentrate, fluid extract, infusion, powder, solid extract, syrup, tincture.**
**Infusion or tincture work equally well. Taken warm or hot they promote sweating and expel phlegm. Taken cool they will promote urination, stop sweating an discharge.**
**Cold infusion helps some forms of dyspepsia.**
**Hot infusion of tincture more effective when combined with other agents.**

## Dosage (daily):

**Concentrate: 1/2 - 1 dram (tsp)**
**Fluid Extract: 1/2 - 1 fluid dram (tsp)**
**Infusion: 1 wineglassful 3-4 times daily**
**Powder: 1/4 - 1/2 dram**
**Solid Extract: 5-15 grains**
**Syrup: 1/2 - 1 tsp**
**Tincture: 10-60 minims (1/6 - 1 tsp)**
**Smaller than average doses stimulate spleen and liver qi in deficient conditions. Standard doses work esp. on lungs. Large doses tend to cause vomiting.**

## Administration:

**<u>Oral</u>**
**Children's cough, croup, chest colds: make syrup of infusion or concentrate etc. and honey, as much as desired, or take warm infusion freely**
**Obstructed menstrual flow (from recent cold): use warm infusion with little ginger sweetened with honey**
**Laxative: take in larger doses**
**Dyspepsia, jaundice, asthma, hysteria, expelling of worms: take cold**
**Asthma, dyspnea or difficult breathing: use horehound syrup**

**<u>HOREHOUND CANDY</u>**
**2 oz horehound herb dried**
**1 1/2 pints distilled water**
**3 1/2 pounds yellow D sugar**
**Make a decoction of the herb by simmering down to 1 pint, add sugar, simmer down to a due consistency of hardness, stirring occasionally. Pour into an appropriate greased and flattened vessel. Mark into sticks or squares with a knife as it becomes hard enough to retain its shape. Give as needed.**

# WILD CHERRY

**(Prunus virginiana; P. serotina; P. rubra; P. obova; Cerasus serotina; C. virginiana)**

**Pharm. Family: ROSACEAE (rose)**







**Bbark is square shaped scales** **The serotina species grows well in Canada, especially in southern Ontario.**

**Common Names:** **Wild cherry bark, choke cherry, rumcherry, wild black cherry, black cherry, mountain black cherry, Virginia plois, black choke, rum cherry, cabinet cherry, whiskey cherry, Pruni Virginiane Cortex, Virginian Prune Bark (Br), Ecorce de Cerisier de Virginie(Fr), and Wildkirschenrinde(Ger)**

## ID

**Stem- lg tree 30'80' high (P. serotina) or 8'10' high (P. virginiana or choke cherry). Young tree branches hard, blossomy, greenish brown or purple. Older tress are rust brown. Bark transversely elongated lenticles, light brown inner surface with delicate netted striations. Powder: lt. brown, fragments of yellow brown cork and stone cells.**

**Leaves: thick ova 2-5" long, smooth. Choke cherry leaves are more sharply toothed.**

**Flowers: small, white clusters at ends of leafy branches, somewhat drooping.**

**Fruit: dark purple, black (P. serotina); dark red or crimson (P. virginiana or choke), pea size, gobular, pulpy, sweet, astringent taste that puckers mouth. Ripens Aug-Sept.**

**Taste: Astringent, aromatic, agreeable bitter.**

**Odor: resembles bitter almond when macerated in water.**

**Part used:** **dried inner bark.**

**Sister plants:**

**Cherry**

- **fruit and bark**
- **pulmonary complaints, cough, bronchitis, t.b., heart troubles, stomach troubles, dyspepsia, fever, high blood pressure**

**Congenial combinations:**

**Wild cherry combines well with alimentary stimulants such as Virginia snake root and cascari (Croton eleuteria).**

## Growing:

- **perennial**
- **ranges generally through U.S., and Canada growing in woods and open places**
- **P. serotina grows in fertile soil in fields, woods, along fences and seldom in clusters (the wood is valuable for furniture, being hard, red, fine-grained and easily polished).**

