CATHARTIC HERBS

CASCARA SAGRADA	**BARBERRY**	**BUTTERNUT BARK**	
TURKEY RHUBARB	**WAHOO**	**BALM OF GILEAD (Cottonwood)**	
BUCKTHORN BARK	**CULVER'S ROOT**	**BITTER ROOT**	**BALMONY**

Other: Senna (tropics), Licorice rt.(Mediterranean)

Cathartics hasten intestinal evacuation. There are various inorganic substances used currently that are irritating to the sensitive organs, are often quite dehydrating and definitely harmful to the functional process:
Mineral oils
Saline purgatives (magnesium sulphate or epsom salts, Magnesium citrate, Potassium sulphate, potassium tartrate, potassium vitartrade, sodium sulphate, sodium phosphate, sodium chloride, sodium tartrate, manganese sulphate, mercurous chloride, calomel.

These should never be used where natural and regenerative results are desired. Natural mineral waters from an organic may be used.

The botanical cathartics, however, not only speed up the physical evacuation processes, but they are also powerful healers in cleansing, strengthening and toning the malfunctioning tissues and organs. These agents are classed into several categories according to their degree and direction of action:

*** Aperients or laxatives: they excite moderate peristalsis and produce softened motions and normal stool formation without griping or irritation. Many fruits are aperient. Drinking large amounts of WATER is also laxative. This category is used for infants and very weak people. The action is mild and slow, usually taken at night before retiring. Some of these agents, such as OLIVE OIL, have an affinity for the small intestines, others such as AGAR and CASCARA SAGRADA act specifically on the large intestines. Some, such as LICORICE, act upon the entire intestinal tract.**

*** Cathartics or simple purgatives are herbal agents that cause peristalsis and stimulate the glandular secretions of the intestines, producing one or more semi-fluid bowel movements accompanied by some irritation and griping. They usually evacuate between 8-12 hours and should be taken in the morning or between meals on an empty stomach. Some of these agents have an affinity for particular areas, such as the duodenum (MANDRAKE RT), or large intestines (ALOES, SENNA, TURKEY RHUBARB).**

*** Drastics or drastic purgatives act more intensely, producing violent peristalsis and watery stools with much griping pain. They irritate the mucous membrane, and weaken same. In large doses they can inflam. When used, take only in combination with corrective and demulcent agents. CASTOR OIL, COLOCYNTH APPLE, CROTON OIL, GAMBOGE, HEDGE HYSSOP, HALAP, RED BRYONY, WHITE BRYONY..**

*** Hydragogues are active drastics and will remove large quantities of serum and water from the vessels, causing large watery discharges. DWARF ELDER ROOT, GAMBOGE, GREAT CELANDINE, RED BERRIES ELDER BARK, SALTWORT, STINKING GLADWINE ROOT.**

- **Cholagogues stimulate flow and discharge of bile, while at the same time producing a free purgation of green colored or "bilous" and liquid stools. They act mainly on the duodenum and contract the bile ducts, which pour bile into the small intestine but**

don’t necessarily increase the secretion of bile as hepatic agents.

Dr. Shook gives these guidelines to help with decision making:

Where the tonic effect is most indicated, use the bitters.
Where the hepatic effect is indicated, use hepatics.
Where a quick cleansing is desired, use rhubarb.
For children, use licorice.
For atonic and partially atrophied colon, use Mandrake or Culver’s root.
For long continued treatment of constipation, use Cascara Sagrada.

CASCARA BARK

(Botanical name: Rhamni purshiani cortex)

Family: RHAMNACEAE(buckthorn)



PARTS USED

Dried bark collected at least one year before using (due to the action of oxygen, the bark becomes more medicinally virtuous with aging). Dry carefully for at least 1 year (recommend 3 yrs). Continual maturing is advisable up to 6 years.

GROWING: Small tree or shrub with greyish black bark, grows to 10 metres tall. Native to Pacific Northwest from Canada to California. Likes moist, acidic soil. Found on edges of deciduous forests or on shady side of clearings.

QUALITIES:

Taste: persistently bitter, slightly acrid, disagreeable and nauseous to many people.
Odor: distinct, leather-like.

SISTER PLANTS:

Buckthorn
Common Buckthorn

ALLIED PLANTS

Quebracho (Asidosperma quebracho)
- bark
- bronchitis, asthma, pulmonary complaints, dyspepsia
- native of Chile
- cascara sagrada contains 2% quebrachol, which is the valuable therapeutic agent in this herb.

CONSTITUENTS:

Hydroxyanthracene glycosides (Ph. Eur. min. 8%, calculated as cascaroside A), a complex mixture, mainly of antrone glycosides.
Major proportion 60-70% (Ph.Eur.min. 60%) consists of cascarosides,10=C-glucosyl anthrones each with an additional 8-0-glycosly group. Cascarosides A and B which usually predominate, are a diastereoisomeric pair, the 8.0-glucosides of the anthraquinones ale-emodin, frangula-emodin (=emodin) and chrysophanol, 10-20% with traces of the corresponding anthraquinone aglycones.
Various homo- and heterodianthrones are also present in small amounts.
Further constituents such as bitter principles and lipids are not characterized with certainty.

THERAPEUTIC ACTIONS:

CATHARTIC	**Tonic**	**Alterative**	**Hepatic**
Stomachic	**Febrifuge**	**Nervine**	**Anti-bilious**
Anti-diabetic	**Peristaltic**		

Laxative to drastic purgative (according to dosage)
Substances induce active secretion of electrolytes and water into the intestinal lumen and inhibit absorption of electrolytes and water from the large intestine. The resulting increase in the intestine and stimulates intestinal peristalsis.

INDICATIONS:

Occasional constipation, conditions in which a soft stool in desirable such as anal fissure or hemorrhoids.

- **a very beneficial tonic range in the alimentary canal increasing the secretions of the stomach, liver, pancreas, and lower bowels.**
- **Dr. Shook calls it one of the very best and safest laxatives ever discovered**
- **most beneficial to the gall ducts**
- **a valuable regenerative medicine that we inherited from our Indian brothers who esteemed its healing properties.**
- **not generally used as a one-time laxative**
- **produces large, soft and painless evacuations and after extended usage, the bowels will function naturally and regularly from its tonic effects.**
- **bitter principle is also a stimulant tonic to all nerves it comes in contact with.**

MEDICINAL USES:

Chronic constipation
chronic gout,
cardiac asthma
catarrh
dyspepsia
indigestion,
mucus colitis
worms
high blood pressure
digestive complaints
liver problems (esp. enlarged liver)
piles
hemorrhoids
torpor of the colon
gallstones.

CONTRAINDICATIONS:

- Pregnancy and lactation, intestinal obstruction. All forms of ileus.
- fresh bark definitely nauseates and gripes and should be avoided. The active bitter principles if produced slowly by oxidation, by aging from 1-6 years (the longer it is kept, the milder and more effective it becomes in cathartic and tonic action).
Side Effects: Long term use or abuse may lead to electrolyte losses, esp. of potassium and deposition of pigment in the intestinal mucosa. In its fresh state the drug contains anthrones and must therefore be stored for at least one year before use or be artificially aged by heating with free access of air. Use of fresh drug may cause severe vomiting and spasms.

DOSAGES:

Preparations are taken daily (normally taken at bedtime)

English Pharmaceutical Dosage:
Preparations equivalent to 20-80 mg of hydroxyanthracene glycosides;
Dried bark: .25-1 g.
Treatment should be limited to short periods (max. 8-10 days).

German dosage:
20-160 mg of hydroxyanthracene derivatives daily.

Dr. Christopher:
Decoction: 1 tsp 3-4 times daily, 1 hour before meals
Fluid Extract: 1/2 - 1 tsp at night upon retiring to bed
(20-25 drops fluid extract 3 times daily). 1/2-3/4 fluid dram, then smaller dosages 3 times daily.
Powder: 20-60 grains
Tincture: 5-20 minims

PREPARATION:

Decoction, fluid extract, powder, tincture. Only use aged bark (becomes darker with aging).

ADMINISTRATION:

Generally combined with other healing agents but may be given alone. Acts upon the large intestines and when given at night, produces a normal stool the next morning without griping. It operates in 6-10 hours and best when given on an empty stomach.

