

# Herbs and Essential Oils for Herbal Class

## Herbs

### **Arnica – Arnica Montana – Asteraceae Family – Perennial**

**Actions** – antibacterial, antioxidant, anti-inflammatory, anti-fungal, anti-clotting

**Indications** – Bruises, sprains, contusions, wounds, rheumatism and inflammation

**Contraindications** – not for open wounds

[https://en.wikipedia.org/wiki/Arnica#Arnica\\_montana](https://en.wikipedia.org/wiki/Arnica#Arnica_montana)

### **Calendula – Calendula officinalis – Asteraceae Family – Annual**

**Actions** – anti-inflammatory, astringent, vulnerary, anti-fungal, cholagogue, emmenagogue, anti-microbial, diaphoretic, alterative, lymphatic, naturally promotes fibrin production over the surface of wounds

**Indications** – Local skin problems, inflammations due to infection or physical damage; external bleeding, bruises or strains; slow healing wounds and skin ulcers; first aid for minor burns & scalds; fungal infections.

**Contraindications** – none known

[https://en.wikipedia.org/wiki/Calendula\\_officinalis](https://en.wikipedia.org/wiki/Calendula_officinalis)

### **Comfrey Leaf – Symphytum officinal – Boraginaceae Family - Perennial**

**Actions** – vulnerary, astringent, demulcent, expectorant, alterative, nutritive

**Indications** – Heals & soothes all tissues both internally & externally, stimulates cell regeneration for fractures, wounds, sores, inflammations, infections, ulcers and hemorrhages of all kinds.

**Contraindications** – contains pyrrolizidine alkaloids – potentially toxic in large doses, not appropriate for deep puncture wounds as it may cause the surface of the wound to heal too soon causing abscess.

<https://en.wikipedia.org/wiki/Symphytum>

### **Plantain – Plantago major or Plantago lanceolata – Plantaginaceae Family – Perennial**

**Actions** – anti-inflammatory, anti-microbial, diuretic, expectorant, astringent, styptic (topical only)

**Indications** – Skin inflammation and infection, especially with burning & itching; herbal oils, salves & fresh poultices for all infections, chronic ulcers, hemorrhoids, skin problems & wounds.

**Contraindications** – none known

[https://en.wikipedia.org/wiki/Plantago\\_major](https://en.wikipedia.org/wiki/Plantago_major)

[https://en.wikipedia.org/wiki/Plantago\\_lanceolata](https://en.wikipedia.org/wiki/Plantago_lanceolata)

## Essential Oils

### **Birch – Betula alba – Betulaceae Family – Tree**

**Actions** – anti-inflammatory, antiseptic, cholagogue, diaphoretic, diuretic, febrifuge

**Aromatherapy Use** – Circulations, muscles & joints – accumulation of toxins, muscular pain, arthritis, cellulitis, poor circulation, rheumatism

<https://en.wikipedia.org/wiki/Birch>

### **Marjoram – Origanum majorana – Lamiaceae Family – Perennial**

**Actions** – analgesic, anaphrodisiac, anti-oxidant, antispasmodic, antiviral, bactericidal, carminative, diaphoretic, digestive, diuretic, emmenagogue

**Aromatherapy Use** – Circulations, muscles & joints – arthritis, lumbago, muscular aches & stiffness, rheumatism, sprains, strains

<https://en.wikipedia.org/wiki/Marjoram>

**Rosemary – Rosemary officinalis – Lamiaceae Family – Perennial**

**Actions** – analgesic, antimicrobial, anti-oxidant, antirheumatic, antiseptic, antispasmodic, aphrodisiac, astringent, carminative, cholagogue, diaphoretic, digestive, diuretic, emmenagogue, fungicidal, hepatic, hypertensive, nervine, parasiticide, rubefacient, vulnerary

**Aromatherapy Use** – Circulation, muscles & joints – arteriosclerosis, fluid retention, gout, muscular pain, palpitations, poor circulation, rheumatism

<https://en.wikipedia.org/wiki/Rosemary>

**Lavender – Lavender Officinalis – Lamiaceae Family – Perennial**

**Actions** – analgesic, anticonvulsive, antidepressant, antimicrobial, antirheumatic, antiseptic, antispasmodic, antitoxic, carminative, cholagogue, diuretic, hypotensive, nervine, rubefacient, vermifuge, vulnerary

**Aromatherapy Use** – Skin care – abscesses, acne, allergies, boils, bruises, burns, dermatitis, eczema, inflammations, insect bites & stings, sores, sunburn, wounds. Circulation, muscles & joints - muscular & articular aches & pains, rheumatism, sprains.

<https://en.wikipedia.org/wiki/Lavandula>

**Tea Tree – Melaleuca alternifolia – Myrtaceae Family - Tree**

**Actions** – anti-infectious, anti-inflammatory, antiseptic, antiviral, bactericidal, diaphoretic, expectorant, fungicidal, immune-stimulant, parasiticide, vulnerary

**Aromatherapy Use** – Skin care – abscess, acne, athlete’s foot, blisters, burns, cold sores, herpes, insect bites, oily skin, rashes, warts, wounds

[https://en.wikipedia.org/wiki/Tea tree oil](https://en.wikipedia.org/wiki/Tea_tree_oil)

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