ASTRINGENT HERBS

BAYBERRY	WHITE OAK	RED RASPBERRY	MULLEIN
WHITE POPLAR	GROUND IVY	BISTORT	CRANESBILL (wild geranium)
TORMENTIL	WITCH HAZEL	PERIWINKLE	WHITE POND LILY
SHEPHERD'S PURSE	LADIES MANTLE		

Astringents promote greater density and firmness of tissue (opposite of cathartics or laxatives).

They act upon vital contractilty and constringe, contract, and condense the cellular structures of organic tissues (muscles, arteries, nerves).

They tend to lessen or powerfully arrest excessive blood hemorrhages from the lungs, renal organs, bowels etc. by coagulating the albumin; and excessive perspiration or night sweats from lymphatic glands and skin tissues.

Astringents are generally mucus cleansers and, externally, they are used to contract and strengthen a relaxed or weakened condition of muscular fiber.

In case of sores in the mouth or loose teeth because the gums need to be firmed up, astringents do excellent work here.

Some astringents stimulate, others sedate. They all vary in strength.

BAYBERRY

(Botanical name: Myrica cerifera)

Pharmaceutical name: Myricaceae (myrtle)



PARTS USED: Bark (preferably the rootbark), wax (from the berries), leaves

CULTIVATION: Grows along Lake Erie in Canada. This is the only species regarded as useful. Wax must be melted from the berries by boiling in water and allowing wax to float up. Wax is used for candles.

CONSTITUENTS:

acrid and astringent resins
myricinic acids
tannic and gallic acids
wax (in berry only)

AREAS AFFECTED:

arterial circulation lungs head intestines liver uterus structural

QUALITIES:

Taste: astringent, a bit pungent and bitter, warm with cooling potential
Odor: characteristic, slightly aromatic.
Energy: stimulating, restoring, astringing, decongesting, solidifying, dispersing and stabilizing movement.

THERAPEUTICS:

ASTRINGENT	tonic	alterative	cholagogue	diuretic
sinalagogue	emetic (lg doses)	syptic	vulnerary	errhine
sternutatory	discutient			

- wax: mildly astringent, somewhat narcotic
- leaves: astringent, aromatic

ACTIONS:

* bayberry and lobelia are considered by many as the most useful herbs in botanic medicine
* bayberry forms the base for the famous Composition Powder, which comes as near to being a cure-all as anything we have. It is a powerful stimulant, astringent and tonic, influencing the alimentary tract, toning and promoting glandular activity, all the while thoroughly cleansing and restoring the mucous secretions to normal function
* it is an effective deobstruent and it is a useful cleansing tonic for the liver
- its stimulant properties promptly arouse the whole circulatory system, with a persisting influence upon the arterial and capillary circulation and a toning action to the tissues

- its astringent action is very potent, yet it does not dry the mucous membranes as the inorganic chemical agents such as alum do.
* Bayberry is an excellent tonic for the uterus (esp. during pregnancy) and is a valuable agent for arresting hemorrhage of the uterus, bowels or lungs
* when used with cayenne, it is very effective in reviving the heat in the body and in inducing diaphoresis.
* supports and tonifies the yang, generates warmth and dispels cold. Stimulates the circulation and lungs, expels phlegm and clears the head.
* causes sweating, releases the exterior and scatters wind cold. Resolves fever, reduces inflammation, pushes out eruptions and benefits the throat
* warms and invigorates the intestines/spleen, liver and gallbladder. Creates astriction, resolves mucus and dries damp. Raises prolapse, arrests discharge and staunches bleeding.

INDICATIONS:

- sore throat, cold extremities, chills, narcotic poisoning, emesis, hemorrhage (uterus, bowel, lungs)
- menorrhagia, leucorrhea
- goiter
- diarrhea, dysentery
- ulcers
- spongy and bleeding gums, tooth powder, trench mouth, frog, thrush, inflamed tonsils, polyps(nasal, laryngeal, uterine), sore throat, boils, carbuncles, adenoids
- fevers, flu, colic cramps
- jaundice, catarrh of stomach, dyspepsia, weak digestion, sluggish liver,
- alopecia (loss of hair), dandruff
- scrofula, slow healing wounds, gangrenous sores

Bayberry is a strong diaphoretic circulatory stimulant. Like all other herbs in this class it is used for deficiency cold conditions due to systemically poor circulation i.e. yang deficiency. Causing sweat as it does, it may also be used in wind cold infectious, with special emphasis on chronic throat inflammations.

What sets Bayberry apart from other pungent hot stimulants, however, is its sympathetic nervous stimulation. As such, it qualifies as a Yang tonic, joining Camphor and Basic among others. Global Yang deficiency with fatigue, cold limbs and depression is brilliantly treated by it--depression all the more so as it opens and warms the liver, a function that includes a bile stimulating or cholagogue effect. In short Bayberry is a true reviver of that elusive intangible, the vital spirit.

DOSAGE: (daily)

Decoction: 1 wineglass 3-4 times daily
Fluid extract: 1/2 - 1 dram
Infusion: 1 cupful
Powder: 1/2 - 1 dram
Tincture: 15 - 30 minims

While the decoction is used for Bayberry's astrictive properties, the tincture is more suited to bring out its stimulating, warming, sweat inducing effects. It should be sipped hot at the onset of wind cold. Although a remedy mainly for internal use, its astringency makes it an ideal mouthwash, etc. in lax tissue states with pain or bleeding.

Use as snuff for nasal congestion.

CAUTION:

Large doses may be used to cause vomiting

Use to its irritant, hot quality, Bayberry is contraindicated with any acute inflammation and with internal full heat conditions generally.

OAK, WHITE

(Quercus alba)

FAGACEAE; CUPULIFERAE(oak/beech)



PARTS USED: mainly inner bark; also leaves, acorn, acorn cups

QUALITIES:

Taste: strongly astringent
Odor: characteristic, slightly aromatic

WHERE FOUND: the white oak, is one of the preeminent hardwoods of eastern and central North America. It is a long-lived oak, native to eastern and central North America and found from Minnesota, Ontario, Quebec, and southern Maine south as far as northern Florida and eastern Texas.

THERAPEUTIC ACTION:

- strongly ASTRINGENT
- slightly stimulant
- hemostatic
- febrifuge
- diuretic (lithotriptic)
- white oak variety is preferred by herbalists
- red and black oak barks are generally used for external applications
- there are some 80 species of oaks, ranging from shrubs (scrub) to trees, that may, with their acorns be used therapeutically similarly
- will expel pinworms, increases flow of urine and remove gall & kidney stones
- slowly antiseptic
- tonic
- antivenomous
- anti-emetic
- anthelmintic(vermifuge)
- English Oak therapeutically similar to white oak
- because of its powerful astringent properties, oak bark is used much for both external & internal Hemorrhages
- excellent cleansing action on inflamed surfaces of the skin and mucous membranes
- cleansing & toning influence on entire ailimentary tract

MEDICINAL USES:

- internal and external hemorrhage
- leucal diarrhea, dysentery, prolapsed anus, piles, colon troubles,
- ulcerated and inflamed throat
- ulcerated bladder, bloody urine, uterine troubles, prolapsus uterine
- hemoptysis
- relaxes vagina
- diphtheria
- sore mouth gums
- seminal emissions
- pin worms
- inflammations, infections, burning fevers
- varicose veins

- kidney and liver problems
- hardened neck
- sores, tetters, ringworm, scaly eruptions, gonorrhea
- poisoning
- relaxed tissue
- cholera infant
- goiter
- tumors, swelling ulcers, hard tumors
- catarrh
- tooth powder
- gangrene
- stomach troubles
- prolapsed uvula
- intermittents

PREPARATION:

- decoction, fluid extract, infusion, powder, tincture

DOSAGE (daily):

Decoction: 2 Tbsp - 1 wineglassful
Fluid extract: 1/2 - 1 dram
Infusion: 1 cupful
Powder: 5-20 grains
Tincture: 1/4 - 1/2 tsp

ADMINISTRATION:

<u>Anal</u>

Colon trouble, prolapsed anus, diarrhea, dysentery, gonorrhea: use injection in small and frequent dose

<u>Oral</u>

Diphtheria: where one suspects a light attack, a gargle with oak bark, with a little cayenne or composition power added may arrest further development.
Ulcerated and inflamed throat: use decoction as a gargle
Pinworms: drink 1 cupful of infusion 3 times daily.
Bleeding at mouth, spitting blood, vomiting: drink a tea of the bark and power of the cups.
Poisoning and venomous bites, ulcerated bladder, bloody urine: use the powder of the acorns and/or the bark made into a tea.
Inflammations, infections, fevers: the distilled water from the leaf buds is excellent (externally and internally)Leucorrhea: use infusion of leaves
Dysentery, diarrhea: small doses of infusion

<u>Skin</u>

Poisonous bites: tea internally, apply poultice or fomentation of powdered acorns and inner bark externally.
Sore mouth and sore or spongy gums: use decoction as wash
Ulcers, sores, varicose veins, tumors, tatters, inflammation, ringworm, scaly, eruptions, etc: use the decoction as a wash, and bathe 3-4 times daily (dilute for open sores); also a fomentation may be wrapped around the affected part and covered well with flannel.
Gangrene: apply the powdered bark as a poultice.
Goiter: apply hot fomentation wrung out of a strong decoction of inner bark of ok; bind over the swollen gland with woollen or flannel cloth and repeat as required.

