

Comfrey

Botanical name: *Symphytum officinale*

Energetics/Actions: Sweet, bitter, cool, vulnerary, astringent, demulcent

Description

Comfrey is a shrub that grows easily in temperate zones throughout Europe, Asia and North America. Known as 'knitbone' for its ability to heal broken bones, Comfrey is a highly regarded vulnerary. It has been harvested in Japan as a traditional medicine for over 2,000 years. Comfrey grows beautiful blue and white flowers and has black skinned roots.



Uses

Skin: Speeds healing of bruises, burns, abrasions, skin ulcers.

Musculoskeletal: Used for sprains, fractures, and inflamed, painful joints.

Dose

Topical: Excellent as a poultice, compress and in salves. Use as needed.

Safety information

Comfrey contains pyrrolizidine alkaloids which are toxic to the liver. Because of this, it should not be taken internally. Not recommended for use on broken skin. Not for long term use. Not for use in pregnancy. Not for extended use while breastfeeding.