



materia medica

plantain (*Plantago major*) – band-aid plant: bruise fresh leaves and poultice onto minor scrapes, cuts, burns. drawing action for splinters, infections, venom; useful for insect bites & stings. relief from poison ivy rash. promotes healing without scars. learn to find it in the dark. have a stock of plantain oil or salve on hand all year round.

calendula (*Calendula off.*) – wound-healing: oil or salve for cuts, scrapes, burns. soothing topical anti-inflammatory, good for any skin irritation. good for slow-healing cuts, or infections with no vent (moves infection out through lymphatic channels). immunostimulant, antiviral, antibacterial; stops spread of infection, even in septic conditions. eyewash or compress for conjunctivitis.

yarrow (*Achillea millefolium*) – cuts, scrapes, bruises. yarrow has blood intelligence: as a *styptic* it will staunch bleeding when used externally, and used internally it can help decrease excessive menstrual bleeding, or internal hemorrhage—but it is also a *blood mover*, and can disperse bruises, break up clots/stagnation.

cayenne (*Capsicum annuum*) – hemostatic, styptic, circulatory stimulant. powder will stop bleeding immediately. a powerful stimulant of the vital force: powder or tincture under the tongue for shock, even heart attack.

goldenseal (*Hydrastis canadensis*) – in first aid applications, a topical disinfectant and antimicrobial: apply powder, compress, or salve to infected wounds, or to prevent infection. internally, a mucous membrane tonic, liver stimulant, and digestive bitter. *not* effective as a systemic “herbal antibiotic”; berberine is not absorbed into the bloodstream.

st John’s wort (*Hypericum perforatum*) – wound dressing (accelerates wound healing, tissue regeneration, reduces scarring). directly heals nerves in topical application. oil or liniment externally for muscle/nerve pain (or numbness) associated with any soft tissue damage. makes a good massage oil for overexertion. oil must be made from fresh herb.

solomon’s seal (*Polygonatum biflorum*) – has a unique ability to balance tension and laxity in connective tissues: loosens if too tight, tightens if too loose. restores lubrication (synovial fluid) in joints; key indication is inflammation associated with dryness. prime medicine for all joint troubles: sprains, strains, tendonitis, repetitive stress injury (e.g. carpal tunnel), osteoarthritis. helps recalcify bones / decalcify unhealthy deposits. rebuilds cartilage. best with combined internal & external use. energetic use (drop-dose or flower essence) can aid in many levels of flexibility (physical, mental, emotional, . . .).

comfrey (*Symphytum off.*) – extremely active wound healer. useful in sprains, breaks, burns, scrapes, cuts – anything that needs to knit back together. demulcent,



nutritive, vulnerary. not for use in puncture wounds – could seal over the wound and fester.
external use only.

chamomile (*Matricaria recutita*) – useful for cramps and constriction – menstrual or otherwise (e.g. headache, colic, fever/chills) – especially when accompanied by stress & anxiety. a stronger infusion is more effective, and brings out the bitter aspects which aid digestion. effective remedy for digestive upset, especially intestinal. for “whiny babies” of any age: digestive upset linked to emotional discomfort.

ginger (*Zingiber off.*) – digestive, carminative, circulatory stimulant. very useful for morning sickness and any other type of nausea. antispasmodic, relaxes smooth muscle, helps alleviate menstrual cramps. can also be used as a warming, blood-moving emmenagogue: relieves pelvic congestion, moves blood to area.

marshmallow root (*Althaea off.*) – moistening to the entire digestive tract, end to end. soothing and cooling in heartburn/reflux, ulcer, gastritis, colitis, IBS, etc. protects and soothes tissues, especially mucous membranes. powerfully anti-inflammatory. mildly laxative due to moisture content; useful in constipation, but also for recovery from episodes of diarrhea – a cure for dehydration. also useful in urinary tract irritation/inflammation. externally, a useful vulnerary and anti-inflammatory for dry hot conditions (eczema, psoriasis, burns). make a cold infusion of the root.

kava kava (*Piper methysticum*) – works as a systemic antispasmodic, anodyne, and muscle relaxant, without impairing cognitive function. relaxes the mind, releases injury anxiety, allows a calm presence. excellent for muscle pain, tension headache, tight back, post-workout soreness/tension.

lobelia (*Lobelia inflata*) – a powerful smooth muscle relaxant, antispasmodic, and expectorant. can halt asthma attack, anaphylaxis. for severe spasm when muscles have “seized up”. useful when anxiety or panic cause constriction. this is a low-dose botanical: tincture can be emetic at 10-15 drops—useful in poisoning. lobeline content can reduce nicotine cravings and aid smoking cessation. can be used externally.

herbal first aid kit

healing salve :: plantain, calendula, goldenseal, st J, yarrow.

liniment :: solomon’s seal, st J, yarrow, wintergreen.

tinctures :: yarrow, solomon’s seal, goldenseal, cayenne, jewelweed.

powders :: cayenne, goldenseal, yarrow, comfrey, marshmallow.

essential oils :: lavender, tea tree, rosemary, oregano.