<u>Vaginal:</u>

Leucorrhea, prolapsed uterus, replaces vagina: use as vaginal injection

RED RASPBERRY

(Rubus idaeus)

Family: ROSACEAE(rose)



PARTS USED: Leaves; also rootbark, fruit

QUALITIES:

Taste: astringent
Odor: none.

Sister Plants:
- **Blackberry or Bramble(Rubus villosus)**
  - **bark, leaves, root bark, berries**
  - **diarrhea, dysentery, hemorrhoids, leucorrhea, offensive saliva, a tonic and relaxed condition of the stomach, intestines, larynx, and mucous tissues generally.**
- **Black Raspberry**
  - **leaves, fruit**
  - **therapeutically similar to red raspberry**
- **Thimbleberry (rubus occidentalis)**
  - **leaves, fruit**
  - **therapeutically similar to red raspberry**

THERAPEUTICS:

ASTRINGENT	tonic	stimulant
alterative	stomachic	anti-emetic
parturient	hemostatic	cathartic
antiseptic	anti-abortive	anti-gonorrheal
anti-leucorrheal	anti-malarial	

Fruit: mildly laxative, esculent, antacid, parturient, refrigerant

ACTIONS:

- **great agent for cleansing a canker condition of the mucous membranes in the alimentary tract, leaving the tissue toned**
- **for pregnancy the infusion, when taken regularly, will quiet premature pains and will produce a safe, speedy and easy delivery**

- **raspberry leaves stimulate, tone and regulate (both the leaves and fruit are high in citrate of iron which is the active alterative, blood-making, astringent and contractive agent for the reproductive area) before and during childbearing, assisting contractions and checking hemorrhage during labour, relieving after-pains, then strengthening, cleansing and enriching the milk of the mother in the post-delivery period**
- **tea is a valuable and effective agent for female menstrual problems decreasing the menstrual flow without stopping it abruptly**
- **raspberry leaves are soothing and toning to the stomach and bowels, with healing action to sore mouths, sore throats, nausea, aphtha, stomatitis, diabetes, diarrhea and dysentery**
- **especially valuable in stomach and bowel complaints of children**

INDICATIONS:

- **constipation, diarrhea, dysentery, hemorrhoids, intestinal flu, bowel complaints**
- **nausea, vomiting, intestinal flu, colds, fevers**
- **diabetes**
- **pregnancy, uterine hemorrhage, parturition, uterine cramps, labor pain, cholera infantum, leucorrhea, prolapsus uteri, prolapsus ani,**
- **ulcers, wounds, gonorrhea**
- **sore mouth, sore throat, spongy gums**

OTHER USES:

- **flowers are good in salads. Young shoots can be peeled and eaten.**
- **berries have many medicinal uses.**
- **Raspberry is listed by Lust as anti-emetic, astringent and mild laxative. Leaves and esp. root made into an infusion (1 oz in 2 cup water steeped 15 min) are good remedy for diarrhea. If mixed with cream will relieve nausea and vomiting.**
- **Tea is also used to prevent miscarriage, increase milk flow, reduce labour pains. Helps stop nausea in pregnancy and produces safe, speedy and easy delivery. Pregnancy women should drink this tea at least once a day for the duration of the pregnancy but especially in last 3 months.**
- **Tea is also valuable for menstrual problems, decreasing flow without stopping it too abruptly.Leaves are soothing and toning to stomach and bowels. If taken at first signs of flu or cold, raspberry leaf tea will often stop them short.**
- **It is a herb that has many qualities by itself. When combined with other herbs, its effects are almost miraculous.**
- **Berries are mildly laxative.**

DOSAGE: (daily)

Fluid Extract: (leaves) 1-2 fluid drams
Infusion: 1 teacupful at mealtimes 3 times daily (hot or cold)
Powder: 20-30 grains (1/3 - 1/2 tsp)
Tincture: 1/2 - 1 fluid dram

ADMINISTRATION:

<u>Anal</u>
Diarrhea, dysentery, bowel - see under "remedies"
Hemorrhoids, prolapsus ani: inject 1 teacupful and retain as long as possible.

Oral

Constipation: see under "remedies"

Parturition: drink warm infusion of leaves along with addition of small amount of cayenne or use leaves in combination with lady slipper and add some cayenne where required; or add Composition Powder to the infusion.

Pregnancy: drink infusion regularly during and after period of child-bearing.

After-pains(childbirth); uterine hemorrhage, miscarriage, preventive: drink the raspberry leaf tea with a little Composition Powder in it

Amenorrhea, dysmenorrhea: Drink the infusion of the laves: 1 cupful at mealtime 3 times daily along with an intestinal tonic-laxative for 2-3 months or until the distressing symptoms have disappeared.

Children's stomach and bowel disorders: give the infusion (strong); a little ginger, and pennyroyal may be added.

Diabetes

Skin

Sore mouth and throat, thrush, spongy gums: use strong infusion as wash and gargle

Remove proud flesh, cleanse wounds: apply the leaves with slippery elm bark powder as a poultice

Ulcers, wounds: use the infusion as a wash

Vaginal

Leucorrhea, gonorrhea, inflamed mucous membrane, prolapsed or enlarged uterus: use strong infusion as a douche. See "remedies".

PREPARATION:

decoction, fluid extract, infusion, powder, tincture

Congenial combinations:

Raspberry leaves make an excellent combination with slippery elm for cleansing wounds.
Combine with comfrey leaves and spearmint to make a nice garden tea.

MULLEIN

(Verbascum thapsus; Verbasci filia)

Family: SCROPHYLARIACEAE(figwort)



PARTS USED: leaves, flowers, root, fruit

THERAPEUTIC ACTION:

DEMULCENT	ASTRINGENT	emollient
pectoral	nutritive	absorbent
diuretic	antiseptic	hemostasis
anodyne	narcotic	anti-asthmatic
anti-catarrhal	antispasmodic	vulnerary
germicide	anthmintic (vermicide).	

- Mullein has special affinity for the respiratory organs. Best expectorant we have in the form of an herb.
- 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.
Drying and preservation
Do not use the flowers that have turned brown

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

ADMINSTRATION:

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

Mullein oil is a very medicinal and valuable destroyer of disease germs. An infusion of the flowers in olive oil is used for earache drops, or as a local application in the treatment of piles and other mucous membrane inflammations. Often combined with garlic oil.

<u>Infusion of Mullein</u>

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.

<u>Strong decoction</u> (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.

<u>Mullein Oil</u> (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.

WHITE POPLAR

Botannical name: Populus tremuloides, Populus alba

Family: SALICACEAE (willow)





OTHER NAMES: **Poplar, Aspen, quaking aspen, white poplar, American aspen, quiver leaf, trembling tree, tremblig poplar, aspen poplar, abbey, abbey tree, abele tree, abelable, arbeal, arbell, white asp, great aspen, Dutch beech, Dutch arbel, white bark**

PARTS USED: **Inner bark, leaves, buds**

Odor: **very little**

Found: **Native of North America grows everywhere, and Europe**

ID:

Perennial
Slender tree with thin foliage that grows 30-40' high
Trunk: close to ground, reaches 20" in diameter, then tapers gradually toward the top
Branches: slender, alternating, scattered
Leaves: broad, heart-shaped, dull-whitish or green with whitish veins.
Bark: horizontally marked or scarred on older trees (smooth on younger trees), spotted with whitish and dark patches (being grayish or rusty green in color). Generally outer bark is grayish while inner surface is
smooth and brownish-white (the internal tissue is in alternate buff and white layers); the taste is bitter and
there is little odor.

