TONICS

BARBERRY	**OREGON GRAPE**	**GOLDENSEAL**
BLESSED THISTLE	**MEADOWSWEET**	**CENTAURY**

Other Peruvian Bark(Peru), Myrrh (Africa, Somalia)

Tonics increase body tone. They act primarily on the digestive system, benefiting the entire physiology. All organs acting in conjunction with the stomach can be directly influenced by the use of tonics. There are stimulating tonics and relaxing tonics. We concentrate primarily on stimulating tonics. The primary purpose of tonics is to restore strength, particularly to the digestive system, for the health of the entire body depends upon adequate functioning of this group of organs.

The bowel must be clean for the tonics to function properly. Tonics are used in convalescence or where the patient's vitality has been diminished by disease. The tonic should not be used freely until the patient has passed through the acute stages of illness. Tonics are slow acting, but show remarkable effects in the long run. Do not overuse them in an attempt to get quicker results. As a rule, tonics are bitter and are therefore sometimes called "bitters" or "bitter tonics". Whether we assimilate our food is the difference between health and happiness or disease and death.

OREGON GRAPE or MOUNTAIN GRAPE

Berberis aquifolium: Mahonia aquifolia;
Pharmaceutical Family: BERBERIDACEAE(barberry)



OTHER NAMES: **Oregon grape-holly, Mountain grape, Holly-leaved barberry, Tall mahonia, Oregon grapeholly, Oregon holly-grape.**

PART USED: **Rhizome and roots**

Note: This is not a true grape and therefore is not in the grape family (Vitaceae).

QUALITIES:

Taste: distinctive and bitter, yellow saliva on chewing
Odor: slight

Note: Oregon grape root may at times be substituted for goldenseal
Oregon grape root is beneficially combined with cascara sagrada for cases of atonic dyspepsia with chronic constipation

SISTER PLANTS:

Barberry; bark, rootbark, berry almost identical in the therapeutic action

GROWING: **It is technically suited to zones 5-9, however we have been able to grow it and notice it is for sale at superstore in the summer. It likes some shade and will need a bit of water in our area during dry summertime. The leaves look like a holly tree leaf, however they are not in the same family. It is suppose to grow 3-10 feet tall and 2-5 feet wide. We find it doesn't reach those dimensions in our area. In April and May clusters of yellow flowers appear. The fruit looks like a grape in shape and colour and they are edible, but quite tart.**

The creeping mahonia (Mahonia repens), is more of a groundcover, only growing a foot tall.

It likes an acid soil so surround the plant area with some peat and work it into the soil. Plant it where there is shelter from the wind. It is evergreen, so the leaves remain all winter. The plant can form suckers, may need a little pruning, which can be done in the spring. The suckers can be used to start new plants.

Usually people buy the plants. If you start with seed, keep it in the refrigerator 3 weeks before planting, then keep at 50^{O}F in growing medium until germination which takes about 6 weeks.

THERAPEUTIC ACTION:

ALTERATIVE	**depurant**	**tonic**
slight stimulant	**hepatic**	**tonic laxative**
diuretic	**antiscorbutic**	**antisyphilitic**
antiscrofulous	**anti-periodic**	**nerve tonic**

USES:

- one of the best blood purifiers and liver stimulants
- creates appetite, promotes digestion, improves absorption, increases strength and vitality
- also beneficially influences bowel (gentle tonic-cathartic) and genito-urinary tract, and is very healing to the lymphatics and skin tissues.

AREAS AFFECTED:

Stomach liver intestines kidneys skin

MEDICINAL USES:

chronic skin diseases
chronic eczema
atonic dyspepsia
weak digestion
jaundice
rheumatism
leucorrhea.
syphilitic cachexia (condition of general ill health)
psoriasis
scrofulous
chronic constipation
flatulence
kidney and liver troubles
chronic uterine diseases

PREPARATION:

Decoction, fluid extract, powder, tincture

DOSAGE:

Decoction: 1 wineglassful 3 times daily, 1 hour before meals
Fluid extract: 1/2 - 1 fluid dram
Powder: 20-40 grains
Tincture: 30-60 minims (1/2 - 1 tsp)

ADMINISTRATION:

<u>Oral</u>
Chronic constipation: combine oregon grape root (2 pt) with cascara sagrada (1/2 pt). Take in wineglassful doses, but if this relaxes bowels too much, reduce the dose, but take regularly.
Scrofula, jaundice, kidney and liver troubles, rheumatism, leucorrhea, weak digestion: use strong decoction.
<u>Skin</u>
Drink decoction of strong decoction internally and use externally as a fomentation or wash.

BARBERRY

(Botanical name: Berberis vulgaris; Berberis dumetorum)

Pharmaceutical family: Berberidaceae(barberry)





Berberis species are alternate hosts to wheat rust. Since it was once presumed that if this rust parasite did not spend at least part of its life cycle on the Berberis host, it would not be able to infect wheat, campaigns were initiated in wheat growing areas to eradicate all Berberis species. This is one of the reasons why today there is little Berberis in some areas. The underlying assumption on which these campaigns were based has since been proven false.

Noted in folk medicine as a cure for nearly every gastrointestinal ailment, lymphatics, urinary trace and respiratory infection.

PARTS USED: Bark, root bark (this is the most active); berries. It is found in Europe, parts of Asia. Japanese Barberry (Barberry Canadensis) leaves and fruit is said to be edible. Most people have eaten barberry fruit and said they are edible but can be quite sour. Wikipedia said they are used in jams and sweets in Russia.

SISTER PLANTS:

Oregon Grape. Sister plant to barberry, very similar in chemical composition and therapeutic action but barberry is slightly superior in that it carries a somewhat higher percentage of berberine. But where barberry acts with greater speed and effectiveness upon the liver, stomach and digestive organs, the wild Oregon grape acts more favorably ad is more reliable in scorbutic and syphilitic problems.

GROWING: Zone 4-8. The foliage can be colourful and the plants make a nice hedge. As a hedge it will need pruning a few times a year. Use 3" or so of much around the base to keep in the moisture. The bush has sharp thorns so handle with care. They don't like soggy soil, and they enjoy lots of sun.

HISTORY:

Common barberry was introduced from Europe to North America back in the 1700s and quickly became a popular ornamental in yards right across the northern United States and Canada. But near the turn of the 20th century, it was discovered to have a very dark side.

Barberries harboured a devastating disease called wheat rust that, over the years, contributed to the destruction of millions of acres of wheat across the North American continent. Wheat rust was incapable of infecting

wheat plants without first reproducing on barberry leaves and then being dispersed on air currents to wheat plants.