**Collection:** **Collect in autumn. Immediately rossed (deprived of the outside layer and exposing green phelloderm) Select young, thin bark; very large or small branches should be rejected. Be sure bark is rossed and not mixed with old stems.**

**Drying and preservation:**

- **bark should be kept dry and in tightly-closed containers. Inner bark of root deteriorates very rapidly so it must be used freshly dried.**

**HISTORY: Prunus Serotina: The Black Cherry was one of the first trees introduced into North America in 1629. The inner bark and leaves were used by early settlers to make tonics, cough syrups and sedatives. The wood was once very popular in making furniture and has thus become scarce. With the exception of the cherry flesh, all other parts of this tree contain hydrocyanic acid and should be avoided as leaves have poisoned cattle and children have even died from chewing on the twigs. The fruits of the Black Cherry are a food source for birds and many mammals.**

## Therapeutic action:

| | | |
|---|---|---|
| **EXPECTORANT** | **tonic** | **astringent** |
| **pectoral** | **nervine** | **sedative** |
| **aromatic** | **bitter** | **stimulant to digestive tract.** |

**- excellent tonic for convalescence**
**- valuable remedy for all catarrhal affections**
**- tonic action is mild, soothing, slightly astringent to mucous membranes (esp. those of respiratory organs and alvine canal)**
**- has a volatile oil (similar to cascarilla, Virginia snake root etc) which acts as a local stimulant in the alimentary canal which increases the appetite and aids in digestion**
**- when prepared in cold water, yields hydrocyanic acid to solution which acts as nervine sedative, quieting nervousness, irritability and relieving heart excitement.**

## Medicinal Uses:

**- cough, consumption, bronchitis, catarrh, whooping cough, colds, asthma**
**- nervous excitement, palpitation, spasms, high blood pressure**
**- conditions of digestive organs (weakened stomach) and bowels, dyspepsia, diarrhea in children**
**- hectiphthisis, ophthalmia (inflammation of the eye)**

## Preparation:

**- decoction, fluid extract, infusion (volatile oil), powder, solid extract, syrup, tincture.**
**- The dried inner bark is used from all portions of the tree, but that from the root is the strongest in potency (as it deteriorates very rapidly, only the freshly-dried part should be used).**

## Dosage:

**Decoction: 1 wineglassful 3-4 times daily between meals**
**Fluid Extract: 1/2 - dram (tsp)**
**Infusion: 1 teacupful 3-4 times daily between meals**
**Powder: 1/4 - 1/2 dram**
**Solid Extract: 1-4 grains**
**Syrup 1/2 - 2 tsp**
**Tincture: 1/2 - 1 tsp**

## Administration

**Oral:**
**Cough: syrup form is soothing, beneficial in loosening phlegm, lessening irritability to membranes, quieting nerves.**
**Nervine sedative: lg. doses will decrease action of the heart. It is best to combine a diffuse stimulant such as ginger.**
**Hectic fevers: use warm infusion (it is much inferior to Peruvian bark)**
**Skin**
**Ophthalmia or inflammation of eyes: cold infusion**

**Decoction of wild cherry bark:**
**2 oz wild cherry bark cut (Prunus virginiana; P. serotina)**
**12 oz distilled water**
**Soak bark 6 hours in cold water. Bring to a boil, simmer 30 min. Strain, cool, bottle, keep in a cool place. Dosage: 1 wineglassful 3-4 times daily.**

# ELECAMPANE

## (Inula helenium)

**Family: COMPOSITAE (aster)**



**Common names:** Elecampane, scabwort, elf dock, yellow starwort, wild sunflower, horse heal, velvet dock, Aunee(Fr), Alantwurzel(Ger), enula campana, and helopia (Span)