GROWING:

White poplar **hybridises with the closely related Common** ***Aspen Populus tremula*****; the resulting hybrid, known as grey poplar**
It is found growing in the woods and watersides all over North America.
If you want to grow it from seed – do it as soon as the seed is ripe in the spring. Start in seed trays, then transfer to ground when stronger. It also suckers in early spring and these can be transplanted.
Most willows will grow if you just stick a branch in the soil.
The leaves are rich in Vit. C. The inner bark can be dried, ground into a powder and added to flour for making bread.
A fairly wind resistant tree, it can be grown as part of a shelterbelt planting.
Collection: Gather inner bark from older trees, it is thicker and has more medicinal potency.

HISTORY:

Used as flour substitute in famine times.

THERAPEUTICS:

TONIC	febrifuge	antiperiodic	antipyretic
antiseptic	antiferment	diuretic	stimulant
vermifuge	vulnerary	ASTRINGENT (slight)	

This herb holds a high position in herbal medicine as a universal tonic, and may be given freely where a tonic is needed. It is probably one of the best tonics for old age or when a person is constitutionally weak from disease, as it effectively tones the mucous membrane and digestive system.
It is an effective and reportedly superior substitute for Peruvian Bark and organic quinine, for poplar is often tolerated in a weakened stomach when Pervian Bark is not.
Stem Bark: anodyne, anti-inflammatory, antiseptic, astringent, diuretic and tonic. Contains salicylate from which the proprietary medicine aspirin is derived. Use internally in the treatment of rheumatism, arthritis, gout, lower back pains, urinary complaints, digestive and liver disorders, debility, anorexia, to reduce fevers, relieve menstrual cramp pain. Use externally for chilblains, hemorrhoids, infected wounds, sprains.
Bark is harvested from side branches or coppiced trees and dried for later use.
Leaves are used in treatment of caries of teeth and bones.
Twigs are depurative.

INDICATIONS:

Articular swelling	burns	cancer	cholera infantum
cystic catarrh	debility	cuts	diarrhea
eczema	flu	gleet	faintness
gangrene	gonorrhea	hysteria	hay fever
intermittent fever	indigestion	jaundice	kidney complaints
liver problems	neuralgia	purulent ophthalmia	
acute rheumatism	sciatica	strong perspiration	
syphilitic sores	bad ulcers	urinary complaints/weakness	
infected wounds			

OTHER USES:

An extract of the shoots can be used as a rooting hormone for all types of cuttings. It is extracted by soaking the chopped up shoots in cold water for a day.

A yellow dye is obtained from the bark.
Wood - rather woolly in texture, without smell or taste, of low flammability, not durable, very resistant to abrasion, very light, soft, elastic. It is used for less good quality purposes such as making matches, packing materials etc.
The bark possesses notable antiseptic and astringent attributes that makes it effective while treating diarrhea as well as symptoms of irritable bowel. White poplar is useful in treating conditions which are somewhat below chronic diarrhea and it may also used as a substitute for quinine. White poplar bark products may also be used to promote digestion and especially augment the functioning of the liver and the stomach, mainly in cases where the patient suffers from loss of appetite.
Use to treat infections of the urinary tract. It is also a tonic for the urinary system.
The bark of white poplar is also considered to be effective in curing feverish cold as well as infections, for instance, cystitis.

The other uses of the bark include treating the weakness of the female organs, urine incontinence, dysmenorrhea (painful menstruation) as well as discharge of mucus from the bladder.

Dosage: (daily)

Fluid extract: 1 dram (1 tsp)
Infusion: 1-2 cupfuls (cold) daily, a large mouthful at a time
Tincture: 2-4 ml three times a day
Decoction: 1-2 tsp dried bark in cup of water, bring to boil, simmer 20 minutes. Drink 3 times a day.
To stimulate appetite, drink this 30 minutes before meals.

ADMINISTRATION:

Oral
Gonorrhea: drink white poplar bark in tea form
Cancer, bad ulcers, gangrenous wounds, eczema, strong perspiration, burns, syphilitic sores: use as a wash
Gonorrhea: use as a wash

Combinations: In the treatment of rheumatoid arthritis it may be used with Black Cohosh, Bogbean and Celery. As a digestive stimulant it can be used with Balmony and Golden Seal.

CRANESBILL

(Botannical name: Geranium maculatum)

Family: GERANICACEAE(geranium)



PARTS USED: **Root; also the herb (the root possesses the greatest potency and astringency)**

GROWING: **Perennial. Grows to about a foot high. Grows wild in Elkwater. Easy to grow in garden.**

QUALITIES: **Taste: strongly astringent** **Odor: none.**

THERAPEUTICS:

ASTRINGENT **tonic** **styptic**

ACTIONS:

- **excellent and effective astringent with pleasant tonic properties**
- **astringent action is powerful and non-irritating, well-suited for relieving relaxed, atonic and enfeebled conditions of the mucous tissues debilitated by copious discharges**
- **astringent action is less than oak bark and black catechu, but is stronger than witch hazel**
- **it is not nauseous, making it useful for infants and persons with sensitive stomachs**
- **Moderately drying in action, strengthening and invigorating the stomach, kidneys and other internal organs**
- **Dr. Shook wrote the following concerning its properties as a beauty aid for the skin: "we say, without fear of favour, that for removing wrinkles, astringing enlarged pores, checking the overactivity of the sudoriferous and sebaceous glands in the skin, contracting enlarged and engorged capillaries in the skin that are brought about by excessive stimulation with hot packs, steaming, massage, and irritants which are employed in the usual procedure in so-called beauty parlors, there is no remedy equal to Cranesbill when properly combined and compounded into creams and lotions and perfumed with non-irritating and astringent oils, gums, resins, etc.**

INDICATIONS:

- **chronic diarrhea, chronic dysentery, catarrhal gastritis,**
- **menorrhagia**
- **night sweats, hemorrhages, leucorrhea, excessive and chronic mucus discharges, chronic catarrh**
- **indolent ulcers, leucorrhea, internal ulcerations**
- **relaxes vagina, relaxed rectum, relaxed uvula**

- **mercurial salivation**
- **infant cholera**
- **diabetes**

PREPARATION:

Decoction, fluid extract, infusion, powder, tincture

DOSAGE: (daily)

Decoction: 1 tsp - 1 dessertspoonful in a little water
Fluid extract: 1/2 - 1 dram
Infusion: 1 wineglassful - 1 teacupful when required
Powder: 15 - 60 grains
Tincture: 1/2 - 1 fluid dram

ADMINISTRATION:

Anal:

Mucus discharges from intestines, rectal problems: combine equal parts with golden seal and inject small amount of strong infusion into rectum. Also for diarrhea, dysentery, cholera infantum use the injection as required.

Piles: inject 2-3 tbsp decoction alone or strong infusion in combination with golden seal several times during the day and after each bowel movement

Oral:

Gastric ulcer, diabetes: use in comb. with goldenseal
Diarrhea, dysentery, cholera infantum, bowel problems: use decoction or strong infusion in milk
Internal bleeding: drink 1 wineglassful of the fluid extract (root) or decoction
Bright's disease, incontinence of urine: drink decoction in combination with goldenseal

Skin:

Sore, inflamed or irritated throat: use decoction of root as a gargle.

Relaxed or elongated uvula: apply fluid extract frequently or gargle with the decoction of the root.

Sore Mouth, bleeding gums: rinse with decoction or strong infusion
Cuts, wounds; wash with decoction or apply bruised leaves directly.
Nosebleed: use powder as snuff

Bleeding: sprinkle powder onto area; rub powder into tooth cavity. Also as a local styptic, apply special strong decoction to the affected area on the lint or cotton without dilution

Dry up mother's milk: massage decoction into breast area
Firm up and harden sore and tender nipple: massage decoction into nipples only.

Vaginal

Leucorrhea; use in combination with bistort as douche.

Decoction:

1 oz cranesbill root, cut or powdered
1 1/2 pints distilled water

Simmer 20 min with tightly covered, strain, let stand until cool, bottle, keep in cool place. For preserving this decoction with glycerine, reduce strained liquid to 3/4 pint (12 oz) by simmering and add 4 oz glycerine, shake well together, keep in a cool place.

Dosage: 1 tsp - 1 tbsp in a little water (this is at times stronger than an infusion of the root)

Uses: severe hemorrhages, chronic catarrh, chronic mucus discharge from mucous membranes, purulent leucorrhea, dysentery, purulent sore throat, indolent ulcers, severe bleeding piles.