Knowing this critical linkage between barberry plants and wheat rust, the American government initiated a massive barberry eradication program in the early 1900s. By 1917, Manitoba, Saskatchewan and Alberta followed suit and put barberries on the prohibited-weed list in an attempt to save our own wheat crops.

In the end, the strategy worked, and thanks to an eradication program that spanned several decades — along with a concerted effort to breed wheat rust-resistant varieties — this devastating disease was under control.

Today, the barberry eradication program of the early 1900s might seem at odds with the fact the we can purchase and grow ornamental barberries in our yards.

But the reason that we can enjoy garden barberries today is because the varieties that we plant in our yards (Berberis thunbergii) are incapable of harbouring wheat rust, unlike the common barberry (Berberis vulgaris) that caused so much furor a century ago. Alas, it is the common barberry that we see mentioned in the remedies. Perhaps it works the same with the new species.

CHEMICAL CONSTITUENTS:

Alkaloids (3%) = Berberine: 2.35% (similar to goldenseal because it contains berberine)
Oxycanthine: 2.8%
Berberrubin, palmatin, isotetrandin
Berbamine, gum, resin, tannin, physosteria and fat
Barberry is similar to goldenseal because it contains Berberini

AREAS AFFECTED

Liver Gall Spleen Intestines Blood

QUALITIES:

Taste: bitter and astringent
Temperature: cold
Moisture: dry

THERAPEUTICS:

TONIC	laxative(mild)	antiseptic
refrigerant	bitter astringent	antacid
diuretic	resolvent	stomachic
cholagogue	purgative(lg doses)	blood purifier

Berries: Refrigerant, astringent, antiscorbutic (contains citric and malic acids). This is one of nature's greatest and most valuable medicinal herbs, and is a famous Indian remedy.

It is probably unequaled as a corrector of liver secretions (causes the bile to flow more freely), and it expels and removes morbid, waste matter from the stomach and bowels.

It is an excellent tonic for delicate and weakly people, particularly good for delicate and weak children, building from anemia and general malnutrition

to complete recover in just a few weeks.
It regulates the digestive system, lessens the size of the spleen and removes obstructions in the intestinal tract.
The Blackfoot Indians called it oti-to-gue and used the steeped, peeled dried root to check rectal hemorrhages, dysentery and stomach troubles.
The bark contains an alkaloid (berberine) that promotes bile secretion. When used with cayenne (as a carrier) it will exhibit superior stimulatory effects on the liver.
Berberine and related akaloids impart a yellow color to the bark and root. These alkaloids have been shown to have bactericidal activity for which they are most noted.
The alkaloid in the root also tenders to dilate the blood vessels and thereby lower blood pressure.
A tincture of the root is helpful in urinary complaints, esp. Herpes simplex. It is best to use ginger along with this tincture.
Blackfoot indians would apply either fresh berries or an infusion of the root to open boils. Berries were also used for kidney troubles. Externally the infused root was applied to wounds as an antiseptic. The root was also chewed then applied for the same purpose.
As horse medicine, soak berries in water, give juice to a coughing horse.
Human body sores can be treated with the infusion of the root.
It stimulates the thyroid.
Often goldenseal and barberry indications are similar and they are used alternatively. Goldenseal has a more soothing nature than Barberry.

FOOD USES:

Berberis vulgaris and repens have berries that are juicy with a pleasant acidic taste, good in pies and jellies. Just boil with equal part honey (less if don't want so sweet), then strain. Barberry has enough pectin to gel itself.

ACTIONS:

Loss of appetite	bilious conditions	catarrh
constipation	general debility	diabetes
chronic diarrhea	weak digestion	dropsy
dysentery	dyspepsia	fevers
gall bladder problems	sluggish intestinal action	jaundice
liver complaints	skin problems	enlarged spleen

PHARMACOLOGY / ACTIONS:

Gastrointestinal ailments
Lymphatics
Urinary tract
Respiratory infection
Bitter Tonic
Antypyretic
Antibiotic (bactericide)
Astringent (use in eye washes, gets red out, eliminates infection)
Anti-fungal (controls overgrowth of candida)
Increases production of digestive enzymes
Restores liver, stomach and intestines/spleen, awakens appetite, restores strength.

Breaks up obstruction, promotes bowel movement and removes stagnancy: stimulates liver and gall, promotes bile flow; dredges kidneys, promotes urination and cleansing
Creates astriction, dries mucous damp and arrests discharge; reduces inflammation, restrains infection and clears toxins; enlivens the blood, removes congestion and moderates the menses.
Clears heat, calms the liver, gall, and stomach

USES:

Eye infections
Digestive: Diarrhea, poor appetite, enteritis, dysentery
Respiratory infections
Fever reduces (better than aspirin).
Mobilizes white blood cells of immune system.
Candida
Hemorrhaging
Infections, esp. of digestive, urinary and respiratory systems
High Blood Pressure
Muscle Spasms
Calms nerves
Spleen qi deficiency: weakness, poor appetite, stuffy chest and abdomen, diarrhea.
Liver & stomach qi deficiency: slow, painful digestion, constipation, lethargy
Fatigue due to anemia, convalescence, malnutrition etc.
Liver qi stagnation: moodiness, swollen sore right flank, midback pain, jaundice, constipation
Kidney qi stagnation: skin rashes, scanty urination, static or migratory pains.
General toxemia with arthritis, rheumatism, gout
Gall and Kidney Stones
Urgent defecation with burning, blood in stools.
Mouth, Throat & Gum Infections. Loose teeth, spongy sore gums, mouth ulcers and sores, sore throat.
Venous blood stagnation: varicose veins, hemorrhoids, constipation
Uterus blood congestion: Early or copious menses with dull pelvic pain and weight.
Liver fire: bursting headache, thirst, irritability Infectious Hepatitis, jaundice, cholecystitis, biliary colic
Stomach fire: ravenous hunger, thirst for cold water, mouth ulcers, bleeding gums

PREPARATION:

Decoction, fluid extract, infusion, powder preserves, pills, sold extract, syrup, tincture.
Solvent: water, alcohol

DOSAGE: (daily)

Perfectly harmless in large doses, but should not be given to the point of producing.
Concentrate: 1 dessertspoonful to 1 Tbspful 3 times daily.
Children: 1/2 to 1 tsp in honey water 3 times daily until bowels move freely, then reduce dose.