**Parts Used**: Rhizome and root

**Taste:** bitter and pungent, acrid. Warm. Dry

## ID

- stem is thick, sold, burrowed, downy above, 2-6' high, usually unbranches, similar appearance to horseradish
- leaves are larage, 10-18" long, 4-8" broad, ovate, alternate, dark green above, saw edged, rough above, pubescent wooly beneath, fleshy midrib
- flowers are large, usually solitary 2-4" across, brilliant golden yellow on long stems
- root is thizome with roots, similar in color and appearance to belladonna, grayish-brown, hard, up to 3" long, 1 3/5" thick, longitudinally wrinkled (horny) with occasional buds or stem-scars, short fracture, internally light brown, many oleoresin canals, fibrinous near cambium zone, roots cylindrical, tapering, curved, curled, up to 5 1/5" long, 3/5" thick, radiant transverse structure and numerous dark cells. Powder: light brown
- aromatic and camphoraceous
- when it first grows out of the ground, it closely resembles comfrey but as it grows, it looks quite different and grows very tall and erect whereas comfrey is more bushy and when fully grown, falls over.

## Growth:

- perennial
- easy to grow in Medicine Hat
- found mostly from Nova Scotia to Carolinas, and westward to Minnesota and Missouri
- is common in Europe
- grows in pastures, along roadsides, and blossoms from July-Sept.

## Sister Plants:

Fleawort (pulicaria dysenterica)

- its properties and uses are similar to elecampane and is common in Europe

**Carline Thistle (carlina acaulis)**

- **properties and uses similar to elecampane**
- **typhoid, impotence, amenorrhea, paralysis of tongue**
- **common in Europe**

## Constituents:

**40% inulin.**
**bitters, triterpenes, ess. oil helenin (incl. camphor), alkaloid, helinin, synanthrose, inulic acid, bitter resin, sodium, calcium, magnesium**

## Therapeutics:

**EXPECTORANT**
**diaphoretic**
**diuretic**
**antiseptic**
**stomachic**
**emmenagogue**
**antiscorbutic**
**vulnerary**
**emetic (lg doses)**
**carminative**
**tonic**
**alterative**
**astringent**
**gently stimulant**
**antispasmodic**
**antiasthmatic**
**anti-venomous**

## Organs Affected:

**Lungs, stomach, spleen, pancreas, liver, bladder, kidneys, uterus, nerves.**

## Meridians: Lung, Spleen, Lliver, Triple Heater.

## Actions:

- **beneficial to all pulmonary and catarrhal affections**
- **its sodium phosphate cleans the liver and digestive organs**
- **the potassium chloride dissolves the fibrinous exudations and mucoid matter and its calcium chlorine supports, feeds and hones the heart muscles**
- **a stimulant, a relaxant and a tonic to the mucous membrane (a warming, strengthening, cleansing and toning agent to the gastric, alvine and pulmonary membranes**
- **because of its powerful healing action and efficient expectoration of pulmonary mucus, some herbalists have considered this agent specifically for consumption and pulmonary disorders.**
- **promptly cleared up old chronic diseases of the lungs and chest.**
- **the richest source of insulin (a carbohydrate)**
- **increases qi and replenishes deficiency; benefits hypothalamus, enhances immune potential, restores lungs,generates strength.**
- **strengthens and stimulates lungs, opens chest, relieves coughing, expels phlegm, expels parasites**
- **restores spleen/stomach and pancreas, creates astriction and dries mucous damp**
- **stimulates liver and uterus, dredges kidneys, clears stasis; promotes urination and menstruation, expels afterbirth.**
- **restrains infection, clears toxins, benefits skin, relieves pain**

## Indications:

**LUNG:**

- **cough, asthma, bronchitis, all pulmonary complaints, dyspepsia, acute catarrhal affection, tuberculosis, shortness of breath, wheezing, whooping cough, night sweats, dry unproductive cough, emacated appearance, TB, phlegm, full cough with coughing up white sputum, bronchial asthma**

**QI:**

- **tired, debility, daytime sweating; proneness to exogenous and endogenous illness, poor immune**