<u>Special strong decoction</u> (hemorrhage of lungs, internal wounds, excessive menorrhagia)
4 oz cranesbill root cut
4 oz comfrey root cut
8 oz glycerine
Stir and soak herbs for 6 hours in 2 qts of distilled water; bring to boil, simmer slowly 30 min; strain and press all liquor from herbs, place the liquid into the cleansed vessel and reduce slowly by simmering to 1 1/2 pints; when cool add 1/2 pint (8 oz) of glycerine and shake well together; bottle and keep cool.
Dosage is 1 dessertspoonful - 1 tbsp in water.

BISTORT

Botanical name: Polygonum bistorta

Pharmaceutical/Family name: POLYGONACEAE(knotweed/smartweed)



OTHER NAMES: **Snakeweed, English Serpentary, Dragon-wort, Osterick, Passions, Patience Dock, Red Legs, Sweet Dock. Twice Writhen, Adderwort, Oderwort.**
The name 'bistort' comes from the Latin 'bi' for 'twice' and 'torta' for 'twisted', referring to the double twisted root.

PARTS USED:

Rhizome or root and underground stem.

DESCRIPTION:

Thick short knotted root which is blackish on the outside and reddish inside, shaped like the letter "S".
Leaves are oval with heart-shaped bases, rather like Dock leaf.
Flowers are pale flesh colour. flowers late spring.
Seed is ripe in mid summer.

GROWING:

Prefers damp soils such as in cultivated fields but we have grown it in regular soil. Likes partial to full sun.
Native to Europe but has been grown in Nova Scotia and as far south as Massachusetts.
Perennial, growing up to 30 inches high.

QUALITIES: **Taste: astringent Odor: none. Temperature: Cold/dry**

CONSTITUENTS:

Leaves are high in vitamins A and C.
Root is rich in tannin.

THERAPEUTIC ACTION:

ASTRINGENT	**styptic**	**diuretic**
alterative	**tonic**	**anti-venomous**
anthelmintic (vermifuge)		

- one of the most powerful astringents in botanical medicine. Highly styptic.
- useful and effective for cleansing canker and morbid matter from the mucous membrane of the alimentary canal and at the same time toning the entire tract.
- influences kidneys, firms up and tones tissue (both internal and external) and is a versatile styptic agent for hemorrhages.

HISTORY:

The water distilled from leaves and roots is a remedy to wash any place bitten or stung by any venomous creature and for running sores and ulcers. The decoction of the root hinders abortion and miscarriage. The leaves will kill the worms in children. With the juice of the Plantain added to it and applied outwardly, it helpeth the gonorrhea, or running of the reins.
In times of famine, the roots which have large quantities of starch have been roasted and eaten.

MEDICINAL USES:

- **very styptic, may be used for all bleedings whether external or internal and wherever astringency is required.**
  (eg. hemorrhage, mucus discharges, leucorrhea, menorrhagia, dysmenorrhea, incontinence (enuresis).
- **Also hemorrhaging from lungs and stomach. Very effective for bleeding nose.**
- **Hemorrhoids (use a decoction as enema 1oz root to 2 pint boiling water, strain and allow to cool before use). Same preparation can be used as vaginal injection in leucorrhea. Also for hemorrhoids can mix equal parts with Cranesbill and marshmallow root and use as enema or drink.**
- **diarrhea, dysentery, cholera, all bowel complaints**
- **helps cleanse body of infectious disease- helps cleanse body of infectious disease**
- **bruises**
- **Mucus discharges**
- **Mouth Ulcers**
- **use juice for nasal polyps**
- **mix 1 tsp in a cup of boiled water and drink several times daily for diarrhea or dysentery.**
- **same mixture above can be used for gargling for sore throats.**
- **the root can be powdered, mixed with liquid and drank. In the past has been used for the plague, smallpox, measles and other diseases, driving them out by sweating.**
- **for tonsillitis or sore throat: 1 tsp tincture of bistort and 1 tsp of bloodroot, added to 1/2 glass of boiling water as gargle or spray.**

PREPARATION:

Decoction, fluid extract, infusion, powder tincture.

DOSAGE:

Decoction; 1 tsp - 1 tbsp in a little water
Fluid Extract: 1/2 - 1 fluid dram
Infusion: 1 wineglassful
Powder: 15-30 grains
Tincture: 1/2 - 1 fluid dram

CAUTIONS:

None known

ADMINISTRATION:

Anal
Diarrhea, dysentery, cholera: dilute decoction in a little water and use as an injection
Oral
Enuresis (incontinence of urine): combine bistort with other diuretic agents.
Internal canker, mucus discharges, jaundice, measles, smallpox, pimples etc. - Bistort decoction, powder etc. is very cleansing, astringent and toning; also combine equal parts with red raspberry leaves.

GROUND IVY

(Botanical name: Glechoma hederacea; Nepeta glechoma)
Family: LABIATAE(mint/deadnettle)





OTHER NAMES: **Creeping Charlie, Alehoof, Tunhoof, Gill-over-the-ground, , catsfoot, field balm, run-away-robin.**

PARTS USED: **Whole herb**

ID: **Ground Ivy is an aromatic, perennial. It is a member of the mint family. Considered an invasive weed in North America. It is sometimes confused with common mallow which has similar leaf.**

QUALITIES: **Taste: bitter and acrid Odor: strong, aromatic, unpleasant.**

CONSTITUENTS:

- **.6% flavonoids: principally glycosides of luteolin, apigenin and guercetin incl. luteolin-7-glucoside (cynaroside) and -7-glucobioside, hyperoside, apigenin-7-glucoside (cosmosiin) and isoquercitrin.**
- **.7% triterpenoids incl. ursolic acids and sitosterol. whole plan has hydroxursolic acids, oleanolic acid and uvaol**
- **penolic acids: cholorgenic and other quinic acid derivatives with caffeic acid**
- **polyphenols. Since tannins are not present in Ground Ivy or other Labiatae, the perceptible polyphenolic compounds are probably low MW oligomers of caffeic acid**
- **9-hydroxy-10-trans-12-cis-octadecadienoic acid**
- **volatile oil containing mainly pinocamphone with menthone, pulegone and other monoterpenes**
- **marrubiin**
- **n-Nonacosane**
- **free amino acids, including methionine (.28%) cysteine (.12%) serine and many others.**

THERAPEUTIC ACTION:

ASTRINGENT diuretic tonic pectoral stimulants.

Br. Pharmaecopia: Expectorant, anti-inflammatory, astringent
- a very beneficial action on the kidney and liver
- it is useful as an anti-scorbutic agent, and has cured severe skin eruptions which have

defied medical treatment for months.
- tones the stomach and is effective in pulmonary troubles generally
- sweetened with honey, ground ivy may be drunk liberally as a very cooling beverage
- a specific unsaturated fatty acid appears to regular platelet enzyme activity related to prostaglandins.
- may have anti-tumour and anti-ulcerogenic activity

MEDICINAL USES:

- moderate anti-inflammatory activity
- deafness
- kidney disorders
- scurvy
- gatherings
- cough
- skin eruptions
- lead-colic
- nasal congestion
- as expectorant
- sore eyes
- dyspepsia
- abscesses
- tumors
- pulmonary complaints
- sores
- headache

CAUTION:

Accepted as safe at therapeutic dosage levels. Large amounts have proved toxic to grazing horses.

CONTRA-INDICATIONS:

None known

PREPARATION:

Fluid extract, infusion, powder, tincture

DOSAGE:

Fluid extract: 1/2 - 1 fluid dram
Infusion: 1 wineglassful or more 3-4 times daily
Powder: 30-60 grains
Tincture: 1/4 - 1/2 fluid dram
Br. Pharm: 3 times daily of:
dried herb (2-4 g or in infusion);
liquid extract (1:1 25% ethanol 2-4 ml);
tincture (1-5 25% ethanol, 5-10 ml)

ADMINISTRATION:

<u>Oral:</u>
As a cooling beverage infuse 1 oz herb to 1 pint of water, sweeten with honey, drink cool.
Lead-colic(from painting): drink infusion of leaves
<u>Skin:</u>
Deafness, sore eyes: drop expressed juice from ground ivy into ears or eyes frequently.
Gathering of breasts, tumors, sores: see "remedies"
Skin eruptions: use infusion as a wash

PERIWINKLE

(Botanical name: Vinca minor)

Pharmaceutical family: Apocynaceae(dogbane)



Common Names/Synonyms: Common Periwinkle, Earlyflowering, Evergreen, Herbe à la Capucine, Herbe de Fidélité, Lesser Periwinkle, Myrtle, Petite Pervenche, Pervenche Mineure, Small Periwinkle, Vinca minor, Vincae Minoris Herba, Vincapervinca, Violette des Morts, Violette de Serpent, Violette de Sorcier, Wintergreen.