Infusion: 1 wineglassful (2-3 tbsp) 3-4 times daily
Fluid extract: 1/2 to 1 dram
Powder: (bark) 1/4 tsp 3-4 times daily
Solid extract: 5-10 grains
Tincture: 1/2 - 1 fluid dram
Fresh bark: 1-2 Tablespoon
Dried bark: 1.5 - 3 gm
Extract: 2 gm dried root, 10 ml alcohol, 10 ml water.
Decoction is suitable for washes, gargling and for cooling and astringing purposes.
Tincture/extract have widest range of effects.
Berry and leaf are astringent sour cool in quality and useful with genital discharges to consolidate sperm and other discharges in deficient qi and deficient yin conditions.
They are also used in lung phlegm heat patterns with purulent yellow expectoration etc.

ADMINISTRATION:

Oral
Colds, promote perspiration: upon retiring to bed, put 1 tbsp or more of barberry jelly in 1 teacupful hot water, drink hot.
Fevers, convalescence from fevers: stir 1 tbsp barberry jelly in teacupful of very cold water, drink cold.
Gargle, mouthwash: use proper dilution in water.
Sore throat: take 1 tsp barberry jelly frequently

Concentrate:
4 oz barberry bark, cut
3 pints water (distilled if possible)
8 fl. oz glycerine.
Soak bark 1 hour in water. Boil bark slowly in one pint water until water barely covers bark. Strain this liquid through a cloth and set aside. Return herb to the vessel and cover with 1 qt of water and boil for 15-20 minutes. Strain, mix two quantities of liquid together. Place into clean vessel and boil liquid down to a concentrate of 1 pint. Take this off heat, add glycerine, cool, bottle.
Infusion:
1 oz barberry bark, cut
1/4 pints water (distilled is always better than ordinary water)
Boil water and pour over herbs while boiling; cover and steep for 15 minutes in a hot place. Strain, bottle and keep in a cool place.

CAUTION:

Avoid during pregnancy as its energy is strongly downward moving. Discontinue if causes nosebleeding or dizziness

GOLDENSEAL

Botanical name: Hydrastis canadensis

Pharmaceutical Family: RANUNCULACEAE(buttercup)



PART USED: Root

TASTE: very bitter and astringent. Cold with warming potential. Dry.

ODOR: strong and disagreeable

MERIDIANS: spleen, liver, stomach, colon

GROWING: It is doubtful that we can grow this plant here unless it is in a greenhouse. I found it growing happily in the woods on the coast of British Columbia. However, there is very little wild goldenseal left.
COLLECTION: Roots dug in autumn after tops have died down. Care must be taken to clean the foreign matter lodged in the fibrous root masses and to remove the root buds for further propagation before drying the remainder of the rootstock.
Important: Do not use the root before it is 4 years old as its medicinal value matures only with this period of time.
DRYING & PRESERVATION: Cured root is best kept in rather loose masses in a dry, airy place that is free of vermin.

CHEMICAL CONSTITUENTS:

Berberine (as in Barberry) 3.5-4%
Hydrastine (C22 H23 NO6) is most active ingredient 2-4% Canadine
Ess. Oil, meconin, phytosterin, lipids, albumin, chlorogenic acid, potassium, resin
Xanthopuccine (similar to Prickly Ash).
A Green oil, a volatile oil (which gives goldenseal its fragrance), resin, albumin, sugar, starch, fatty resins, 10% of mineral matter.

THERAPEUTIC:

TONIC	laxative	alterative (mucous membranes)
detergent	ophthalmic	antiperiodic
aperient	diuretic	antiseptic
cholagogue	anti-emetic	debostruent (glandular system)
nervine	anti-fungal	haemostatic(uterine)

Called "King of the Mucous Membranes".

Cherokee Indians introduced it s medicament for treatment of ulcers and arrow wounds. Since that time it has gained a reputation as being one of the most powerful herbal remedies. Root is very bitter and unpleasant but

can be used successfully for stomach flu, slight food poisoning, colds, swollen glands and many other acute illnesses.

Goldenseal seems to have twice the impact if Myrrh is added (eg. 3 pt. goldenseal, 1 part myrrh and 1 pt cayenne) for colds/flu, general infections.

This is a powerful tonic for disorders assimilation; it effectively tones the debilitated mucus membranes and any other tissues it contacts, increases and improves the appetite, gastric secretions and flow of bile, and aids in digestion.

In some cases, it is laxative, but without astringency. It is particularly effective as a uterine haemostatic, and it is one of the very few agents that will tone and sustain venous circulation. Its therapeutic action ranks somewhere between Turkey rhubarb and bloodroot.

The root was so-named by the Thomsonians, who employed it extensively during the early part of the nineteenth century in the United States.

With respect to overcoming mucous membrane or stomach problems Goldenseal outshines all other herbs. Cap. Frank Roberts of The Encyclopedia of Digestive Disorders considers it of phenomenal value, devoting a whole chapter to it. Any formula for the stomach should have goldenseal in it.

MEDICINAL:

alcoholism, chronic
acute alimentary inflammation
biliousness
bladder problems
bronchitis
cancer
canker sores
catarrhs in alimentary/excretory channels
chronic dyspepsia
catarrh of mucous membranes
chronic constipation (from sluggish liver and intestinal secretions)
cystitis
general debility
digestive disorders
dysmenorrhea
eczema
erysipelas
eye affections
external cleansing agent
intermittent fevers
fistulas
flu
gastric disorders (irritability ulceration)
hemorrhoids (internal and external)
jaundice
Leucorrhea
liver troubles
malaria
menorrhagia
nasal catarrh
nausea in pregnancy (small doses)
pharyngitis
cracked and abraded nipples
pyorrhea
rectal fissures and prolapse
ringworm
scarlet fever
secretion deficiencies
skin diseases
sores, open
spinal meningitis
stomach troubles
syphilitic sores
enlarged tonsils
typhoid fever
ulcers
uterine ulceration and erosion

gonorrhea **vaginal douche for yeast**
glandular inflammation
hemorrhage (incl. slight bleeding in pelvic tissues)

This herb is considered to be one of the best general medicinal aids in the entire herbal kingdom.