Oral
It may be several months using as an intestinal tonic to produce permanent benefit.
Liver complaints, enlarged liver, dyspepsia: take decoction as indicated.
Laxative: 20-25 drops of fluid extract 3 times daily (gentle action). /2 - 3/4 fluid dram, then smaller dosages 3 times daily (prompt action on the lower bowels).

Decoction
4 oz Cascara sagrada cut 4 qt distilled water
Soak herb 12 hours in water, then bring to a boil and simmer 1 hour. Strain and set this quantity of liquor aside; add fresh water to the herb and simmer for another hour; strain and mix the two quantities of liquor (liquid) together; return the liquor to the cleansed vessel and reduce by boiling down to 1 pint; allow to cool, bottle and keep in a cool place. 25% glycerine may be added if desired. Dosage: 1 tsp 3-4 times daily. 1 hour before meals. Children less according to age.
Regulate the dose to accommodate the bowels.

Fluid extract of cascara sagrada:
1 pd Cascara sagrada bark, cut 1 1/2 gallons distilled water 1/2 pint glycerin.
Place herb in 1 gallon of water and boil vigorously until the water just covers bark, strain and set the liquor aside; cover the herb with another 1/2 gallon of water and boil again until the water just covers the bark; strain and mix the two quantities of liquor together; return the liquor to the cleansed vessel and slowly reduce to 1/2 pint (this last part should be done in a double boiler to avoid burning and excessive heat); remove from heat, stir in the glycerin well, allow to cool and bottle.
Dosage: 1/2 - 1 tsp at night upon retiring (it is best to take this without sweetening if possible, as much of its medicinal virtue depends upon its bitterness. Take 3-6 months. Children 5-15 drops in honey water.

BUCKTHORN

(Botanical name: Rhamnus frangula)

Pharmaceutical family: Rhamnaceae (buckthorn)



OTHER NAMES: **Alder buckthorn (Rhamnus catartica), Alder Dogwood, Arraclán, Arrow Wood, Aulne Noir, Black Dogwood, Bois Noir, Bois à Poudre, Bourdaine, Bourgène, Buckthorn, Buckthorn Bark, Coudrier Noir, Dog Wood, Frángula, Frangula, Frangula Alnus, Frangula Bark, Frangulae Cortex, Frangule, Glossy Buckthorn, Nerprun Bourdaine, Nerprun Noir, Rhamnus Frangula, Rhubarbe des Paysans**

Rhamnus cathartica – common buckthorn, now classified in Ontario as invasive. In place of the violently-acting juice of the berries of the Common Buckthorn, a fluid extract prepared from the bark of the closely allied and milder Alder Buckthorn has proved very satisfactory substitute.

Frangula alnus was introduced to Canada bout 100 years ago. It was planted for hedgerows, forestry plantings and wildlife habitat, but has become an invasive species. Its invasiveness is assisted by its high adaptability and pollution tolerance. It is a large shrub, with dark shiny alternate green leaves. Flowers are inconspicuous, pale greenish-yellow to yellow in color, flowering May to Sept. Fruit ripens fromr ed to dark purple or black.

PART USED: **The aged or heated *bark* of the plant is used to make medicine. Don't confuse alder *buckthorn* with European *buckthorn*. Alder *buckthorn* is used as a laxative, as a tonic, and is an ingredient in the Hoxsey cancer formula. Berries are said to be poisonous.**

GROWING: **Rhamnus frangula is a non-invasive Buckthorn that is a responsible replacement for its weedy cousins because it does not self-seed. Narrow leaves, deep green and irregularly scalloped, give the shrub an almost ferny texture. Fine Line® forms a tall, dense column, suitable for hedges and large containers, and makes an architectural statement in perennial gardens. Tough, very hardy, with butter-yellow fall foliage and handsome winter bark. Deer resistant.**

Remove dead or broken branches in late fall.

Light: Full sun or partial shade.

Soil: Well-drained soil.

Watering: The key to getting your new shrub or tree off to a good start is moisture. Water thoroughly after planting, and keep a close eye on the plant over the following week. Then, give it a good soaking once a week during summer, unless rainfall is plentiful (more than 1in per week). Established plants can generally get by on less water, but most grow best if the soil remains evenly moist. Please note that more is not better. When in doubt, don't water.

Fertilizer: We recommend against fertilizing at planting time and during the first growing season in your garden. Plants need time to settle in before being pushed to grow. Most

established plants grow best if fertilized with a light hand. Here at the Farm, we fertilize our specimen trees and shrubs just once -- in early spring -- with a light but even coverage of a balanced, granular fertilizer (such 5-10-10, 10-10-10, or an organic fertilizer). If a concentrated, water-soluble fertilizer is used, please follow the manufacturers' recommendations carefully.

HISTORY: Officially, Buckthorn Bark has been used medicinally since the 1600's, when it was listed in a primary medical reference, the London Pharmacopeia. Although most herbs have a wide variety of traditional uses, Buckthorn throughout its history has been consistently used for one ailment, constipation and its by-products (hemorrhoids and anal irritation). The tannins in Buckthorn the bark are believed to have herbal astringent properties and have been used to treat hemorrhoids. Because this herb has such powerful laxative actions, people with gastrointestinal problems, such as ulcers, colitis, should not use Buckthorn Bark. It also stimulates the production of bile secretions, which promote healthy gallbladder and liver functions, helping to treat problems like cirrhosis, jaundice, hepatitis and gallstones. The herb is also used to ease abdominal bloating and is often marketed as a weight-loss supplement. Buckthorn Bark can be beneficial as a menstruation promoter and has a history of treating cancer. The herb is an ingredient in the popular herbal combination called, Hoxsey Cancer Formula. Besides relieving constipation, Buckthorn Bark extracts may also help to treat headaches, followed by rheumatism, allergies, diabetes, cholesterol balance, gingivitis, eye disease, immune function, kidney problems, high blood pressure and red blood cell production after chemotherapy. It is also said to remove warts and expel intestinal worms.

Also referred to as black alder, Buckthorn Bark extract is very beneficial when used for gastrointestinal irritations, spasms, diarrhea colic and vomiting. Buckthorn has been sold as an herbal remedy, primarily for bowel disorders. It contains a chemical that acts on the nerves of the intestines that sometimes contract, preventing bowel movement. This herbal medicine is considered to be a mild and effective, laxative that efficiently and thoroughly evacuates the intestines and bowel, relieving both chronic and atonic constipation. Buckthorn Bark helps flush out the digestive system, effectively ridding the body of toxins and other waste that can cause weight gain and bloating that can occur. Other benefits of Buckthorn Bark tincture, is its ability to help hemorrhoids or anal fissures heal. There are also some times in which Buckthorn Bark extract is applied to cleanse the colon in preparation for gastrointestinal diagnostic procedures. Because of its stool softening effects which make it more comfortable for people with these ailments, as well as for those who are recovering from recto-anal surgery.

CONSTITUENTS:

Buckthorn contains an ingredient called anthraquinone of which the majority of the anthranoid content present, are glycosides. This may have cancer-fighting properties. Buckthorn is also used as a tonic and a "blood purifier" and a diuretic. In cases of obesity, the use of Buckthorn bark tincture has produced some good results. Buckthorn is also recommended for liver insufficiency in association with herbs like Dandelion root and Chicory root tinctures. It is used in the treatment of liver disorders and especially for the constipation that is caused by the insufficiency.

When used externally in a compress, Buckthorn Bark extract helps in the treatment of skin diseases associated with constipation, such as allergic eczema, psoriasis, acne and infections of the skin.

AREAS AFFECTED: Gastrointestinal Hepatic Urinary

THERAPEUTICS:

- **The plant helps clean toxins from the body.**
- **It can be strongly purgative and it is therefore used in the treatment of constipation. In some cases, where a patient has had rectal surgery, this herb is given so that the patient has soft stools that do not aggravate the surgery area. Due to its bitter taste and strength, it is often used as the last resort treatment.**
- **Its diuretic properties help cleanse the blood.**
- **This herb is used for liver, gall bladder problems and intestinal problems in people.**
- **Home treatments for colic, obesity, dropsy and hemorrhoids, all use buckthorn.**
- **The herb can also be used in small quantities, in the treatment of certain skin problems like that of warts as also in relieving itching.**
- **The berries infusion or syrup, when had hot, can induce perspiration and help in reducing fever.**
- **This mixture can also treat lead poisoning, gout, rheumatism, and expel parasites.**

DOSAGE:

The dosage can vary 1 teaspoon of bark with ½ cup cold water is usually recommended for a decoction.