**HEART:**
- **palpitations worse on exertion, chronic coughing**

**SKIN:**
- **snake bites, skin diseases, putrid sores and cankers, rash (skin and face), damp sores, chronic ulcers, eczema, cankers, scabies, dermatosis**

**URINARY:**
- **cystitis, inflammations (all forms), dropsy, kidney and bladder stones, retention of urine, kidney problems**

**INFECTION:**
- **tooth decay, infections of lung, trachea, kidney and bladder (esp. chronic)**
- **diptheria**
- **delayed menstruation**
- **phthisis, vesical catarrh**
- **sluggish liver, bowel problems, ulcers**
- **malnutrition, rickets**
- **glandular insufficiency**
- **NERVE: nervous debility, nerve injury, wounds**
- **muscular weakness.**
- **low blood pressure**
- **autoimmune diseases of all kinds**

## Contraindications:

**This is a mild herb with minimal chronic toxicity.**
**Contraindicated in pregnancy being a uterine stimulation.**

## Congenial combinations:

**- root combines well with echinacea or black sampson root (Brauneria pallida)**
**- mandrake root combines well with elecampane root to increase the tonic qualities and make it slightly laxative.**

## Preparation:

**Decoction, fluid extract, powder and tincture.**

## Dosage: (daily)

**Decoction: 1 tbsp (between meals in an equal amount of water - 1 wineglasful 3-4 times daily**
**Fluid Extract: 1/2 - 1 tsp (30-60) minims)**
**Powder: 1/2 - 1 dram**
**Tincture: 1/2 - 1 tsp (fluid dram)**

## Administration:

**Elecampane is seldom given alone, but usually in a compound with medicines of a similar nature.**
**<u>Oral</u>**
**Chronic lung troubles: use decoction up to 1 teacupful made fresh each day, omitting glycerine. To increase tonic quality and to obtain a slight laxative action, add 1 tsp mandrake to dosage at the time of administration**
**Diaphoretic: make decoction without glycerine, while patient is well-covered in bed, administer as hot as can be taken in 1/2 teacupful doses until free perspiration is obtained.**
**Dyspepsia: Give in small and repeated doses.**
**Diphtheria: take general body nutritive formula internally and apply externally as a fomentation.**
**Malnutrition, rickets, glandular insufficiency, nervous disability, weakly children, poor digestive powers, muscular weakness, convalescense: give general body nutritive formula**
**Tooth decay: chew root (preserves teeth from putrefaction).**
**Tuberculosis: use decoction alone, or combine with black sampson (echinacea). General body nutritive formula can also be used.**

**Whooping cough: give the decoction of root alone, sweetened with honey or give general body nutritive formula.**
**Skin: For putrid sores, cankers, rash: apply agent externally as fomentation, poultice, ointment or wash.**

**<u>Decoction:</u>**
**2 oz Elecampane root, cut or powder**
**1 quart distilled water**
**4 oz glycerine**
**Soak root 2 hours in water and bring to a boil. Simmer slowly while closely covered for 30 minutes, strain and return the liquor to a clean vessel. Reduce to 3/4 pint, add the glycerine while hot and strain. Let cool, bottle, keep in a cool place. Take 1 tbsp (between meals in an equal amount of water) - 1 wineglassful, 3-4 times daily.**
**Note: Honey is a healing and soothing balm for all children (containing the medicinal nectar of flowers).**

# COMMON SPEEDWELL

## Botannical: Veronica Off., Veronica Beccabunga

**Family name: originally SCROPHYLARIACEAE (figwort/snapdragon), now referred to as PLANTAGINACEAE(plantain)**



Veronica Spica is sometimes sold in our nurseries



Veronica chamaedrys is a rarer species



Thyme Leaf Speedwell *Veronica serpyllifolia*

**In the past, the family of Scrophylariaceae(figwort) was treated as including about 275 genera and over 5,000 species, but its circumscription has been radically altered since numerous molecular phylogenies have shown the traditional broad circumscription to be grossly polyphyletic. Many genera have recently been transferred to other families within the Lamiales, notably Plantaginaceae and Orobanchaceae, but also several new families. Several families of the Lamiales have had their circumscriptions enlarged to accommodate genera transferred from the Scrophulariacae.**

**OTHER NAMES:** Gypsy weed, Brooklime, Groundhele, Pauls Betony

**PARTS USED:** whole plant

**FOUND:** The wild Speedwells can be tiny yard weeds and also found in ditches in early spring. It may cover large areas of ground, but is inconspicuous due to its small stature.