AREAS AFFECTED:

Bowel **sex organs** **liver/gall** **stomach**

ACTIONS:

- creates astriction, restores veins, enlivens blood and removes congestion. (passive hemorrhages from pelvic organs, uterine fibroids, kidneys, lungs)
- moderates menses and staunches bleeding (congestive dysmenorrhea)
- restrains secretions, resolves mucus, dries damp and arrests discharge (congested head/sinus, discharge phlegm, frontal headache)
- clears heat, reduces inflammation, restrains infection, clears toxins, benefits and soothes the skin
  - infections of bacterial, fungal, parasitic incl. uterine, vaginal, intestinal, dermal (ringworm, cholera, amoebic dysentery, giardiases, TB)
  - eye inflammation esp. acute; trachoma, corneal ulcer
  - mouth/throat/gum/anal soreness or inflammation (acute or chronic) with catarrh, ulcers, sores eg. stomatitis, gingivitis, laryngitis
  - eruptive skin conditions with itching or burning skin: dermatitis, measles, smallpox etc. Oral or anal eczema with ulcers & fissures
  - atonic ulcers, open sores (incl. eruptive & syphilitic sores), acne
- stimulates uterus, promotes labor and delivery, dissipates tumors, benefits breasts
  - difficult & stalled labor
  - uterine, breast & stomach tumors, cysts, fibroid growths, esp. hard & painful.
  - painful swollen breasts
  - uterine ulcers, cervical erosion
- breaks up obstruction, promotes bowel movement and removes stagnancy; stimulates and dredges liver and gall bladder and promotes bile flow
  - liver Qi stagnation: midback & flank pain, constipation, jaundice
  - gallbladder stones, cholecystitis
  - chronic constipation in all conditions
- restores and strengthens the liver, stomach and intestines; awakens appetite, generates strength
  - liver & stomach Qi deficiency: slow painful digestion, distended abdomen and sides, nausea
  - stomach cold: sense of emptiness at pit of stomach, dull epigastric pain, vomiting clear sour liquid
  - spleen Qi deficiency: no appetite, fatigue, loose stool, weight loss
  - debility due to fevers, dysentery, overwork, stress
  - chronic gastritis, gastroenteritis with catarrh
  - gastric ulcers due to hyperacidity esp. with stomach fire

PREPARATION:

Decoction	**elixer**	**fluid extract**	**infusion**
powder	**tincture**	**solid extract**	**douche**

Works better in tincture than in decoction form. Powder has been found more useful in deficient digestive conditions. All liquid forms are preferable where irritation is present and in excess conditions. The powder can also make a quick infusion.

Eyes, mouth, skin require washes in low dilution.

A salve or compress can be used for skin or breast conditions though they require internal use first and foremost.

May be taken as a sneezing snuff for congested phlegm in the head.

Only the smallest dose is necessary when restoring the liver and stomach.

Medium doses are astringent and decongestant as well as disinfectant and anti-inflammatory.

Larger dose is more stimulating and laxative.

When using fluid extract, make sure you do not get the colorless one as it is not nearly as good; it lacks berberine.

In Chinese herb stores you can buy Berberine HCl, an extract of Goldenseal which is used as a very effective 'antibiotic' in the GI tract.

Note: The price of this root is unusually high but do not attempt to use other aids there that will not achieve the same results. Always use the herbal agents you need, no matter what the price. Do not purchase or use the commercial colourless fluid extract, however, as it does to contain the needed therapeutic values of the herb.

Solvents: alcohol, dilute alcohol, and boiling water

CONTRAINDICATIONS:

This is a medium strength herb with some chronic toxicity.

Pregnancy and hypertension are both contra-indications as this herb is both uterine stimulant and hypertensive.

Since Goldenseal is a medium strength herb, exact dosages should be maintained. Overdosing can cause kidney and liver damage.

Since Goldenseal tends to remove beneficial micro-organisms as well as pathogenic ones, it is a good idea to take some acidolphilus, miso, garlic or live yogurt at the same time to minimize damage to the intestinal flora. For this reason and because of its slight accumulative toxicity, Goldenseal should not be taken continuously on its own for over 3 weeks.

DOSAGE:

Generally give small and frequent doses.

Elixier: 1/2-1 dram (1 tsp)

Fluid extract: 5-30 minims (5-30 drops)

Infusion: 1-2 tsp 3-6 times a day

Powder: 10-30 grains

Small dose: Tincture: .25-.75 ml or 7-20 drops
Powder & Decoction: .25-1 g

Medium dose: Tincture: .75-1.5 ml or 20-40 drops
Powder & Decoction: 1-2g

Large dose: Tincture: 1.5-3 ml or 40-80 drops
Powder & Decoction: 2-3g

Dyspepsia: 10 grains of powdered root; a tbsp of decoction 3 times daily; 1-2 tsp tincture 3 times daily.
Ringworm: 1 level tsp powder in 1/2 cupful warm water sweeten. (make weaker for children)
Skin lotion: 1 tsp powder in 1 pint boiling water, dissolve and let stand until cool.
Solid extract: 1-2 grains
Tincture: 1/2 - 2 tsp
Vaginal douche: 1 tsp of powder in 1 pint of boiling water; dissolve and let stand until cool.

ADMINISTRATION:

Nasal
Congestion or pulmonary catarrh: snuff powder into nostrils (ignore taste)
Oral
Indigestion: Use infusion or tincture combination (see remedies)
Pyorrhea: dip toothbrush into powder and brush teeth
Sore throat: use as a gargle (see remedies)
Ulcers in mouth: use the infusion as a wash.
Hemorrhage of pelvic tissue: 2 pt goldenseal, 1 pt geranium
Spinal Meningitis: equal parts goldenseal, hops, skullcap
Mouth cancer: internally and externally
Skin
The location application of golden seal will yield results that are superior to most other herbal agents.
Eruptice diseases(smallpox, measles, scarletina etc), itching, burning of skin: use as a wash
Erysipelas, eczema: use as a wash
Inflamed or sore eyes: use the infusion as an eye wash.
Ringworm: use a local application of the decoction, fluid extract, tincture etc.
Vaginal
Leucorrhea: use injection

BLESSED THISTLE

(Botanical name: Carbenia benedicta)

Pharmaceutical Family: COMPOSITAE(aster)





OTHER NAMES: Carbenia Benedicta, Cardo Bendito, Cardo Santo, Carduus, Carduus Benedictus, Chardon Béni, Chardon Bénit, Chardon Marbré, Cnici Benedicti Herba, Cnicus, Cnicus benedictus, Holy Thistle, Safran Sauvage, Spotted Thistle, St. Benedict Thistle.

PARTS USED: Whole herb, also fruit or root

GROWING: This plant normally grows in the Mediterranean eg. Portugal, and Western Asia. Sow seeds in spring. It takes 1-3 weeks to germinate the seed. It will not grow in the shade, so get as much sun as possible. The plant can be cut back by 1/3 and harvested 2-3 times during the growing season. It grows up to 2 feet high and normally grows in zones 5-9. We are zone 2-4 here, but this is actually an annual, so save the seeds from year to year.