You can also make a cold extract using the same proportions. A tincture can be made with 5 to 20 drops of this mixture depending on how much is needed. To use the berries, you need to make a syrup with about 2-10 ounces of berries boiled with water and sugar.

CAUTION:

- **Buckthorn bark can cause intestinal cramping, particularly in large doses.**
- **Don't take Buckthorn bark if you have an intestinal obstruction or acute intestinal inflammations, such as Crohn's disease, appendicitis or colitis.**
- **This herb is often mixed with other herbs into formulas for colon therapy, parasites etc.**
- **This herb is usually recommended for short and small doses. Use of buckthorn or alder buckthorn for more than 10 days consecutively may cause loss of electrolytes (esp. mineral potassium). Avoid taking with diuretics that also cause same problems. If used for too long a period of time, like any laxative, Buckthorn Bark can reduce your body's absorption of other medications. Overuse can lead to a potassium deficiency that can affect heartbeat regulation drugs, particularly if you are also taking diuretics of Corticosteroids.**
- **This herb has contraindications for pregnant or breast feeding women.**
- **This herb is also not advised for children.**
- **This herb also has not external use and is rarely used in aromatherapy applications too.**
- **This herb is also better avoided if you have aggravated forms of intestinal diseases like appendicitis or Crohn’s disease.**
- **The fresh berries and bark are known to cause poisoning. The best bark that can be used is bark that is 3 to 4 years old. It is important to age the bark for a year at least. Once you have the bark, keep it in storage for a year. You can even dry the bark in the oven and then store it.**

BARBERRY

(Botanical name: Berberis vulgaris; Berberis dumetorum)

Pharmaceutical name: Berberidaceae (barberry)





PARTS USED: Bark, root bark (this is the most active); berries.

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:

Barberry is a perennial *herb* that is usually around 8 ft (2.4 m) tall, but can *grow* up to 10 ft (3 m) high. *Barberry* is native to Europe and Asia, and it has been introduced to North America where it can be found *growing* wild from Canada to Pennsylvania. Because it is such an adaptable *plant*, its habitat varies extremely as any soil and condition are conducive to its growth.

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.

HISTORY

Native Americans originally taught settlers its value as a medicinal *herb*. Two other species of the *plant*, Nepalese and Indian *barberry*, are native to those areas and possess similar qualities. It is noted in folk medicine as a cure for nearly every gastrointestinal ailment, lymphatics, urinary tract and respiratory infection. It has been used as a bitter tonic and antypyretic. Berberine, the primary alkaloid, is a potent antibiotic, astringent and anti-fungal. Noted in folk medicine as a cure for nearly every gastrointestinal ailment, lymphatics, urinary trace and respiratory infection.

CHEMICAL CONSTITUENTS:

Alkaloids (3%) = Berberine: 2.35%
Oxycanthine: 2.8%
Berberrubin, palmatin, isotetrandin

Berbamine, gum, resin, tannin, physosteria and fat

It is a berberine containing plant that's been used for over 2,500 years for its medicinal properties. Barberry and goldenseal are often used for similar medicinal purposes because of their berberine content. Why is berberine so important? It's been shown to inhibit the growth of bacteria in test tubes and can actually help the immune system to function better.

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 alkaloids impart a yellow colour to the bark and root. These alkaloids have been shown to have bactericidal activity for which they are most noted.

In addition, barberry extract has beneficial effects on both the cardiovascular and neural systems, including the treatment of hypertension, abnormal heartbeat, and neural disorders like epilepsy and convulsions. Studies have shown that antioxidant-rich barberry can even help prevent center types of cancer!

The alkaloid in the root also tends 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 jell 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
Diarrhea
Digestive
Respiratory infections
Poor appetite
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.
Enteritis, dysentery.
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:

<u>Oral</u>
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.

<u>Concentrate:</u>
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

TURKEY RHUBARB

(Botanical name: Rheum palmatum, R. officiniale)

Family: POLYGONACEAE(buckwheat)





FOUND: growing in the mountains of Western and North western provinces of China and adjoining Tibetan territory. Used in Ontario, should be able to grow here also.

PARTS USED: dried rhizome or root, deprived of most of its bark (periderm tissue). Rhizome is dug when plant is 8-10 years old in the autumn (Tartary, in the springtime)

GROWING: PERENNIAL *growing* to 3 m (9ft) by 2 m (6ft). It is hardy to zone (UK) 7. It is in flower from Jun to July, and the seeds ripen from Jul to September. The flowers are hermaphrodite (have both male and female organs) and are pollinated by Wind. Suitable for medium (loamy) and heavy (clay) soils.

HISTORY: This is one of the herbs included in Rene Caisse's 'Essiac' formula for cancer. There is some talk that she was finding it difficult to acquire in Ontario, and substituted Indian Rhubarb (officiniale)

QUALITIES:

Taste: bitter, astringent, gritty when chewed, tinges the saliv yellow
Odor: aromatic, agreeable.

THERAPEUTIC ACTION:

CATHARTIC (aperient-brisk purgative, according to dosage) hepatic
cholagogue astringent tonic stomachic
antibilious sialogogue vulnerary Anthelmintic Peristaltic.

- given in small doses, is a valuable stomachic tonic, increasing saliva and the flow of gastric juice, improving the appetite, promoting the action of the liver and flow of bile without catharsis (astringing the intestines), facilitating systemal vascularity and absorption
- as a cathartic agent, it increases the circulation of the glands appended to the intestinal canal and increases peristalsis by stimulating the muscular layer of the bowel; in larger doses (30-50 grains) it produces copious yellow, pultaceous (mush, soft) stools in 6-8 hours, with considerable hepatic stimulation and some griping (and, although the larger doses may occasionally produce quite severe griping, the herb will never inflame the gastro-enteric mucous membrane)
- Turkey rhubarb is highly esteemed because of the milk-like quality of its action as a laxative tonic for children and infants
- it acts chiefly on the duodenum and generally does not clog or produce an after-constipation as so many of the active cathartics do

- **the tonic and astringent action following catharsis makes Turkey rhubarb a valuable healing remedy for diarrhea due to irritating matter in the bowel - it removes the irritating substance, the**
- **after-astringent properties check the diarrhea, and it tones the tissue and corrects the accompanying atonic indigestion**
- **it also is a particularly suitable mild laxative agent for hemorrhoids with constipation, wherein the astringent after-action is overcome by taking 2-4 drams nightly of olive oil**
- **a cathartic action may be produced by the herb by applied locally to ulcers, moist or abraded skin, or in poultices to the abdomen**
- **the urine will often become quite red, which is the alkaline urine acting upon the yellow matter of the root.**

MEDICINAL USES:

- **Infantile troubles: for infantile digestive and intestinal troubles**
- **Scrofula(TB of cervical lymph nodes): esp. to children with distended bowels**
- **Atonic Dyspepsia: assists digestion, creating health action of digestive organs when they are in a condition of torpor and debility**
- **Salivation: will often cure this problem**
- **Hemorrhoids: suitable for this condition**
- **Diarrhea, constipation: possesses peculiar purging, astringing and tonic properties that will be found very useful and healing.**

PREPARATION:

Fluid extract, infusion, powder, solid extract, syrup, tincture.