Parts Used: above ground parts (leaves, stem and flowers, seeds) but mostly leaves and seeds used

Found: Europe, Canada, U.S..
Indigenous to northern Spain, Western France, central and southern Europe.

ID: ground creeper, shiny dark green leaves, lavender flowers.

Growing: Easy to grow. Perennial. Prefers shade

History: They say horses with cancer will break down a fence to get to periwinkle to eat it.

Periwinkle has been used in the tradition medicine of many cultures and peoples worldwide including Europe, China, India and the Pacific and Caribbean Islands.
In the Caribbean, practitioners of voodoo magic sew Periwinkle leaves into the mattress to keep husband and wife forever in love, and the home peaceful. They are sometimes mixed with magnolia leaves, which also have a reputation of promoting faithfulness in love. The blue flowers of periwinkle are symbolic of spiritual peace and harmony. Catherine Yronwode Hoodoo Herb and Root Magic: A Materia Magica of African-American Conjure, and Traditional Formulary (2002).

Venus owns this herb, and saith, That the leaves eaten by man and wife together, cause love between them. The Periwinkle is a great binder, stays bleeding both at mouth and nose, if some of the leaves be chewed. The French used it to stay women's courses. Dioscorides, Galen, and Ægineta, commend it against the lasks and fluxes of the belly to be drank in wine.
Nicholas Culpeper, 1653

Constituents: alkaloid vincamine, vanillic-acid, ursolic-acid, p-coumaric-acid, beta-sitosterol, reserpine, tannin

Therapeutics:

- Circulatory problems
- Brain health – enhances memory in aging minds
- Blood purification
- Intestinal inflammation

Periwinkle **2.**

Immune
Wound healing
Diabetes
Styptic to stop bleeding

From WebMD:
Periwinkle is an herb. The parts that grow above the ground are used to make medicine. Don't confuse periwinkle with Madagascar periwinkle (Catharanthus roseus) – see picture:



Despite serious safety concerns, periwinkle is used for "brain health" (increasing blood circulation in the brain, supporting brain metabolism, increasing mental productivity, preventing memory and concentration problems and feebleness, improving memory and thinking ability, and preventing early aging of brain cells).

Periwinkle is also used for treating diarrhea, vaginal discharge, throat ailments, tonsillitis, chest pain, high blood pressure, sore throat, intestinal pain and swelling (inflammation), toothache, and water retention (edema). It is also used for promoting wound healing, improving the way the immune system defends the body, and for "blood-purification."

A chemical in periwinkle called vincamine can be converted in the laboratory to the compound vinpocetine, which is marketed as a dietary supplement.

Periwinkle can lower blood pressure. It can also help reduce swelling (inflammation) and have a drying (astringent) effect on the tissues.

From New Way Herbs Tincture Site:
Periwinkle is a lovely little flower. The leaves are used in traditional medicine for a number of conditions and ailments. Lesser Periwinkle extracts, or common periwinkle, is most often used for natural medicinal purposes. It is a known astringent that has been found to be useful for controlling excessive blood flow. For this reason, it has been useful for treating wounds and to reduce menstrual flow. Vinca minor is sometimes used to improve circulation and for circulatory disorders. Internally, the leaves have been used for improvement of cognitive function, feelings of fatigue, problems associated with menopause, mild hypertension, congestion, headache, depression, tinnitus, and as a gargle for sore throats. This herb may also be used for nervous conditions and hysteria, with its powerful tranquilizing properties. The Periwinkle herbal extract is a widely used, and popular alterative medicine for nervousness in elderly suffering from insomnia, anxiety and aggressiveness. It has also been used for diabetes, memory loss, cystitis, gastritis and enteritis, as well as Alzheimer's diarrhea, glaucoma an stroke. Externally, it is used with an oil for ointment for dermatitis, acne, eczema, bleeding gums, nosebleeds, mouth ulcers, and for bleeding hemorrhoids.

The use of Periwinkle tinctures for chronic diseases such as diabetes, nerodegenerative illnesses and cancer began after the scientific discovery of the alkaloids contained in the herb. The natural plant chemicals can be both toxic an medicine in the human body. Tannins present in the leaves are responsible for the astringent and antiseptic properties.

Scientists have begun to look at the anti-diabetic and hypoglycemic properties of the plant extracts have significant effects on blood sugar levels. Periwinkle leaf extracts are said to control swings in blood sugar an though there is only limited data to support this contention, it has a long history of use behind it for this purpose.

Periwinkle is a plant that may be used as an astringent. It is often used to treat heavy menstrual periods. Periwinkle is believed to be useful in the treatment of excessive menstrual flow, either during the period itself (menorrhagia) or with blood loss between periods (metrorrhagia). As with other remedies that effect the uterus, it can be used to address similar processes in the urinary system. Thus it can be used for cases hematuria.

It can also treat urinary and digestive problems that include blood loss. Periwinkle has been found to be useful in treating digestive problems such as colitis or diarrhea, where it will act to reduce the loss of fluid or blood while toning the membranes. Periwinkle is an excellent all-round astringent that may be used internally or externally.

Vinca Minor L, Periwinkle plant has been used as a cerebral vasodilator for enhancing mental alertness. It is believed to increase the blood to the brain and improve oxygenation of the cells. The original use of Periwinkle leaf goes back to European traditional home remedies. Rich in the chemical vincamine, an alkaloid that has positive effects on memory, it has been used for a long time to combat the effects of aging. In the body, the alkaloids metabolize into the brain chemical, vinpocetine. It facilitates cerebral metabolism by improving the blood flow to the brain, boosting brain cells. It has been used to treat memory problems and has been found to be useful for Alzheimer's disease. Vinocetine has been shown in clinical trials to improve the outcome of stroke patient's, even when administered long after the initial event. In a Japanese study, researchers demonstrated marked improvement with its ability to dilate brain arteries and thereby enhance brain blood flow in those with cerebrovascular disease. In addition, it increases the flexibility of red blood cells and reduces the tendency for red blood cells and platelets to stick together, enhancing blood flow to the damaged areas of the brain and reducing the risk of subsequent stroke. The purified extract of vinca minor L is a cerebral vasodilator for enhancing mental alertness by increasing the blood flow to the brain and improving its oxygenation. It is a well known and widely used herbal medicine in Europe for nervousness in the elderly who are suffering from insomnia, anxiety and aggressiveness.

There are more than 100 alkaloids that can be found in Periwinkle plants and their extracts. There is Alstonine which is found in other plants and barks as well, and it has been used as part of a schizophrenia treatment. Ajmalicine has been found to have anti-hypertensive properties and is part of a number of brand name medications to treat blood pressure problems, and Reserpine, another alkaloid that helps with psychotic symptoms. Not to mention that it also has powerful tranquilizing properties and may be an advantage in hysteria and other fits.

However, Periwinkle, vinca minor extract, is best known as a natural remedy to help those with diabetes. Periwinkle is said to control swings in blood sugar. Though there is only limited data to support this finding, even though it has a long history of use behind it for this purpose as an herbal remedy. Vinblastine has become widely applied in the treatment of conditions by interfering with glutamic acid metabolism and for this reason it has been used in cases of Hodgkin's disease and Letterer-Siwe disease (by various causes such as genetic defect,

environmental stress and infection).

Periwinkle tea has been used historically in cases of scurvy, and for relaxing sore throats and inflamed tonsils and sores in the mouth or mouth ulcers, when used as a gargle. Applications of this liquid herbal extract in a carrier oil or salve may help in relieving the symptoms of skin conditions like acne, dermatitis and eczema. A solution of the extract from the Periwinkle flowers is said to be useful in the treatment of eye infections and irritation of the eyes. Externally, the herbal tincture has been used for bleeding piles, or hemorrhoids, and is known to stop the bleeding, thereby quickening the healing process. The extract of Periwinkle can be applied as a tea and has been used to stop wounds from bleeding and wasp stings.

New Way Herbs ingredients: periwinkle, structures water, 20% alcohol.
Non-Alcohol uses: Periwinkle, Distilled Water, Vegetable Glycerin.
Use 6-12 drops in juice or water under the tongue, or as desired. May be taken 3 times daily. Shake well. Store in cool dark place. Keep out of reach of children.