HARVESTING: harvest leaves before the plant flowers so the energy is in the leaves, then when flowers, can harvest the flowers and leaves and cut back to encourage more growth.

QUALITIES:

TASTE: Intensely bitter, a bit pungent & astringent. Extracts of the plant are nauseating and until recently herbalists had replaced blessed thistle with more pleasant tasting herbs like chamomile. Since the intro of hard shell gelatin capsules, the popularity of this herb is on the rise.
Temperature: neutral with secondary cooling effects.
Moisture: dry
Odor: A feeble, disagreeable odor.

ID: Erect plant with woody, branched stems. Leaves are 2-3" long, greyish green and oblong to lanceolate. Yellow flowers are terminal, 1" long, 1 3/4" wide.

GROWING: Annual. Flowers appear May-Aug.

SISTER PLANTS:

Common carline Thistle (Carlina vulgaris)
Good both as herbal medicine and as food.
Common Star Thistle (centaurea calcitrapa)
Dwarf Thistle (Carduus acaulis)
Milk or Marian Thistle (Silybum marianum); seeds and roots; strengthens the memory because of the effect on circulation; leaves good in salads, peeled stalks can be baked into pies.

Scotch Thistle (onopordon acanthiam)
St. Mary's Thistle (Carduus marianus); seeds haemostatic, emmenagogue, hepatic; uterine hemorrhage, amenorrhea (derangement of portal circulation), liver congestion, jaundice, gall and liver affections.

HISTORY: **Many wonder why this thistle has the title of 'Blessed' as a prefix to its common name. In one of the legends of King Charlemagne, the king of the Franks in the 1st century, it is said that his army was dying of the plague when campaigning for control of Western Europe. Fearing that he would lose the war an angel appeared in his dreams and told him to shoot an arrow into the air and whichever plant the arrow landed he should feed to his troops. Charlemagne did as the heavenly messenger instructed and his arrow landed in a big patch of thistle. Having given his army the thistle to eat, all were saved from the plague and continued to fight the war. This particular thistle became known as blessed from this moment on .**
According to the herbalist Steven Horne, thistles are warrior plants by nature – they are difficult to eradicate, hard to dig up and resistant to herbicides. However, although neither gentle nor friendly, he believes they are there for our benefit. They are edible, making them an outstanding survival food. They tend to grow where the environment has been damaged, keeping animals and people away whilst the land heals, and they have medicinal properties that are primarily associated with the liver - the organ that defends our blood stream against toxins.

CONSTITUENTS:

- **Sesquiterpene lactones, principally the germacranolide cnicin at concentrations of .2-.7%. The structure of cnicn was first isolated in 1837-42, proposed in 1960 and later amended. Salonitenolide and traces of artemisiifolin are also found; these lactones can easily be formed in vitro from cnicin.**
- **Lactonic lignans including arctignin, tracelogenin and the glucosides nortracheloside and 2-acetylnortracheloside.**
- **volatile oil, in small amount. Constituents identified in the steam-distilled oil include n-paraffins C9 to C13, aromatic aldehydes cinnamaldehyde, benzaldehye, cuminaldehyde and monoterpenes citronellol, fenchone, p-cymene and others.**
- **polyacetylenes, in small amounts.**
- **flavonoids in small amounts incl. glucosides of luteolin, kaempherol and apigenin**
- **triterpenes including a-amyrn and derivatives oleanolic acid and multiflorenol.**
- **phytosterols including stigmasterol and sitosterol-3-glucoside.**
- **other components include n-nonacosane content, esp. of potassium, maganesium and calcium.**

AREAS AFFECTED:

Stomach liver intestines kidneys lungs brain nerves.

THERAPEUTICS:

TONIC (cold)	**diaphoretic(hot)**	**EMMENAGOGUE**	**stimulant**
febrifuge	**antiperiodic**	**vulnerary**	**emetic(double or triple dosage)**

Increase milk: This is a very beneficial aid for nursing mothers, stimulating the mammary glands. It is very useful in purifying the blood, aiding circulation, and for all liver problems.

Brain: Used to oxygenate the brain, it goes around the whole blood barrier

Tonic: As a tonic it strengthens the brain, heart, and stomach.

Stomach: Often combined with other herbs and used as a stomach tonic.

Fever: A good tea for those who struggle with fever.

Lung Infections: One of the herbs used to re-establish the yin magnetic power of the lungs. Known to heal infections of long standing of the lungs.

Liver and Digestion. Classed as a cholagogue herb, Blessed Thistle stimulates the production of bile which assists in detoxification of the liver. This in turn leads to a decrease in symptoms associated with poor liver function such as; fatigue, loss of appetite, nausea and brain fog. This liver supportive herb is often recommended to people who need to regain their appetite when recovering from illness or from certain treatments known to cause loss of appetite. The stimulation of bile will in turn stimulate the production of gastric juices and saliva. This allows the body to digest fat more effectively, thus reducing cholesterol and helping to prevent gall stones. Blessed Thistle is also high in sesquiterpene lactones, such as cnicin - these lactones are reported to stimulate digestive activity by increasing the secretion of digestive enzymes which leads to improved digestion and appetite.

Anti-Microbial Two compounds found in Blessed Thistle - polyacetylene and cnicin - can help your body battle bacterial infections. Some studies have shown these compounds to be effective against Bacillus subtilis, Brucella species, Escherichia coli, Proteus species, Pseudomonas aeruginosa, Staphylococcus aureus and Streptococcus faecalis.

Inflammation: Blessed Thistle has anti-inflammatory characteristics that have been observed to decrease or completely cease inflammation in addition to helping to remedy infections. This action is again thought to be due to the plant compound cnicin which is known to have anti-inflammatory activity. Nevertheless, persons with inflammatory bowel problems shouldn't take this herb before getting the opinion of their personal health-care professional.

Holmes: This plant is very much the European equivalent of the American remedy Boneset. Both possess a pronounced bitter taste and stimulate sweating. Both these energetic factors have been used in all medical systems to clear heat and resolve fever. This plant is therefore an important fever herb and all the more called for where there is weakness, poor digestion and phlegm or damp accumulation. Like Boneset it is both a Tai Yang and a Shao Yang type fever herb when the temperature runs high and the pathogen is severe; it is classically always used for remittent fevers as well as for goading timid surface eruptions into full expression during the course of eruptive fevers. Equally important is this herb for liver and gastrointestinal disorders, regulating spleen functions in chinese medicine. Liver qi stagnation and liver fluid congestion are vigorously taken command of, the kidneys are dredged and the whole fluid organism as a result is regulated. Mucus and phlegm are loosened, thinned and eliminated in the head, lungs, intestines, urogenital area and possibly lymphatic system. It is used where mucous damp affects head causing dizziness and other neurological symptoms.