**DESCRIPTION:** Either blue flowers, or white flowers striped with blue. Speedwell flowers range from whitish blue with blue streaks to violet. They are small, crowded on spike-like racemes from axils of leaves, often from alternate axils. Calyx 4-parted; corolla of 4 lobes, lower lobe commonly narrowest ; 2 divergent stamens inserted at base and on either side of upper corolla lobe ; a knob-like stigma on solitary pistil. Stem: From 3 to 10 in. long, hairy, often prostrate, and rooting at joints. Leaves: Opposite, oblong, obtuse, saw-edged, narrowed at base. Ivy Leaf Speedwell is has three lobed leaves with fine hairs.
Fruit: Compressed heart-shaped capsule, containing numerous flat seeds.
Distribution - From Michigan and Tennessee eastward, also from Ontario to Nova Scotia. Probably an immigrant from Europe and Asia.

**GROWING:** Speedwells are common yard weeds that can become invasive, and are often grown as ground cover. They thrive in poor damp soil. Most speedwells are annuals and grow easily from seeds from the previous year's flowers. You can often purchase them from local greenhouses.

## HISTORY

The name speedwell comes from an old meaning of the word speed, "thrive." The scientific term Veronica goes back some 500 years and is apparently connected with the name of the legendary Veronica, who is said to have wiped the face of Jesus as He went to Calvary. It is possible that the genus Veronica was named after her because the flowers supposedly resemble the markings left on the cloth with which she wiped Jesus' face.

The Common Speedwell is a native of the Old World, but is abundantly naturalized in the eastern United States, where it grows in open, grassy places.

**It has been used as a tonic, used in cough, catarrh, asthma, lung diseases, kidney ailments, rheumatism, jaundice, promotes sweating, urination, and menses, and for skin diseases. Primarily now used as an expectorant in respiratory problems. Used for stomach ailments, migraine headaches, and as a gargle for mouth and sore throat sores. The fresh juice has been taken in large quantities for gout, and it can be used externally to relieve chronic skin problems.**

## TASTE: pungent

## CONSTITUENTS:

| | | | |
|---|---|---|---|
| **Essential Oil** | **Hydrocarbons** | **Iridoid** | **Phenolic acid** |
| **Phytosterol** | **Sulfur** | | |

## THERAPEUTICS:

| | | | |
|---|---|---|---|
| **Alterative** | **Antiscorbutic(for skin)** | **Blood Purifier** | **EXPECTORANT** |
| **Diuretic** | **Laxative-simple** | **Stomachic** | **Astringent** |
| **Diaphoretic** | **Tonic** | | |

## USED FOR:

- **Expectorant for respiratory problems (boil flowering tops and make infusion, drink hot 2X/day)**
- **Gargle for mouth and sore throat (Steep 2 Tbsp in half cup boiling water 10 min., strain and gargle when lukewarm 2-3 times a day. Can also drink fresh juice 3-4 times a day**
- **Skin problems (apply fresh juice to skin)**
- **Anorexia**
- **Burns**
- **Eczema (make tea from flowering tops, use as wash for skin)**
- **Gout (drink fresh juice 3-4 times a day**
- **Often taken medically as tea or capsule. Can be eaten raw in salads, added to soups.**

### SPEEDWELL TEA

**Use 1-2 tsp. of dried herb per cup of hot water. Speedwell can also be used in skin preparations such as lotions or herbal salves.**

## CAUTION:

**Avoid during pregnancy and breast feeding just to be on the safe side.**