Contraindications:

Avoid flower extracts if you have had liver, kidney or lung diseases
Avoid the herb if you have low blood pressure or are constipated.
Pregnant women should never use Periwinkle in any form as it may lead to birth defects or miscarriages.
Avoid if breast feeding as it may affect the baby.
Avoid taking Periwinkle before any surgery as it can lower blood pressure and may lead to complications during and after surgery.
Besides usual symptoms you might experience headaches, loss of appetite, insomnia, dizziness, irregular heartbeats.
Externally there are no known side effects when used properly.

Pharmacology/Actions:

Astringent

Properties:

Antibacterial, Anti-Cancer, Antispasmodic, Carminative, Coagulant/Hemostatic, Depurative, Diuretic, Emetic, Sedative

Indications:

Hypotenseive
Diuretic and blood purification
Sedative
Alzheimer's (prevents premature aging of brain cells)
Canker sores
Dementia (vascular)
Dialysis
Diarrhea
Glaucoma
Menorrhagia
Stroke
Tinnitus
Throat ailments, tonsillitis, angina, sore throat
Toothache
Cancer, lymphatic, hematology

Other Uses:

Diarrhea
Hypertension
Menorrhagia

Preparation: **teas, tinctures, supplements**

CAUTION:

The whole herb may cause stomach upset, recommend taking herb with food.
May cause flushing of skin, skin rash. Mild and rare side effects.
Using periwinkle in the whole herb form does not pose a danger of interaction with blood thinners, however taking isolated extracts of vincamine and the chemical drug vinpocetine can pose risks and are not suited to unsupervised long term use.

TORMENTIL

(Potentilla tormentilla)

Family: ROSACEAE(rose)





Common Names: **Potentilla erecta, Cinquefoil, Tormentil, septfoil, Thormantle, flesh and blood, bloodroot, biscuits, ewe daily, shepherd's knapert, shepherd's knot, English sarsaparilla, earthbank. Potentilla simplex. Five Fingers, Five-Finger Blossom, Five-finger grass, Sunkfield, Synkefoyle, Common Cinquefoil, Creeping Cinquefoil, Oldfield Cinquefoil.**

Part Used: **the whole plant, but most frequently the root**

ID:

Stem: freely-forked 6-12" high
Leaves: lanceolate, serrate, lower leaves frequently stalked, upper ones derive directly from the stem and appear to
encircle it.
Flowers: bright yellow, distinctly separate petals, form an almost perfect Maltese cross when seem from above.
Root: brown, hard and cylindrical, roundish elevations or swell pits, or depressed stem scars, tiny and shread-like
(filiform) rootlets, short and light brownish-red fracture, small and distinct circles of wood bundles, large
pith.

Taste: **bitterish, astringent**

Growing:

- perennial
- native of Europe and British Isles, Siberia, Western Asia. Naturalized in America, likes the northern climates
- grows in dry pastures, moorlands (extensive moist wastes, overladen with peat as in bogs), likes especially light acid soils
flowers June – July.
Can be propagated by seeds sown in autumn or spring, or by division in autumn or spring.
<u>Allied Plants:</u>
Cranesbill or crowfoot (Geranium maculatum)
- root, herb

- similar therapeutic action

Therapeutic action:

ASTRINGENT	**tonic**	**hemostatic**
styptic	**antiseptic**	**anti-putrifactive**
nervine (sedative)	**discutive**	**resolvent**

- solvent of calcareous deposits
- all parts are strongly astringent, useful in toning relaxed bowels and checking abnormal discharges
- heals relaxed and atonic mucous membranes
- relieves any gripping pains of the stomach or intestines
- will open obstructions of the lungs, spleen etc.

Medicinal Uses:

- **widely used for treatment of diarrhea, dysentery, irritable bowel, colitis, sore throats.**
- **leucorrhea, excessive menstrual flow, atonic intestines, internal hemorrhages,**
- **nosebleed, bleeding cancerous tumors, wounds**
- **sore or relaxed or ulcerated throat, whooping cough, tonsilitis, relaxed and elongated uvula, inflamed eyes, purulent**
- **the whole plant, especially the root, is antibiotic, strongly astringent, haemostatic and hypoglycemic.**
- **ophthalmia, toothache, laryngitis**
- **cholera**
- **prolapsus uteri, prolapsus ani, prostatic enlargement**
- **hemorrhoids**
- **gonorrhea**
- **infectious gangrene**
- **warts, varicose veins, bleeding cancers, wounds**
- **contains more tannin than oak bark.**
- **Externally, the plant makes a good styptic for cuts etc., and a strongly made decoction has been recommended as a wash for mouth ulcers, infected gums, piles and inflamed eyes. Extracts are used to treat chapping of the anus and cracked nipples. The plant's effectiveness as a toothache remedy is undeniable and it has also been of benefit in treating bed-wetting by children.**
- **Red dye is made from the roots**
- **cosmetically as a compress it is used to tone up flabby skin**

Preparation:

Decoction, fluid extract, infusion, powder tincture

Dosage:

Decoction: 1 wineglassful 3 times daily between meals
Fluid extract: 1 tsp (1/8 of decoction)
Infusion from rhizomes: 1 cupful
Powder: 15-60 grains
Tincture: 1/2 - 1 fluid dram
The roots are extremely rich in tannin, long boiling converts this into a gum and it can then be eaten. An emergency food, it is only eaten when all else fails.

Administration:

Anal:

Bleeding and internal hemorrhoids, bowel problems: Inject 3-4 oz undiluted decoction and retain as long as possible.
Prolapsed anus: Apply the undiluted decoction onto a tampon, insert the saturated suppository and allow to remain as long as possible.

Oral:

Diarrhea: drink the infusion for chronic cases.
Diarrhea, dysentery, cholera, leucorrhea, menorrhagia, hemorrhoids, hemorrhage: give 1 wineglassful every 1/2 hour until excessive discharges are checked.

Skin:

Cuts, wounds: both fluid extract and powder applied to bleeding surfaces will serve as powerful styptics
Sore throat, relaxed uvula, spongy gums, etc.: use undiluted decoction as a gargle or mouthwash
Warts, varicose veins, bleeding cancers, wounds: apply decoction as a fomentation, wrap with plastic bandage; when nearly dry, renew the application. Also drink decoction internally
Old sores, ulcers: use the decoction as a wash

Vaginal:

Leucorrhea: inject 3-4 oz of undiluted decoction into vagina and retain as long as possible
Prolapsed uterus: saturate a tampon and insert, allow to remain as long as possible.

To Make Extract of Tormentil:

1 pound tormentil root, cut or granulated
1 gallon distilled water
8 oz (1/2 pint) glycerine
Place herb into the water and simmer for 1 hour; strain and set this liquid aside. Pour 1 more gallon of water over the roots and simmer for 1 hour, strain and put the two quantities of liquid in the cleansed vessel. Reduce down to 1 pint being careful toward the last. Add the glycerine, place the liquid into a double boiler and reduce to 1 pint.
To be free from sediment this should be filtered through a filter paper in a glass funnel (taking 1-3 days according to how the liquids were previously strained).
Place in actinic or brown glass bottles and cork or cap securely. This should keep indefinitely but if placed in white glass and kept in light, it will rapidly lose its healing potency.
Dosage: 1/8 of decoction dosage (1 tsp = 1 oz or 2 tbsp of decoction; 1 wineglassful = 1 pint; 1 pint = 1 gallon)

Congenial combinations:
As the case with other astringents, it is sometimes desirable to combine tormentil with mucilaginous herbs, such as Irish moss, comfrey, marshmallow

CAUTION:

Plant is considered to be one of the safest native astringents.

WHITE POND LILY

(Nymphaea odorata)

Family: NYMPHAECEAE(water lily)



Common Names: **White Pond Lily, Water Lily (castalia odorata), sweet-scented water lily, water nymph, water cabbage, large white water lily, cow cabbage, fragrant pond lily and cow lily.**
Parts Used: Root (pref. fresh), also the leaves.

ID:

Stem: not a true stem, see "root"
Leaves: floating, nearly round, 4-12" broad, slit at bottom, shinng green above, reddish and more or less hairy on under surface, petiole attached at center or lower surface; petioles and peduncles round and rubber-like, 4 main air-channels
Flowers: solitary, pure white or pinkish, 3-8" across, flating, very pleasant fragrant; it is a relative to the lotus. The flower opens to the sun and closes again at night.
Root: (stock) Thick (above 2" diameter), simple or with few branches, very long, circular leaf scars on upper side, remains of rootlets on lower side, blackish-brown externally, grayish-white internally, spongy with scattered weed bundles.