INDICATIONS:

Biliousness
colds
dyspepsia
fractured bones(poultice)
insanity
kidneys
loss of appetite, anorexia
painful menstruation
strengthens memory
mother's milk
chronic headaches
dropsy
emesis
heart problems
intermittent fevers
liver
lungs
menstrual disorders due to colds
purification of blood
Topically for wounds

FUNCTIONS/USES:

*** restores stomach/spleen, intestines, liver and nerves; awakens appetite, restores strength; dries mucous damp, enhances the memory, lifts the spirit and rids depression.**
- liver & stomach qi deficiency: fatigue, lack of appetite, painful digestion.
- intestines mucous damp (spleen damp): gurgling distended abdomen, alternating, constipation and diarrhea
- nerve deficiency: dull thinking, memory loss, dizziness, poor hearing, tinnitus, nervous depression
- exhaustion or debility due to overwork, illness, anemia

*** clears stasis, seeps water and promotes urination; stimulates the liver and dredges the kidneys, promotes cleansing and promotes lactation**
- liver fluid congestion: edema from waste down, nausea
- liver qi stagnation: depression, constipation, headache
- jaundice
- kidney qi stagnation: headaches, dry skin, poor appetite, intermittent pains
general toxemia with rheumatism, arthritis gout.
- poor eyesight
- deficient or poor quality breastmilk

*** causes sweating, releases the exterior and scatters wind cold; resolves fever and pushes out eruptions**
- external wind cold: onset of infections with fatigue, feverishness
- eruptive fevers: measles, chickenpox etc.
- remittent fevers in Shao Yang stage incl. malaria

*** drains and expels vicous phlegm, opens the chest and relieves coughing**
- head phlegm congestion: difficult breathing or hearing, sinus congestion, dizziness, heavy head
- lung phlegm damp: full cough, wheezing, coughing up thick viscous phlegm
- chronic bronchitis, bronchial asthma

*** restrains infection, antidotes poison and dissipates tumors**
- slow healing wounds, sores, internal ulcers
- intestinal infections
- tumors, cancer
- stings, bites
- chilblains

CONTRAINDICATIONS:

Holmes: avoid using in acute kidney inflammations or with high gastric acidity
In large doses produce an emetic and expectorant effect. Its bitter glycosides are said to stimulate appetite and act as a tonic to the digestive tract. Large doses are also said to produce a diaphoretic and general stimulant action.

PREPARATION:

The whole herb, including seeds, drunk in hot infusion will cause sweating to chase wind cold conditions and will bring out eruptions in measles. For all other use the tincture or fluid extract is the best preparation.

Washes and compresses come into their own in the external treatment of chronic wounds, stings, chilblains and local inflammations.
Willard: use as cold infusion for tonic for nursing mothers, often mixed 3 parts along with 1 part red raspberry leaf to increase milk supply (2-6 cups a day).

DOSAGE: (daily)

Fluid extract: 1/2 - 1 tsp (4.5 gm dried herb, 22ml alcohol, 23 ml water
Infusion: Use 1 tsp per cup boiling water.
Strain and drink 1/2-1 cup 3 times daily
Chronic headache: 1 cupful twice daily
Tincture: 5-20 minims(drops): 1/3 tsp
British Pharm.: 3 times daily (dried herb 1.5-2g in infusion); (that 1.5-2 ml liquid extract of 1:1 25% ethanol); (take 3-6 ml tincture at 1:5 25% ethanol).
Holmes: Large doses may cause vomiting and nosebleeds.

ADMINISTRATION:

<u>Oral</u>
Biliousness: give cold infusion
Emesis: to cause vomiting give copious amounts of warm infusion. This will also have a depurating effect upon the liver and gall ducts; a somewhat loose bowel action will result, with a free discharge of bile.
Mother's milk (plentiful milk supply): give cold infusion to nursing mothers. This herb is considered by many herbalists to be the best agent for this purpose.

MEADOWSWEET

Botanical name: Spiraea ulmaria aka Filipendula ulmaria
Pharmaceutical family: ROSACEAE(rose)





COMMON NAMES: **Filipendula, Queen of the meadow, Spirea, Sweet Meadow, Meadow-wort, Meadow Queen, Pride of the Meadow, Lady of the Meadow, Meadsweet, Bridewort, Dollof, Sweet hay, Goat's beard (Eng.), Reine des pres, Ulmaire, Barbe de chevre, Herbe aux abeilles, Vignette (Fr.)**
Echtes Madesuss, Wiesenkonigin, Moorspierstaude, Wiesengeissbart, Geissleitern (Ge)

PARTS USED: **The Herb. Dried aerial parts of Filipendula ulmaria (l) Maxim. (Spiraea ulmaria L) Rosaceae, collected when plant is in flower. The plant has a history of being used to flavour wine, beer, vinegars, and the flowers have been added to stewed fruit and jams to impart an almond flavour.**

QUALITIES

Energy: a bit astringent,
Warmth: cold
Moisture: moist and drying.
Scent: fragrant

GROWING: **Easy to grow and very pretty. You can often find Meadowsweet plants in the greenhouses here. The stems are 3-7 ft tall, , dark green leaves on the upper side and whitish and downy underneath. It has delicate graceful creamy-white flowers that give off a pleasant wintergreen scent; the leaves smell of sweet almond. It flowers June to September. It attracts all sorts of bees, hoverflies, birds.**
Seeds can be sown in the autumn in a cold frame, they germinate best between 10-13^{O}C. When they are big enough to handle, prick the seedlings into individual pots, plant them out in the summer. Division can be done in autumn.

HISTORY: **The name ulmaria means 'elmlike' but it doesn't resemble the elm in any way. The slippery elm bark contains salicylic acid which has long been used as a painkiller and this may be the source of the name. It grows in dame meadows throughout europe and Western Asia. It has been introduced and naturalized in North America.**
Meadowsweet, water-mint and vervain were three herbs held most sacred by the Druids. It has been found with the cremated remains of 3 people and at least one animal in a Bronze Age cairn in South Wales. Similar finds inside a vessel from Ashgrove, and North Mains, Scotland. This

could possibly indicate honey-based mead or flavoured ale, or alternatively might suggest the plant being placed on the grave as a scented flower.