DOSAGE:

Fluid Extract: 10-30 minims(drops)
Infusion: 1 wineglassful 3 times daily after meals. Children: 1 tsp - 1 tbsp according to age.
Powder: 2-3 grains
Solid Extract: 2-3 grains
Tincture: 1/2 - 1 tsp (fluid dram)

ADMINISTRATION:

Large doses are a simple and safe evacuant, small and frequent doses are a tonic hepatic. It is often compounded with aromatic or stimulant agents to eliminate possible griping, esp. larger doses.
Mild cathartic, abdominal pains use some form of Turkey Rhubarb compounded with ginger or aromatics (cinnamon, cloves, nutmeg, licorice, anise, cardamon)

Acute diarrhea: give the syrup of Turkey rhubarb according to the dosage (see below)
Liver/jaundice problems - see under remedy
Nausea, vomiting - see under remedy

<u>Infusion of Turkey Rhubarb:</u>
1 oz Turkey Rhubarb root, cut
1 1/4 pints distilled water
Pour boiling water over herb and steep in a hot place for 20 minutes; strain, allow to cool, bottle and keep in a cool place. This may be preserved by adding 25% (1/4 part) glycerine if desired.
Dosage: 1 wineglassful 3 times daily, after meals. Children: 1 tsp - 1 tbsp, according to age.

<u>Compound of Turkey Rhubarb and Ginger:</u>
2 oz turkey rhubarb root powder
1/2 oz ginger root powder
Mix thoroughly together. Stir 1/4 - 1/2 tsp of the mixed powder into 1 wineglassful of water. Stir and drink powder and all. Children: do not give to infants under 5 (it is too powerful a stimulant)

WAHOO

Botanical name: Euonymus atropurpureus)

Family: ANACARDIACEAE; CELASTRACEAE(cashew)



OTHER NAMES: **Pegwood, Bitter Ash, Bursting Heart, Fishwood, Strawberry Bush, Indian Arrow Wood, Indian Root, Burning Bush, Fusanum, Fusoria, Gadrose, Gatten, Gatter, Indian Arrowroot, Pigwood, Prickwood, Skewerwood, and Spindle Tree**

GROWS: **Large shrub. Native to Eastern and central U.S. and Canada. Grows bigger in warmer climates.**

PARTS USED: **Rootbark (stronger and preferred), bark. Seeds are poisonous. Reddish to pink fruit is poisonous to humans but edible by some birds. It is said the bark on the trunk and main branches is toxic, handle with caution.**

HISTORY:

The Native American Indians were aware of the medical properties of the wahoo tree and used it to treat several diseases. They employed it mostly as an external agent, applied on the face like a cataplasm to relieve sores, as an eye unguent or in the treatment of gynecological problems.

Modern herbalists have found other uses for this herb. Its diuretic and laxative effects make it a good remedy for gallbladder issues. The bark is the most potent part of the plant but be aware that only the one on the roots or stems should be used. The bark on the trunk and main branches is toxic and should only be handled with caution, while women who are pregnant or nursing must avoid it completely.

QUALITIES:

Taste: sweetish, very bitter, acrid, unpleasant.
Odor: slight, distinct.

THERAPEUTICS:

CATHARTIC(aperient)	**tonic**	**alterative**
cholagogue	**hepatic**	**stimulant**
expectorant	**aluretic**	**antiperiodic**
astringent	**anti-bilious**	

PHARMACOLOGY:

- **an excellent and persisting laxative agent, with an action that is similar to Turkey rhubarb, but milder.**
- **must be administered in small doses however, as the larger dosages will be purgative and irritating to the intestines (small doses are mild and non-irritating).**
- **In small doses it stimulates the appetite and flow of gastric juices.**

- its expectorant action makes it a useful agent for lung affections and it is particularly effective in correcting liver disorders during the following fever
- only used as purgative in cases of constipation in which liver is disordered
- In past it was used as cholagogue, laxative, diuretic and tonic and for dyspepsia. Today, it is used in homeopathy.
- Can purchase it in cream form (Elma) where it is combined with other herbs for skin care.

INDICATIONS:

- habitual constipation
- bilious cough
- rheumatism
- dropsy
- torpid liver
- pulmonary affections
- dyspepsia
- fever
- jaundice
- biliousness
- skin troubles
- uterine problems
- eyewash

PREPARATION:

decoction, fluid extract, infusion, powder, tincture

DOSAGE: (daily)

Wahoo should be given in small doses, as larger doses are purgative and irritating, always administer cold.
Decoction: 1 oz to a pint of water, boil together slowly. 1 small wineglassful is given, when cold, for a dose 2-3 times daily
Fluid Extract: 1/2 - 1 tsp
Infusion: 1 cupful 2-3 times daily
Powder: 1/2 - 1 dram
Tincture: made with alcohol from the bark. 5-10 drops in water or on sugar

ADMINISTRATION:

<u>Oral</u>
Rheumatism, dropsy: combine wahoo with appropriate alterative herbs
Habitual constipation: combine wahoo with butternut bark or use alone
Torpid liver, gall bladder, pancreas; jaundice, biliousness, skin disorders: use hepatic formula (under "liver-remedies") or combine wahoo with other appropriate agents.

<u>Decoction of Wahoo:</u>
1 oz Wahoo root bark cut
1 pint Distilled water
4 oz Glycerine (when longer preservation is desired)
Soak herb 2 hours in water, bring to a boil and simmer 20 minutes. Strain allow to cool, add glycerine (if longer preservation is desired); Bottle and keep in a cool place.
Dosage: 1 small wineglassful cold 2-3 times daily.

CAUTION:

Women who are pregnant or nursing must avoid it completely.

BALM OF GILEAD or BALSAM POPLAR

(Botanical name: Populus balsamifera)

Pharmaceutical name: SALICAEAE(willow)



OTHER NAMES: **Balsam poplar, COTTONWOOD, Populus candicans, Hackmatack, Tacamahac, Balm Poplar, Liard, Roughbarked Poplar**
NOTE: False Balm of Gilead (Cedronella canariensis) is a different plant.
The Balm of Gilead mentioned in the Bible is (according to John Lust) is the Commiphora meccanensis species.

PARTS USED: **Twigs, Bark, buds.**

GROWS: **Tree grows in Eastern U.S., much of Canada, up to Alaska. In spring fluffy white seed (catkins) spread everywhere hoping to find new homes. Similar to Willows, found near riverbanks.**

QUALITIES:

Taste: balsamic and slightly bitter, astringent somewhat unpleasant.
Energetics: cooling/warming, drying
Odor: aromatic (incense-like) pleasant

CONSTITUENTS: **the buds of Populus candicans, contain a balsamlike resin, a yellow volatile oil (primarily humulene), gallic acid, malic acid, mannite, chrysin, tectochrysin, a fixed oil, and 2 glycosides (salicin and populin). Populin is salicin venzoate.**
The antibiotic trichocarpin, active against fungi comes from the bark of Populus candicans; bisabolol, active against tuberculosis bacilli, comes from young shoots of another relative, Populus tacamahaca.

THERAPEUTICS:

Bark/Twigs:

CATHARTIC(laxative-simple purgative)	**tonic**
stimulant	**diuretic**
anti-scorbutic	**stomachic**
resolvent	**discutient**
alterative	**expectorant**

Buds:

stimulant	**tonic**
diuretic	**expectorant**
nephritic	**demulcent**
emollient	**vulnerary**

counter-irritant	anti-rheumatic
anti-scorbutic	peristaltic
nutritive	cathartic (laxative-simple purgative)

The salicin is popular buds has some action against fever and pain. The resin yields a terpene to which many therapeutic effects are attributed. Poplar buds, used externally, are mild as counter-irritant or expectorant.
Cottonwood bud tea can be used for colds. Salve from winter buds is simple to make and this medicine can be used for a sore, rash or frostbite. Or used like 'Vicks', rubbed up the nose to allow the balsamic vapors to enter the respiratory passages and relieve congestion.

USES:

Bronchitis	nephritis	catarrh
rheumatism	bad blood (scurvy)	coughs
stomach troubles	skin diseases	sore throat
wounds	burns	cuts
gout	eczema	dandruff
chronic constipation	sprains, bruises	cholesterol

kidney and bladder diseases, chronic constipation Headaches
dry and debilitated intestines
inflammation or ulceration of the mucous membranes in the alimentary canal
pulmonary and chest complaints

PREPARATION:

- Decoction, fluid extract, infusion, oleo-resin, powder, solid extract, tincture
- fragrant resinous matter that covers the buds of this and other balsams is easily separated in boiling water; it is soluble in alcohol, olive and other oils, but not in water.
- England makes tincture from buds in 1 pt plant to 3 pt alcohol 90%.
- England makes the extracts from buds 1:1 90%
- Make into a salve for external use. his not only smells heavenly, but can also be used to relieve sore muscles, strained muscles, rheumatic pain, and bruises. Plants work in a variety of ways and it's assumed that cottonwood both modulates inflammation and directly relieves pain.
- Actually, cottonwood oil or salve has many uses including minor scrapes or cuts, miscellaneous rashes, and bug bites.