Taste: mucilaginous, astringent bitter.

Odor: none.

Growing:

- **perennial**
- **commonly found from Nova Scotia to Florida and Louisiana esp. and elsewhere in U.S.**
- **grows in still water, pond marshes, lakes, slow and sluggish streams**
- **flowers June-Sept.**

Collection:

The best time to gather it is in the fall of the year, when dry, and when the water in the fresh water ponds is low.

Sister Plants:

English White Water Lily (Nymphaea alba)
- root, also leaves
- used therapeutically similar to white pond lily

HISTORY: **This herb is one of those empirical remedies that has been passed down from generation to generation. The American Indians used it for scrofula as well as the other problems we will list below (Vog:126). The Indian women much esteemed the roots as an internal remedy and injection or wash for "the worst forms of leucorrhea", its properties being due to astringency**

Therapeutic Action:

ASTRINGENT	**antiseptic**	**demulcent**
tonic	**anodyne**	**anti-scrofulous**
vulnerary	**deobstruent**	**discutient.**

- an excellent astringent agent for removing morbid matter from the system, but its mucilage has a very soothing effect to the mucous membrane lining and it is toning to the tissues.
- it draws, cleanses, and relieves the pain and inflammation of ulcerated surfaces, both internally and externally, and it has been used successfully in healing uterine cancer.

Medicinal Uses:

- inflamed tumors, sores, sore and inflamed gums, thrush, bowel troubles, (esp. infants), leucorrhea, prolapsus uteri, relaxed vagina, ulcerations of the cervix, inflammation, diarrhea, dysentery, bladder, catarrh, prostate, irritation, chafed surfaces, gonorrhea, uterine cancer, boils, abscesses, ulcers, tumors, infections, syphilis, scrofula, gleet, sore eyes, ophthalmia, putrid sore throat, bronchial troubles, dropsy, kidney troubles, painful swelling, canker, cuts, wounds, irritable chancres, excoriations of the prepuse and vulva.

Dr. Christopher classified White Pond Lily among the astringents but it is a special one because its mucilage has a very soothing effect to the mucous membrane lining and is toning to the tissues. This combination helps the herb to soothe as well as tone and heal inflamed tissues. It is therefore much used in ulcerated conditions. Dr. Shook considered the plant's root very effective for boils, tumors, scrofulous ulcers, ulcers in the mouth and throat and inflammation of the skin and mucous membranes. He especially recommended it for all cases of ulceration, inside and outside, whether they be called abscess, tumor, infection or cancer (ShoA:329). To make poultices the fresh root and leaves are thoroughly washed and cleaned. Then they are put through a mincer, heated in the oven, on a plate or dish, placed in some gauze or muslin and applied. Change as often as necessary (Ibid.). You can also make a poultice by mixing a strong tea of the herb with the desired ingredients, such as golden seal or slippery elm to treat the problem. The tea is also used as a gargle for ulcers in the throat and mouth. An ointment was prepared with the juice of the plant to stimulate the scalp when the hair tends to fall out. A strong, hot tea can be made into a fomentation for swellings, ulcers, etc., changing whenever the application cools (Thom:227). The leaves, fresh, can also be bound onto irritated surfaces.

The herb has a strong reputation for healing in women's problems. It is said to act with extreme promptness in cases of ongoing leucorrhea, where there is chronic inflammation of the womb or abrasion of the vagina (Hut:368). A woman had been suffering with uterine cancer for a long time. An Indian decoction woman told her to take the decoction internally and douche with it and the condition was cleared up entirely.

It has also been used for other problems with the genitourinary tract. Taken internally it has been said to help clear up the effects of gonorrhea. It is good to take for irritation of the prostate gland. The herb relieves kidney troubles, catarrh of the bladder and acts as a mild diuretic, somewhat useful in cases of dropsy (Klo:326).

It was used historically to depress the sexual function. The rhizome was used, superstitiously as an anaphrodisiac to suppress sexual excitement and spermatorrhea. The plant was nicknamed "the destroyer of pleasure" because of its powers as a "love-killer."

This concept likely originated with the romantic notion of purity of the flower rising from the muck, more than any true folkloric belief in such abilities... "To depress the sexual function, seek out a White Water Lily and meditate on its purity," is the ironic comment of herbalist Weiner (Weiner:198).

Preparation:

decoction, fluid extract, infusion, powder, tincture.

Dosage:

Decoction: 1-2 tbsp or more
Fluid Extract: 1/2 - 1 fluid dram
Infusion: 2-4 tablespoonfuls - 3-4 times daily between meals
Powder: 1/2 tsp (30 grains)
Tincture: 1/2 - 1 fluid dram

Adminstration:

Anal
Infant bowel troubles: use infusion as warm injection
Diarrhea, dysentery: use decoction without sweetening as a cool injection

Oral
Cancer of uterus: drink decoction and use decoction as vaginal injection
Bladder catarrh, prostate irritation: give decoction alone or combined with other suitable diuretic agent.
Skin
Poultice: use leaves and fresh roots, wash and clean thoroughly; crush or put through a mincer, heat in oven on a plate or dish; place on some gauze or appropriate material and apply, change as often as necessary; a few drops of eucalyptol or eucalyptus oil will increase the drawing power.
Boils, tumors, scrofulous ulcers, ulcers of mouth and throat, inflamed skin and mucous membrane, infection, cancer: apply a poultice of the fresh roots and leaves; also the strong decoction makes an excellent base for mixing other ingredients for application; the powder is often mixed equal parts with crushed flaxseed (linseed) or powdered slippery elm.
Bad legs and sores generally: The decoction makes an excellent lotion.
Putrid sore throat and canker: Use the decoction or infusion as a gargle.
Sore eyes, ophthalmia: use the infusion as a wash.
Wounds, cuts: bruised leaves applied directly are very healing.
Vaginal:
Leucorrhea, prolapsus uter, relaxed vagina, ulceration of cervix etc: Use decoction as an injection into uterus.
Chafed surfaces, irritable chancres, excretions of the prepuce and vulva: Dust the powdered root onto the affected area.

Congenial combinations:
White pond lily combines well with slippery elm and flaxseed or linseed.

WITCH HAZEL

(Hamamelis virginiana)

Family: HAMAMELIDACEA(witch hazel)





Common Names: Witch hazel, spotted alder, haping hazel, winterbloom, snapping hazelnut, striped elder, pistachio, tobacco wood.

Parts Used: Bark and leaves; also the young twigs

ID:

Stem: Woody shrub, several from same root, branching, 5-15 feet high, 3-6" in diameter, flexuous, knotty
Bark: smooth, grayish-brown with many lenticels or reddish-brown with short ridges or scars, old bark somewhat scaly, corky layer easily removd; pale cinnamon, yellowish smooth, and finely striated inner surface, short (young) or tough and fibrous (old) fracture.
Leaves: short, broadly obovate, 3 1/5 - 5" long, 2 - 2 1/2" broad, alternate, acuminate, short petioles, pale or brownish-green, lighter underneath, serrate-dentate margins, feather-veined (prominent below), rather smooth above and hairy underneath. Powder: light green.
Flowers: Yellow, small calyx, 4 petals, appear in utumn when the leaves are falling, fringy and thread-like clustered in the axils of branches.
Fruit: nut-like capsule or pod, woody, maturing the next season
Taste: astringent, aromatic, bitter
Odor: slight and agreeable.

Growing:

- perennial, zone 4-9
- Eastern U.S. and Canada
- grows in damp woods, thickets, ponds, ditch banks in nearly all parts of the country
- flowers Sept. - November.

Therapeutic Action:

- astringent, tonic, sedative, hemostatic, styptic, anti-phlogistic, anti-abortive.
- Astringent/constringent that promotes greater density and firmness of tissue (as opposed for instance to cathartics or laxatives).
- astringents act upon vital contractility and constringe, contract, and condense the cellular structures of organic tissues (muscles, arteries, nerves etc). Also tender to lessen or powerfully arrest excessive blood hemorrhages from lungs, renal organs, bowels, by coagulating the albumin; and excessive perspiration or night sweats from lymphatic glands and skin tissues

- astringents are generally mucus cleansers, and, externally they are used to contract and strengthen a relaxed or weakened condition of muscular fiber.
- in case of sores in the mouth, or loose teeth (gums need to be firmed up)
- witch hazel is a valuable and soothing astringent, esp. useful in hemorrhage of the lungs, stomach, nose, rectum, uterus and kidneys
- useful in threatening abortion
- influences venous structures and restores perfect circulation
- can be used locally or internally for hemorrhoids

Administration:

Anal

Hemorrhoids, diarrhea, dysentery: give rectal injection of fluid extract (distilled aqueous extract) or decoction; take internally
Piles: give a rectal injection of the fluid extract or decoction, one herbalist feels it makes one of the most effective pile medicines known when combined with the leaves of pile wort (prince's feather, re cock's coramaranth - Amaranthus hypochondriacus), either in the ointment or injection form. Dr. Thompson recommends using witch hazel combined with appropriate stimulant.