Meadowsweet is known by many other names, and in Chaucer's The Knight's Tale it is known as Meadwort and was one of the ingredients in a drink called "save." It was also known as Bridewort, because it was strewn in churches for festivals and weddings, and often made into bridal garlands. In Europe, it took its name "queen of the meadow" for the way it can dominate a low-lying, damp meadow. In the 16th century, when it was customary to strew floors with rushes and herbs (both to give warmth underfoot and to overcome smells and infections), it was Queen Elizabeth I's favourite strewing herb. Gerard believed it outranked all other strewing herbs because its aromatic leaves didn't cause headaches, unlike many other strongly scented leaves.

Throughout history, meadowsweet maintained its usefulness in the home. Housewives used the plant in their cleaning routine, drying clusters of tiny white florets and placing them on the floor and in cabinets to mask unpleasant odours. Cooks used the herb to flavor beers, meads and wines and added it to soups for an interesting almond flavor. The fresh leaves can be used to flavor sorbets and fruit salads. Infuse the flower to make a mild diuretic tea, let it steep to bring out the salicylic acid before serving. As a cosmetic, it was soaked in rainwater and used as astringent and skin conditioner.

Ancient Celts used the plant as a dye from which black was obtained from the roots, the leaves produce a blue pigment and yellow is obtained from the plant tops. An essential oil obtained from the flower buds is used in perfumery.

Areas affected: stomach, intestines, gall, liver, kidneys, bladder, joints, connective tissue, skin

Meridians: stomach, kidney, bladder meridians

ID: Small shrub 1-4' tall with one to several erect stems. The inflorescence bears small white (sometimes pink) flowers in coryms supported on long peduncles. The leaves are alternate, simple, ovate, smoothish and dark green.

Found: Indigenous to Europe with related species indigenous to North America.

CONSTITUENTS:

- Flavonol glycosides, principally glycosides of quercetin: spiraeoside in the flowers, avicularin and hyperoside in leaves. Kaempferol -4' -glucoside has also been isolated.
- Phenolic glycosides, esp. spiraein and monotropitin, the primeverosides of salicylaldehyde and methyl salicylate respectively; also isosalicin, a glucoside of salicyl alcohol. Spiraein is found in the flower, monotropitin in flower and leaf.
- Volatile oil. Steam distilled oil from flowers contains salicylaldehyde (75%) phenylethyl alcohol (3%), benzyl alcohol (2%) anisaldehyde (2%), methyl salicylate (1.3%) and others.
- Polyphenols (tannins), 10-15%, the major one being rugosin-D.

Meadowsweet **3.**

ACTIONS:

Anti-inflammatory **Diuretic** **Stomachic** **Astringent**
Tonic **Aromatic**

THERAPEUTICS:

* **Clears heat, reduces inflammation and clears toxins; creates astriction, dries mucous damp and promotes tissue repair, arrests discharge and bleeding.**
  - fire toxin with boils, carbuncles
  - inflammation of eyes, gums, joints
  - nerve, muscle or skin inflammation
  - stomach dryness: hungry but no desire to eat, scanty urine
  - chronic gastritis, ulcers, hiatus hernias
  - stomach fire: thirst, ravenous hunger, mouth ulcers, swollen painful gums
  - gastric hyperacidity (acid dyspepsia), cholescystitis
  - intestinal & bladder infections with damp heat, with painful urgent passing of stool or with painful dark urination
  - nephritis
  - cellulitis, erysipelas
  - hemorrhage from nose or mouth, in stool and urine, from uterus
  - chronic ulcers, wounds, sores, cuts, punctures
  - hard callouses & corns
  - connective tissue weakness
* **Clears stasis, seeps water, promotes urination and cleansing, drains plethora, softens deposits and relieves pain.**
  - kidney & liver qi stagnation: moodiness, nausea, abdominal distension, skin dryness or rashes
  - kidney & liver fluid congestion: general edema, thirst but no desire to drink, fatigue
  - general toxemia & general fluids dyskrasia: fetid stools, skin rashes
  - gout, chronic arthritis, rheumatism, uric acid diathesis
  - general plethora: obesity, high blood pressure, cellulite
  - hard deposits: arteriosclerosis, urinary stones
  - chronic & acute painful arthritis
  - headache, trigeminal neuralgia
* **Causes sweating, releases the exterior and scatters wind heat; pushes out eruptions and resolves fever**
  - external wind heat: onset of infections with aches and pains, sore throat, swollen eyes
  - eruptive fevers
  The silicic acid content makes it helpful for chronic connective tissue weakness in addition to messy wounds and all skin and mucosal inflammations.
* **Captain Roberts in the Encyclopedia of Digestive Disorders considers Meadowsweet to be the most effective herb for regulating the parietal cells in the stomach for production of HCl. It raises its production or lowers it as necessary.**
* **Used in nerve fibres which once destroyed can never be replaced.**

PHARMACOLOGY:

Phenolic glycosides such as monotropitin yield slicylate aglycones which contribute to the anti-inflammatory and diuretic actions. The tannins have an astringent action, helpful in digestive disorders. [British Pharmaceutical].
Use in variety of hot conditions where fever or inflammation have become counterproductive.
Use in fire conditions with fetor and suppuration.
Use in damp heat conditions with exudate and discharge along the entire mucous membrane.
Use in rheumatic, arthritic and gouty conditions with pain.
Use in high acid conditions affecting the above or stomach.
Use for water retention.

INDICATIONS:

Atonic and acid dyspepsia.
Gastritis, Gastric ulcers, Peptic ulceration
Assist renal elimination of water
Mild fevers and influenza
Pain (headache, toothache)
Tendonitis, sprains
Low or High stomach acid
Stomach disorders
Enlarged prostate
Uro-genital irritation
Chronic cervicitis and Chronic vaginitis with leukorrheal discharge

CONTRAINDICATIONS:

Should be avoided by persons hypersensitive to salicylates. It is said that one in five people with asthma, also have Samter's triad in which aspirin induces asthma symptoms therefore asthma sufferers should be aware of meadowsweet.
Very high doses may irritate the mucosa causing nausea and vomiting. If the tincture is to be used to treat gastric ulceration or excess acidity, the alcohol content, which might otherwise irritate the gut, can be reduced by adding it to boiling water.

TOXICITY:

No evidence but very large doses could result in salicylate poisoning or renal damage due to the tannin content.