To Make Oil

Collecting the buds is easiest at temperatures just below freezing when they are frozen enough that they are not sticky and don't adhere to the finger, but not so cold that the hands get chilled. Spring buds are all right to use until they have begun to open, then the amount of aromatic oil soluble resin is less compared to the amount of water and water-soluble materials. Another reference says to use the buds that are just opening.

Fill half a mason jar with the buds. (you can pick them and freeze them until ready to use if you aren't ready when the trees are in bud)

Cover the winter buds with oil eg. pour olive oil to the top of a mason jar.

Use the mason jar screw band and screwed down a paper towel (or a rubber band on a regular jar).

The buds will expand and lots of water will evaporate out.

Put the jar on a small plate in case it overflows in the middle of the night.

Label the mason jar with the herb name and date it.

Everyday for a few weeks stir the oil with a stir stick or chop stick.

Make sure the buds are covered with oil. If buds are sticking out it will most likely go moldy.

Don't worry if buds are floating when you check it in the morning. Just keep stirring. In time, they will all sink.

In six weeks you can strain it out. However, the longer you leave it the better. So soaking for a year is not unheard of!

Store your finished balm of gilead in easy to dispense bottles or containers.

To use apply it on your skin or make it into a salve. Makes good anti-inflammatory salve (it cools things down), antimicrobial (it kills really little things that can infect you), and it's analgesic (calms the pain). It stimulates skin proliferation. Can use as massage oil.

Another recipe says to cover the buds with oil, heat them, then strain and use the liquid. You can add some bees wax to thicken if you wish.

Any of these herbs can be added to the balm to make it more beneficial: anise root or sweet cicely, chickweed, coltsfoot, horehound, hyssop, licorice, lobelia or red sage.

The balm will be good for many years, the constituents stop it from going rancid.

DOSAGE: (daily)

Decoction: 1-2 tbsp
Fluid Extract: 1-2 tsp nightly, adjust to bowel movement
Infusion: 1 teacupful 1-2 times daily
Oleo-Resin: 1 tbsp (in lemon juice, honey etc.), 3-4 times daily between meals.
Powder: 20-40 grains
Solid Extract: 5-10 grains
Tincture: 2-4 fluid drams

CONGENIAL COMBINATIONS:

Any of the following herbs (in equal parts) will add to Balm of Gilead's healing efficiency: anise root or sweet cicely, chickweed, coltsfoot, horehound, hyssop, licorice, lobelia, red sage.

ADMINISTRATION:

Add ginger whenever there are any griping pains.
<u>Anal:</u>
Babies' chafed skin: apply the ointment gently over the sore surface; then apply the finely-powdered slippery elm bark over this
Hemorrhoids: apply the ointment to the affected parts.
<u>Oral:</u>
Dry cough, sore throat: Beat up 1/2 tsp ointment with 1 tsp of honey and take internally (it will give almost instant relief)
Tonic, digestive, resolvent, discutient; scurvy, constipation, urinary problems, nephritis, bronchitis; etc: Use the decoction or fluid extract of the bark.
Scurvy: Use either the bark or the buds.
Cholesterol, inflammation, ulceration, gallstones, biliary calculi, constipation, wounds etc.: Use the oleo-resin in the buds.
Coughs, colds, pulmonary problems: Use the oleo-resin of the buds in combination

with expectorants.

<u>Skin:</u>

Inflammation (swollen glands or joints), dry and scaling skin, chapped hands, bruises, athlete's foot, dandruff, burns, dry eczema, infected wounds, itching affections, impetigo, psoriasis, pityriasis, sore throat, sore or tender feet, skin diseases, burns, wounds, etc. apply on lint and bandage.

Sore throat: Gargle with an infusion of the buds.

NOTES:

In our northern latitude, honey bees hunker down for the winter, finally emerging with the first warm days of spring. Their first trips out of the hive are to the riverside to gather resins from the cottonwoods. They mix these resins with their own enzymes and then use this highly antimicrobial glue to line their hive. We call this thick sticky glue *propolis*.

Scientists in Turkey did an interesting study comparing propolis from 6 different locations. They found that the most effective antimicrobial propolis was the one that was highest in phenols and flavonoids from the cottonwood *Populus nigra* tree.

Cottonwood salve is recommended for burns, cuts and scrapes.

Michael Moore recommends a tincture of buds as an excellent expectorant for thick mucus from bronchitis. He uses the bitter bark by making an old-fashioned bitters by steeping an ounce of the dried bark, 1/4th Licorice root and a teaspoon of cloves in a 5th of brandy. After a month, the bitters have matured and can be sipped for poor appetite, indigestion and feverishness.

CULVER'S ROOT

(Veronicastrum virginica, Leptandra virginica; Veronica virginica)

Family name: SCROPHYLARIACEAE(figwort/snapdragon)





OTHER NAMES: **Culver's root, Culver's-root, Culverphysic, Black root, Culver's physic, Brinton's root, Bowman's Root, Beaumont's root, Tall speedwell, Tall veronica, Oxadoddy, Whorlywort, kransveronika (Swedish), Virginischer Ehrenpreis (German), culver (Spanish), skessudepla (Icelandic). Culver's physic, Bowman's root, black root; *Leptandra virginica* (L.) Nutt., *Veronica virginica* L.**
It was named after an 18th century doctor – Dr. Culver who used it as medicine.

PARTS USED: **Dried rhizome, roots. Never fresh**

ID: **An erect perennial herb that grows 80–150cm in height or other sources say 3 to 7 feet high, though usually it is about 5 feet high. The leaves are serrated and arranged in whorls of 3-7 around the stem. The inflorescence is erect with slender and spike-like racemes to about 9" long and give the flower cluster a "candelabra appearance.". The stamens are crowded and protrude in a brush-like fashion perpendicular to the raceme . The corollas are white and are roughly 2mm. in length.**
Flowers about a month long anywhere from mid-June to late August, depending on latitude. Culver's root is frequently found in wet to wet-mesic prairies and sometimes moist upland sites. It is also found in a good number of prairie or native meadow restorations.

GROWING: **Known as a 'prairie' plant. Perennial, wildflower, native to the U.S., but grows well in Medicine Hat, zones 3-8. Tall and graceful. Grows in full sun or partial shade. It is the rootstock of the plant that is used as herbal medicine. The roots are usually dug up in autumn and dried for later use in decoction, liquid extracts, powders, tablets, and tinctures. The dried roots should preferably be stored for at least one year before they are used in order to lessen the herb's strong potency.**

HISTORY:

It gets its name from Dr. Culver who was a pioneer physician of the 18th century and used its bitter roots for purguative purposes. The Native Americans used the plant for its therapeutic properties but they also used it for spiritual purposes.

Native American tribes in Missouri and Delaware used the herb as a laxative while the Ojibwe or the Chippewa tribe used the root as a "blood purifier". The Seneca Indians used the plant in tea form to induce vomiting as a part of purification rituals.

The use of the herb, mostly in moderate doses, as a laxative and detoxifying agent was adopted early on by the European settlers.

Later the herb was used as a remedy for liver diseases and to stimulate bile production. In addition, it was also used to treat malaria and typhoid fever.

Culver's root was once included in United States Pharmacopoeia but it's not common.

Culver's root can affect the liver and gallbladder by increasing the production and secretion of bile, which lubricates the intestines which in turns enhances bowel movements.

The herb is therefore sometimes used as a treatment for chronic constipation, irritation of the intestines and ailments related to the liver and gall bladder such as hepatitis, cholecystitis, jaundice and other conditions which are believed to be caused by poor liver function (eg. some skin diseases).

The herb may also be of value as a remedy for diarrhea, bloating, chronic indigestion, hemorrhoids, and anal prolapse.

It should also be noted that the herb has emetic properties.

Culver's root is often combined with dandelion (Taraxacum officinale) and barberry (Berberis vulgaris).