Oral

Hemorrhage: threatened abortion. Drink infusion freely.
Stomach bleeding: drink infusion of the dried leaves or chew them when green

Skin

Sore and inflamed eyes: use the liquid extract as an eye wash
Varicose veins: apply lint bandage and keep it constantly wet with the fluid.
Nasal catarrh: use the fluid extract or infusion n an atomizer or mix it with vaseline and apply with a camel brush up the nostrils.
Nosebleed: snuff the tea up the nose
Painful tumors, external inflammation, bed sores, gonorrhea: apply as a poultice, fomentation or wash Throat troubles: use the fluid extract or tea as a gargle.
For controlling bleeding, wounds.

Vaginal

Leucorrhea, relaxed vagina, prolapsus uteri, vaginal catarrh: use an injection of distilled extract in warm water as a warm infusion.

Internal

If watery stools or blood or mucus in stool on a reg. basis, may be colitis, irritable bowel. Using witch hazel may reduce intestinal secretions associated with these conditions.
Witch hazel (1 1/2 pt), chamomile (1 pt), Thyme (1 pt) Tea can be effective for diarrhea, stomach flu.

DOSAGES:

Tincture: 1/8 - 1/2 tsp 2-6 times a day
Tea: several cups daily when needed, limit use to several weeks

To make Witch Hazel Lotion:

Prune witch hazel branches in late fall or winter, shave off bark with sharp knife.
Cut into smallish chunks with knife or scissors, place in blender with enough vodka to cover bark and blades of blender

Chop as fine as possible, transfer to glass jar. Shake vigorously once a day, strain after 6 weeks. Combine 1 ounce witch hazel preparation with 1/2 ounce aloe vera gel and 1/2 ounce Vit. E oil, then bottle.

SIDE EFFECTS:

The tannins in witch hazel can produce nausea if taken too frequently or in too large a dose at once.

LADY'S MANTLE

(Botanical name: Alchemilla Vulgaris, A. mollis, A. speciosa, A. xanthochlora)

Pharmaceutical family: Rosaceae (rose)



Common Names/Synonyms: **Lion's foot, Bear's foot, Nine Hooks, Leontopodium, Stellaria**

Parts Used: **herb**

Found: **Widely distributed in Eurasia and has been introduced into North America.**

ID: **Broad leaves are borne on long stalks, have shallow, rounded lobes and toothed edges, and are about 4 inches across. The tiny greenish yellow flowers grow in a terminal cluster.**

Growing: **Easy to grow in our area. Grows up to 2 feet tall on grasslands and rocky soils. Lady's mantle is a perennial herb with a short rhizome carrying ascending or sprawling stems, and a rosette of basal leaves with dentate lobes of a circular or kidney-shaped outline. The inflorescence is a compound terminal cyme made up of dense clusters of small yellow-green flowers. Sepals are seen in two rings of four without petals. The fruit is of the achene type. Overall, the plant is softly pubescent. It is found throughout Europe in meadows, woodland clearings, pastures and in the lowland areas of the British Isles. Currently, it is distributed in Europe, North America, and Asia**
Collection:

History: **Alchemilla is one of an aggregate of species collectively referred to as lady's mantle, all possessing similar medicinal properties. Many are cultivated. Medieval alchemists collected rain water or dew collected in the leaf center and used it for its purported magical and medicinal powers. This custom derived from the plant's generic name, alchemilla , which is from the Arabic word, "alkimiya" (universal cure for disease). In medieval tradition, it was used to treat wounds and female ailments. It has long been dedicated to the Virgin Mary, since the leaf lobes resemble the edges of a mantle. Among lady's mantle's historical uses are as a mild astringent, anti-inflammatory, diuretic, menstrual cycle regulator, treatment for digestive disorders, and relaxant for muscular spasms. Externally, it was used widely in bath preparations, wound healing, skin bruises, and as an herbal cosmetic.**

Constituents:

Has astringent and styptic properties because of the tannin it contains.
Lady's mantle contains 6% to 8% tannins (elagitannins, such as pedunculagin and alchemillin) and flavonoids (quercetin 3-O-β-D-glucuronide).

QUALITIES:

Taste: Mild
Odor: Pleasant

Therapeutics:

- **Lack of appetite**
- **Coagulates blood, use for for internal bleeding. Can be used as mouth rinse after having teeth pulled**
- **Menorrhagia**
- **Dysentery**
- **Helps to stay vomiting and fluxes of all sorts**
- **One of the most singular wound herbs, can be used in all wounds inward and outward**
- **Excessive menstruation**
- **Light and non-specific diarrhea**
- **Swollen or lumpy breasts from PSM, irritability, withdrawal, sexual disinterest, vaginal dryness.**

Pharmacology/Actions:

Anti hemorrhagic`	**Antilithic**	**ASTRINGENT**	**Diuretic**
Febrifuge	**Haemostatic**	**Estrogenic**	**Uterine tonic**

Indications:

- **Appetite loss**
- **Colic**
- **Diarrhea**
- **Dysentery**
- **Fluxes**
- **Menorrhagia**
- **menstruation (excessive)**
- **Vomiting**

Other Uses:

The historical uses of lady's mantle as an astringent against bleeding and as a treatment for diarrhea seem justified on the bases of its tannin content. 2 Newer studies show that the water extract of A. xanthochlora possesses lipid peroxidation and superoxide anion scavenging activity.

Dosage: (daily)

Tincture: 1:5 1/2 to 1 tsp TID

CAUTION:

none indicated

SHEPHERD'S PURSE

Botanical: Capsella bursa-pastoris

Family: Cruciferae/ Brassicaceae





OTHER NAMES: Blind Weed, Bol tor, Bourse à Berger, Bourse-à-Pasteu urset Capsella, Capselle, Capselle a Pasteu teur, seweed, Cocowort, Corne de Lion, E ntas de Berger, Mother's-Heart, Mouta pper- Man's Parmacettie, Rattle Pouch 's Ba herd's Scrip, Shepherd's Sprout, Shove abou Thlaspi, Toywort, Witches' Pouch

PART d parts. It can also be eaten raw or cooked, use young leaves in salads.

ID: Often found growing wild everywhere. Very distinctive heart shaped leaf.

Odor: unpleasant, cress like

Taste: aromatic, biting

HISTORY:

This has been one of the most important drug plants in the family of Cruciferae.
Shepherd's Purse is so called from the resemblance of the flat seed-pouches of the plant to an old-fashioned common leather purse. It is similarly called in France Bourse de pasteur, and in Germany *Hirtentasche*.
The Irish name of 'Clappedepouch' was given in allusion to the begging of lepers, who stood at cross-roads with a bell or clapper, receiving their alms in a cup at the end of a long pole.

It is a common weed of the Cruciferous order, said to be found all over the world and flourishing nearly the whole year round.

A native of Europe, the plant has accompanied Europeans in all their migrations and established itself wherever they have settled to till the soil. In John Josselyn's *Herbal* it is one of the plants named as unknown to the New World before the Pilgrim Fathers settled there.

It will flourish and set seed in the poorest soil, though it may only attain the height of a few inches. In rich soil it luxuriates and grows to 2 feet in height.

CONSTITUENTS: Bursinic acid, tannate, alkaloid, Bursine. Volatile oil similar to oil of mustard.

PHARMACEUTICAL ACTION:

ALTERATIVE
Haemostyptic properties: Decreases bleeding, stimulates muscles increases uterine contractions.

USES:

- Excessive menstrual bleeding

- **Heart and circulatory problems including mild heart failure**
- **Low blood pressure**
- **Nervous heart complaints**
- **Headache**
- **Vomiting blood**
- **Blood in urine**
- **Diarrhea**
- **Bladder Infections.**
- **Can be applied directly to skin for nosebleeds, superficial burs and bleeding skin injuries.**

DOSAGES:

As Tea, make as usual infusion. 1-2 cups daily
As Tincture 5:1: 1 tsp three times a day.