OTHER USES:

Rheumatic and arthritic pains (internally or topically)

PREPARATION:

Infusion for resolving fever and relieving pains in a bout of wind heat.
Infusion for children's intestinal infections.
Tincture is stronger and allows other properties to unfold some of which will come into effect through washes, compresses, eye baths and body baths (for weak connective or epithelial tissue)
Solvents: boiling water, alcohol, oil

DOSAGE: (daily)

Up to 3 times daily:
Dried herb: 2-6 grams or in infusion (Terry says 4-6 grams)
Extract: (1:1 25% ethanol) 2-6 ml (Terry says 1.5 - 6 ml)
Tincture: (1:5 25% ethanol) 2-4 ml

ADMINISTRATION:

Infusion is needed to resolve fever and pains in a bout of wind heat.
Being gentle, it is perfect also for child's intestinal infections.
Stronger extractions like the Tincture will allow it's other properties to unfold.
Some of these willl come into effect through washes, compresses, eye baths and body baths (for weak connective or epithelial tissue)

CAUTION:

Very high doses may irritate mucosa, causing nausea and vomiting

Note: Think of it as applying to hot conditions: fever, inflammation, damp heat, rheumatoid arthritis, gout, pain (wind/damp obstruction as well as systemic fluids)

It is gentle yet deep acting.

Terry said to use as balancer between acid/alkaline stomach juices. If not producing enough acid, or producing too much.

EUROPEAN CENTAURY

Botannical name: Erythracea centaurium

Family: Gentianaceae(gentian)





OTHER NAMES: European centaury, centaury, centaurium, century, lesser centaury, lesser centaury, red centaury, centory, Mountain Pink, feverwort, filwort, bitter herb, banwort, bloodwort, Christ's ladder, earth gall, feltrike, gall of the earth, hurdreve, sanctuary; Petite herbe a la fievre (Fr); Tausendgueldenkraut (Ger); Centaurea minore, biondella (Ital)

Parts Used: Whole herb (or variously; leaves, top, root)

Sister plants:

Centaury, American (Sabbatia anguiaris; GETIANACEAE). Also known as rose pink, bitter-bloom, rosy centaury, square-stemmed sabbatia.
Entire herb use.
For fevers, rheumatism, sore throat, dyspepsia
Grows 2-3' high, sharply 4 angled stem. Solitary flowers July - Aug. on long pendules at ends of branches, which are rose-pink in color with a greenish star in the center, found in most parts of the United States in rich, damp soils (moist meadows, high grass, thickets).

ID:

Stem: erect, branching 6-20" high, narrow base, obtuse apex.
Leaves: opposite, obovate (oblong & oval shaped), entire (margins), 3-5 longitudinal ribs.
Flowers: Numerous and star-like, white, yellow, pink, or rose-colored, twisted anthers (the white variety is considered best medicinally).
Odor: Faint and characteristic (disappears when dried)
Taste: Persistently bitter (whole plant)

GROWING:

This was a wildflower native to North Africa and Europe. It has been naturalized in North America. An annual plant but self seeds well. Grows up to a foot high. Flowers open in good weather. It is hardy in zones 1-9. Grow in partial shade, light, sandy well drained soil. Avoid rich, wet soil (suits our area well). They are easy to grow by planting seeds after frost danger has passed, just sprinkle on surface of soil, then cover very lightly with a little more soil. They should germinate within 9 weeks, then thin them out giving them 8-12 inches of space each.
Collection: Gather in flowering season (July-Aug)

HISTORY

The name of the genus to which it is at present assigned, *Erythraea*, is derived

from the Greek *erythros* (red), from the colour of the flowers. The genus was formerly called *Chironia*, from the Centaur Chiron, who was famous in Greek mythology for his skill in medicinal herbs, and is supposed to have cured himself with it from a wound he had accidentally received from an arrow poisoned with the blood of the hydra. The English name Centaury has the same origin. The ancients named the plant *Fel Terrae*, or Gall of the Earth from its extreme bitterness. The old Engiish name of Felwort is equivalent in meaning to this, and is applies to all the plants of the Gentian family. It is also thought to be the 'Graveolentia Centaurea' of Virgil, to which Lucretius gives the more significant epithet of *tristia*, in reference to this same intense bitterness. As this bitterness had a healing and tonic effect attributed to it, we sometimes find the Centaury called Febrifuga and Feverwort. It is known popularly also as Christ's Ladder, and the name Centaury has become corrupted in Worcestershire to 'Centre of the Sun.'

We find a reference to it in *Le Petit Albert*. Fifteen magical herbs of the Ancients are given:

'The eleventh hearbe is named of the Chaldees, Isiphon . . . of Englishmen, Centory . . . this herbe hath a marvellous virtue, for if it be joined with the blood of a female lapwing, or black plover, and put with oile in a lamp, all that compass it about shall believe themselves to be witches, so that one shall believe of another that his head is in heaven and his feete on earth; and if the aforesaid thynge be put in the fire when the starres shine it shall appeareyt the sterres runne one agaynste another and fyghte.' (English translation, 1619.)

Also in a translation of an old mediaeval Latin poem of the tenth century, by Macer, there is mention of Centaury (with other herbs) as being powerful against 'wykked sperytis.'

Of all the bitter appetizing wild herbs which serve as excellent simple tonics, the Centaury is the most efficacious, sharing the antiseptic virtues of the Field Gentian and the Buckbean.

Areas affected:

hepatic heart

Therapeutics:

TONIC	**aromatic bitter**	**stomachic**	**febrifuge**
anti-periodic	**antiseptic**		

This herb is an excellent general tonic an is a strengthener of the heart; it acts upon the liver in correcting and regulating an oversecretion of bile. Its therapeutic action is similar to gentian and chirata (Swertia chirayita).

Indications:

Ague	**anemia**	**debility(for the delicate & elderly)**
dyspepsia	**fevers**	**freckles**
gout	**jaundice**	**liver troubles**
stomach problems		

Preparation:

Fluid extract, infusion, powder, tincture

Dosage: (daily)

Fluid extract: 1/2 - 1 tsp
Infusion: 1 wineglassful 3-4 times daily

Powder: 5-30 grains (30 grains equals 1/2 tsp)
Tincture: 1/2 - 2 tsp

Administration:

Oral
Biliousness: 1 teacupful of warm infusion 1/2 hr. before each meal
Skin
Freckles: wash face with a strong infusion 4 times daily

CONFUSION BETWEEN CENTAURY AND CENTAUREA





The above are pictures of Centaurea Montana is inedible but used medicinally in Central Europe. It is often what we see in our greenhouses for sale here.
Centaury is a member of the gentian family. Centaurea is a member of the Asteraceae (aster) family which includes knapweeds, cornflowers, star thistles etc.
When you get your seeds or plants, clarify with the seller that it is the right botannical plant.

Centaurea Montana is also known as Mountain cornflower, Mountain knapweed, Mountain centaury. The botanical name is Centaurea montana "violetta" .