As a treatment for liver ailments and when used as a remedy for constipation it may be combined with the herb sweet flag (Acorus calamus) and goldenseal (Hydrastis canadensis).

QUALITIES:

Taste: Bitterish, acrid
Odor: Characteristic
Sister Plants: common Speedwell (Veronica off; Scrophylariaceae).:
Urinary problems, calculi, rheumatism, TB, gout, hemorrhage, skin diseases, scurvy, cough, catarrh;
Procumbent and creeping woody stem sends up branches at joints 3-10 inches high, 4 parted flowers in axillary racemes, pale blue corolla with dark blue stripes; found in northern and north central U.S., grows under trees and in shady spots where grass will not grow, spreads rapidly and makes a good ground cover; can be propagated by seed or root division in almost any soil or location (excellent for rock gardens and flower borders).

THERAPEUTICS:

Culver's root contains essential oil, phenolic acids, some bitter substances, phytosterol, alkaloids, tannins, mannitol, dextrose, resins, and saponins.Cathartic (laxative to simple purgative, according to dose).

Relaxant hepatic	**tonic**	**alterative**	**emetic**
diaphoretic	**anthelmintic**	**vermifuge**	**antiseptic**
astringent	**antiscrofulous**	**anti-syphilitic**	**depurant**
deobstruent			

ACTIONS:

- **The active principles are similar to mandrake in action, but Culver's root exerts its potency more on the duodenum, whereas mandrake acts more powerfully on the liver (they are often combined compatibly in the same preparation).**
- **Culver's root has been used medicinally for liver disorders and constipation. It is a long time American doctors remedy for liver congestion with accompanying constipation. It is sometimes considered when compounding a formula for the liver, gall, to treat constipation colitis, gallstones and hepatitis.**
- **As a cathartic it does not act specifically on the intestinal secretions, generally producing a positive and non-griping action (in 10-15 hr) but the addition of a**

- carminative or corrective agent is usually recommended to avoid potential nausea or griping problems.
- It is an excellent tonic to the stomach and it is valuable for purifying the blood and removing morbid catarrhal obstructions and congestions in a mild, natural manner.

INDICATIONS:

LIVER DISORDERS, Jaundice, Constipation due to insufficient biliary and intestinal secretions
Dysentery, diarrhea
Stomach disorders, Duodenal atony
Typhoid, Cholera infantum
Worms
Fevers
Scrofula (skin), eruptive skin problems, Syphilis, Impure blood

CONTRAINDICATIONS:

No adverse side effects have been connected to the use of Culver's root in small or moderate dosages and the plant is not considered toxic.

High doses of the herb can cause nausea, vomiting, and diarrhea. Furthermore, as the herb has powerful laxative (purgative) properties it can cause dizziness and bloody stools.

It should not be used for self medication by pregnant or breastfeeding women nor by children.

PREPARATION:

Decoction, fluid extraction, infusion, powder, tincture.
Do not use the fresh root due to its violent and irritating action.
Tea: 1 healing tsp for one cup of tea. Steep 30 seconds.

DOSAGE: (daily)

Decoction: 1 Tablespoonful - 1 wineglassful before meals
Decoction compound : 1 dessertspoonful - 1 Tablespoonful according to the condition of the bowel). Children: 1/2 - 1 teaspoonful as required.
Fluid Extract: 1/2 - 1 teaspoonful
Infusion compound: 1 tablespoonful nightly in 1 wineglassful of water. Children: usually not given to children.
Infusion: 3-4 tablespoons every 3 hr, until it operates.
Powder: 15-40 grains
Tincture: 1/2 - 1 fluid dram.

Culver's root usually works best in small doses that are administered repeatedly over extended period of time. As a decoction: 1 or 2 teaspoons of the dried rhizome and roots in a cup of cold water which is then brought to boiling point, then simmered for 10 minutes and then strained. 1 cup of the brew can be used three times daily.

As a tincture: 1-2 ml three times a day.

ADMINISTRATION:

Best results with small and frequent doses.
<u>Oral:</u>
Jaundice, torpid liver: use alone 3-5 drops fluid extract (add cayenne where pulse is weak), or combine with hepatic stimulants such as mandrake or bitter root). Scrofula, syphilis: give non-purgative doses.
Intermittent fevers: give decoction.
Worms: use alone or combine with goldenseal.

Decoction of Culver's Root (Speedwell):
1/2 oz culver's root, cut 1 pint distilled water
Pour 1 pint boiling distilled water over herb, simmer 10 min. Cool, strain, bottle and keep in cool place. Take 1 Tbsp - 1 wineglassful before meals.

Compound decoction of Licorice & Culver's Root (speedwell):
1 oz Culver's root cut 4 oz licorice root cut
1/4 pint Glycerine
Boil herbs slowly for 20 minutes in 3 pints of water. Strain and return liquor to cleansed vessel and reduce slowly to 3/4 pint. Remove from heat and add the glycerine. Allow to cool, bottle, and keep in a cool place. Take 1 tablespoonful - 1 wineglassful 3-4 times daily. This may be taken without difficulty in much larger doses. Children's dosage is 1 teaspoon - 1 tablespoonful according to age.

Liver secretory and excretory problems:
1 oz Culver's Root(Speedwell) cut 1 oz Mandrake, cut
1/2 oz ginger root powder
Simmer Speedwell and Mandrake for 20 min in 1 quart water. Strain hot over the ginger. Cover and allow to cool. Strain. Sweeten to taste, bottle and keep in a cool place. Dosage is 1-3 Tablespoonfuls 3-4 times daily as required.

Hepatic Tonic
4 tsp Culver's Root/Speedwell of fluid extract
1/2 tsp Goldenseal fluid extract
15 minims (drops) Gentian, fluid extract
Ginger syrup
Mix first 3 ingredients together, add sufficient syrup of ginger to make 4 oz. Bottle and keep in a cool place. Take 1/2 - 1 tsp 3-4 times daily.

BALMONY

(Botanical name: Chelone glabra)

Pharmaceutical Family: SCROPHULARIACEAE(figwort/snapdragon)





OTHER NAMES: **TURTLEHEAD, white turtlehead, turtlebloom, bitter herb, salt rheum weed, shellflower, snakehead, galane glabre (French), chelone (Spanish), skjoldblomst (Danish), Kahle Schildblume (German), snauskjoldblom (Norwegian), sköldpaddsört (Swedish).**

PARTS USED: **leaves, flowers or whole herb fresh**

Sister Plants:

Common Speedwell (Veronica off; SCROPHYLARIACEAE); herb

- **expectorant, cough, urinary problems, calculi, rheumatism, tuberculosis, gout, hemorrhage, skin diseases, scurvy, catarrh;**
- **procumbent and creeping woody stem, sends up branches at joints 3-10" high, 4 parted flowers in axillary racemes, pale blue corolla with dark blue stripes;**
- **found in northern and north central U.S.**
- **grows under trees and in shady spots where grass will not grow**
- **spreads rapidly, makes good ground cover**
- **propagate by seed or root division in almost any soil or location, good for rock gardens and flower borders.**

GROWING:

Zone 3-9 Perennial. Native of eastern United States and Canada. Often used as front of a herbaceous border.

It flowers July - September. Grows 2-4 ft high. Likes a rich, but well-draining soil and a slightly acidic so add some peat moss.

Planting: Normally, balmony is spread through seeds. The seeds of the herb are sown in spring in a chilly container that is kept wet all through and the ideal temperature for germinating balmony seeds is 20°C. It takes around two to six weeks' time for the seeds to germinate. Once the seeds have germinated, each seedling needs to be taken out of the container and planted in separate pots. When the plants grow sufficiently large, it is better to re-plant them in cold frames to give them space to grow healthily as well as allow them to spread their crawling roots to some extent. When it is spring again or during early summer, the balmony plants need to be placed in their stable locations. It is advisable to grow the plants in sandy soil in an enclosure. The division of the root is normally done in autumn, while the tender tips of the plants are cut during the summer. You can also start with stem cuttings, plants or by division. The best time to seed, indoors or out, is definitely in the spring. Gardeners in cold climates can also divide them in the spring, but warmer zones will

have the best luck in early fall. You can also start with stem cuttings, plants or by division.

This herb grows easily on any type of common soil, but thrives best in weightless loamy soil or clay with a little peat moss added. Balmony has a preference for growing in slight shade. Although this herb is able to sustain in arid conditions, it does not flourish in such situations. Balmony can grow well in swampy gardens as well as in soils that will remain wet throughout the year and are unlikely to dry up. Among other things, the balmony plants are able to resist extreme cold conditions and thrive even in temperatures below -20°C. As the herb spreads its roots randomly covering large areas, it is advisable to grow them in pots with a view to restrain its roots.

They grows best when it gets regular water and that is vitally important the first year, as the plants get established.

The less water stress they suffer, the less problems they will have.

Maintenance: Very easy to care for. They are extremely well-behaved clump forming perennials. They tend to reach a spread of about 3 ft. and stop, so division is not really necessary, unless you want more plants.

To keep the soil a moisture retaining humus, mulch with shredded leaves. If you find your plants grow floppy, which can happen in shaded sites, you can prune or pinch back the stems in mid-spring. The plant will be shorter, but more compact.

Since they bloom late in the season, there is no reason to deadhead. You can leave the flowers to dry and collect the seeds, if you like.

Wait until spring to cut back the foliage so they have protection in cold winters.

This plant is rarely bothered by insects or disease. They can develop powdery mildew but that is usually because of moisture fluctuation. Keep them evenly moist and it shouldn't be a problem.

HARVESTING: aerial pants harvested during summer when in bloom, dry it for future use.

HISTORY:

A pungent herb, flavour like tea. Balmony has a long history as a medicinal herb in North American folk medicine and a favourite American Indian botanical remedy, but the herb's alleged medicinal properties have not been backed up by scientific methods and its therapeutic applications are solely based upon traditional uses. It functions as a stimulant for the liver and the alimentary system. Despite the fact that the herb has been considered immensely beneficial in the North American popular medicine, scientists have failed to undertake researches to ascertain the true medicinal value of balmony. It has been found that balmony also possesses anti-depressant and cathartic properties

THERAPEUTICS:

TONIC	**stimulant**	**antibilious**
detergent	**anthelmintic**	**aperient**
CHOLAGOGUE	**CATHARTIC**	

Internally for gallstones with jaundice, chronic liver disease, colic, constipation, anorexia, and poor digestion (especially in the elderly and during convalescence. It is one of the finest tonic agents for liver malfunction (a specific for the left lobe) and to cleanse the system of morbid bile secretions.The whole assimilatory system is toned up by this valuable herb through stimulating gastric and salivary secretions and its salutary effect on biliary and fecal elimination; and as it tones the stomach, the

appetite is stimulated and becomes sharper, and all atonic conditions are nourished and benefited.

INDICATIONS:

Biliousness
piles
debility (digestive organs)
jaundice
tumors, lumps, swollen breasts
worms (intestine)
constipation
inflamed breasts
dyspepsia
liver problems
painful ulcers
convalescence from febrile & inflammatory sickness

- **LIVER-GALL: gallstones, gallbladder inflammation, and jaundice. It is also regarded to have a laxative effect.**
- **INTESTINAL: Nausea, vomiting, and colic (intestinal cramps), and as a remedy for indigestion (dyspepsia), general weakness, anorexia and to get rid of intestinal parasites (worms).**
- **Because the herb contains bitter substances it is regarded to helpful in stimulating appetite by increasing the secretion of digestive fluids and it is thought to be of values as a remedy for various liver ailments, and act as a general enhancer for the entire digestive system.**
- **Balmony is viewed as a gentle herb that can be used by both children and the elderly, especially for digestive problems caused by prolonged diseases.**
- **The herb is also touted to have anti-depressant properties.**

PREPARATION:

Infusion, ointment, powder, tincture. Alcohol and water are used as the solvents for the flowers.

DOSAGE: (daily)

Fluid extract: 1/2 - 1 dram (tsp)
Infusion: 1-2 cupfuls daily (or 1/2 cupful before meals)
For stomach worms: give freely in wineglass doses
Powder: 5-10 grains
Tincture: 1/2 - 1 tsp (fluid dram)

ADMINISTRATION:

Anal: Piles: use ointment made from fresh leaves
Skin: Itching, inflamed breasts, tumors, painful ulcers: apply ointment made from fresh leaves.

COMBINATIONS

Combines well with *Juglans cinerea* for constipation, and with *Gentiana lutea(yellow gentian)* and *Hydrastis canadensis* (goldenseal) for jaundice.

BITTER ROOT

Botanical name: Apocynum androsemilfolium

Pharmaceutical name: APOCYNACEAE: ASCLEPIADACEAE



Also called: Spreading dogbane, Milkweed, Dogbane, Fly-trap dogbane.

PARTS USED: Root

GROWING: The plant grows on gravelly to heavy, usually dry soil on grassland, open shrubland or open forest from low elevations to the subalpine. Its range extends from southern British Columbia, through Washington and Oregon, east of the Cascade Range to southern California, and east to western Montana, Wyoming, northern Colorado and Arizona. It is Montana's state flower.
It is a perennial and flowers June-July.
Indian Hemp aka Dogbane, (Apocynum cannabinum) is poisonous to dogs and humans, so it should be distinguished with care.
Picture of Apocynuum cannabinum:



ID:

Stem: smooth, elegant, shrubby, 2-6' high, forked branches, leafy, spreading; exudes milky juice when any part of the plant is wounded.
Leaves: opposite, broadly ovate, narrow at base, 2-3" long, 1" wide, dark green above, paler and somewhat hairy beneath, entire.
Flowers: delicate pink corolla, veined with a deeper shade, fragrant bell-shaped, about 1/3" broad, 5-cleft calyx, borne in loose terminal cymes; somewhat similar to the flower of lily of the valley; serves as a trap to flies and certain insects.
Fruit: twin pods, about 4" long
Root: rhizome 1/8 - 1/4" thick, pale brown, transversely wrinkled and cracked bark, readily separated from white woody center, groups of stone cells in outer bark.
Powder: light brown.

TASTE: bitter and astringent

DRYING & PRESERVATION:

Root tends to deteriorate with age, so the supply should be renewed each season unless preserved in an appropriate form (fluid extract, tincture)

Sister Plants:

Dogbane or Canadian Hemp or Black Indian Hemp (Apocynum cannabinum; A. pubescens)
- root
- cardiac dropsy, intermittent and remittent fevers, amenorrhea, leucorrhea, emetic (10-30 grains), renal dropsy, dyspepsia
- it has similar therapeutic properties and medicinal uses as bitter root, but its action is slightly different; the rootbark is often sold for bitter root, but has a yellowish wood, is longitudinally wrinkled, and has no groups of stone cells in the outer bark; bitter root has a more spreading stem, broader leaves, thinner and tougher rhizome with a central pith, thinner bark with groups of stone cells, and the flower is pinkish (rather than dogbane's greenish-white cymes); this should not be substituted for bitter root.

THERAPEUTICS:

CATHARTIC	**emetic (large doses)**
tonic diuretic (lithotriptic)	**stimulant**
detergent	**diaphoretic (sudorific)**
expectorant	**cardiac stimulant**
hepatic stimulant	**depurant**

ACTIONS:

- has a slow, persistent and extensive influence on intestinal digestion and elimination, stimulating the secretory functions of the liver (liver tubuli) gall ducts, gall cyst, and also the muscular and mucous coats of the kidneys and bowels
- excellent for torpid conditions of the bowels, and it will produce a soft stool within 6-8 hours but it is not recommended for irritated or sensitive conditions.

USES:

Jaundice	**dyspepsia**	**cardiac dropsy**
kidney problems	**liver problems**	**poor digestion**
relaxed bowels	**dropsy**	**syphilis**
rheumatism	**neuralgia**	**worms**
diabetes	**Bright's disease**	**gallstones**

typhoid and other fevers
diseases of the joints and mucous membranes
constipation

PREPARATION:

Fluid extract, infusion, powder, tincture. The root tends to deteriorate with age.

DOSAGE: (daily)

Large doses are emetic and tend to gripe.

Fluid Extract: 10-30 drops every 3-4 hours
Infusion: 2-3 tbsp 6 times daily
Powder 4-30 grains
Tincture: 10-20 minims

ADMINISTRATION:

Give in smaller and frequent doses as an alterative or tonic; use peppermint, ginger, aniseed, or other carminatives to offset possible griping.

Oral

General tonic, debility, dyspepsia: Take 5 grains of powder 3 times daily; it has also been used successful in combination with yellow parilla (monispermum canadense).
Jaundice: Give 3-5 drops of fluid extract every 2-3 hours combined with tincture of cayenne or some syrup of ginger, in water etc.
Cardiac dropsy: Give 5-15 grains of powder 3 times daily.

BUTTERNUT or WHITE WALNUT

(Botanical name: Juglans cinerea)

Pharmaceutical family: JUGLANDACEAE





COMMON NAMES: **Butternut, white walnut, oil nutbark, lemon walnut, Kisky Thomas nut**

PART USED: **Bark**

QUALITITIES:

Taste: **bitter, astringent, slightly acrid**

Odor: **slightly aromatic**

Growing: **A perennial, grown in the US and Canada as an indigenous forest tree (esp. the mountains of Georgia). Is on the endangered list of Ontario due to fungal attack. Usually found in rich moist soils of woods and river terraces, but it also grows on dry rocky soils, especially if these are on limestone.**

Collection: When inner bark is uncovered, it is pure white; but upon exposure to air and light it turns yellow and finally a deep brown.

Sister plants:

Black Walnut (Juglans nigra)

- **leaves, inner bark, fruit (nut), green husk of unripe nut**
- **containing organic iodine that is much more antiseptic and healing than the usual poisonous iodine so commonly used for pain on infections, cuts) vermicide, powerfully sudorific and febrifuge (strong infusion), and is heavily laden with potassium iodine which is a recognized universal remedy for scrofula, syphilis, diphtheria, and other forms of bad blood**
- **inner bark - besides being cathartic, is a fibrin solvent (potassium sulphate), muscle and nerve food (magnesium sulphate), and food for hair, nails, skin, nerve sheath, and periosteum (silica)**
- **black walnut is used for bleeding surfaces or moist skin diseases (apply powdered leaves), epistaxis and catarrh (spray the nasal passages or insert a saturated tampon of cotton), leucorrhea, diarrhea, hemorrhoids etc. (use injections every 3-4 hours, internal ulcerations, inflammations, bleeding piles, worms of all types, dysentery, relaxed and ballooned intestines, syphillis, scrofula, eye diseases, prolapsed uterus, varicose veins, ulcers, tumors, cancer, abscesses, boils, carbuncles, acne, eczema, itch, shingles, sore throat, tonsilitis, relaxed uvula, falling hair, dandruff, ringworm, hoarseness (very valuable as a gargle).**
- **infusion of leaves and bark should be steeped for 15 minutes and taken in wineglassful doses**
- **the strong infusion of leaves and husks should be macerated in warm or hot water for 1 hour;**

- **the husks make a valuable alcoholic based tincture.**

English Walnut (Juglans regia)

- **leaves, green husk or rind of unripe fruit, inner bark**
- **therapeutic characteristics and medicinal uses as black walnut**
- **decoction of leaves - leucorrhea, meningitis;**
- **decoction of leaves, rind, or bark - checks mammary secretion, ulcers, diarrhea, sore mouth, tonsilitis, uterine hemorrhage, carbuncles**

HISTORY:

Butternut was used by various native North American Indian tribes as a laxative and tonic remedy to treat a variety of conditions including rheumatic and arthritic joints, headaches, dysentery, constipation and wounds. In modern herbalism it is considered to be a valuable remedy for chronic constipation, gently encouraging regular bowel movements. It is especially beneficial when combined with a carminative herb such as Angelica archangelica. Butternut also lowers cholesterol levels and promotes the clearance of waste products by the liver. An infusion of the inner-bark is used as a cholagogue, febrifuge, mild laxative and stomachic. It is effective in small doses without causing cramps. The bark is best collected in the autumn. Best collected in late spring according to another report. An infusion of the dried outer bark is used in the treatment of toothache and dysentery. The oil from the nuts is used in the treatment of tapeworms and fungal infections.

THERAPEUTIC ACTION:

Mild and stimulating hepatic
tonic
astringent
alterative.
mild CATHARTIC
anthelmintic (vermifuge)
cholagogue

- valuable laxative remedy for the aged, middle aged and weakly children where no drastic action is tolerated (its cathartic action resembles Turkey rhubarb, as it gently purges and does not bind after operation
- it is an effectual tonic agent to the entire intestinal tract and is especially beneficial to the lower bowels

MEDICINAL USES:

- chronic constipation, dysentery, chronic diarrhea, worms, malaria, sluggish liver, fevers, colds, flu

PREPARATION:

decoction, fluid extract, powder, solid extract, syrup, tincture. Only alcohol will extract the astringent properties of the bark.

DOSAGE:

Decoction: 1 tbsp 3-4 times daily
Fluid Extract: 1-2 fluid drams
Powder: 60 grains (3 #00 capsules)
Solid Extract: 5-10 grains
Syrup: 1 tbsp 1-2 times daily
Tincture: 10-20 minims (10-20 drops)

ADMINISTRATION:

Oral

Chronic constipation: use aqueous extract which is free of astringency
Diarrhea, dysentery: the astringent alcoholic extract containing properties is best for these problems; use 1-2 tsp
Laxative tonic: see "remedies"
Hemorrhoids: give daily doses as called for by the case.

To Make Extract of Butternut bark:

2 oz butternut bark, powder
1 pint Alcoholic menstruum (50% alcohol, 4% water, 10% glycerine)
Macerate for 10 days in combined liquids, filter and bottle in dark bottles. Dosage: 1-2 tsp.

Syrup of butternut bark #1:

1 pd butternut inner bark, crushed
1/2 dram ginger, fluid extract
2 oz rectified spirit of wine or alcohol
4 oz honey
Boil the herb gently for 20 minutes in 2 quarts of water; strain off liquor and set aside; add 1 qt water to the herbs and boil another 20 minutes; strain off the liquor and set aside (add to the first batch); add 1 pint of water to the herbs and boil vigorously for 10 minutes; strain, pour all the liquids into the cleansed vessel and reduce by slow boiling and evaporation to 12 fluid ounces (3/4 quart); add the honey, bring to a simmer and remove scum, strain and allow to cool; when cool, stir in the ginger and rectified spirit of wine or alcohol. Dosage: 1 tbsp 1-2 times daily.

Syrup of butternut bark #2:

1/2 oz butternut bark, fluid extract
4 oz honey
10 oz water, boiling hot
Mix the ingredients thoroughly and bottle; keep in a cool place. Dosage: 1 tbsp 2 times daily.

CAUTION: **none known**

OTHER INFORMATION:

Edible parts of Butternut:

Seed - eaten raw or ground into a powder and used with cereal flours in making cakes, biscuits, muffins, bread etc. Oily and sweet tasting with a rich agreeable flavour. The oil in the seed is not very stable and the seed soon becomes rancid once it is opened. The kernel is usually only about 20% by weight of the whole seed and is hard to extract. The unripe fruit can be pickled. The seed is 3 - 6cm in diameter and is produced in clusters of 3 - 5 fruits. An edible oil is obtained from the seed, it tends to go rancid quickly. The sweet sap is tapped in spring and can be used as a refreshing drink. It can also be boiled down to a syrup or sugar, or added to maple syrup.

Other uses of the herb:

A yellow to orange dye is obtained from the seed husks and from the bark. It is dark brown. It does not require a mordant. The seed husks can be dried and stored for later use. A light

brown dye is obtained from the young twigs, leaves, buds and unripe fruit. It does not require a mordant. The leaves can also be dried and stored for later use. A black dye is obtained from the young roots. Plants produce chemicals which can inhibit the growth of other plants. These chemicals are dissolved out of the leaves when it rains and are washed down to the ground below, reducing the growth of plants under the tree.

The roots of this species produce substances that are toxic to many plant species, especially apples (Malus species), members of the Ericaceae, Potentilla spp and the white pines (certain Pinus spp.). Wood - coarse-grained, light, soft, not strong, very attractive. It weighs 25lb per cubic foot. It is not as valuable a crop as the black walnut (J. nigra), but is used indoors for furniture, doors etc.