

Estafiate

Botanical name: *Artemisia ludoviciana*

Energetics/Actions: warm, dry, bitter, digestive, vermifuge, astringent, anti-inflammatory, antimicrobial, decongestant, sedative, cholagogue, antioxidant, antispasmodic, analgesic, emmenagogue, styptic

Description

The first documented use of estafiate dates back to the Aztecs, who used this herb for many different health conditions, including gastrointestinal symptoms and as a treatment for parasites. It has recently been shown to inhibit NF-kB, a transcription factor that enables the inflammatory responses that lead to cancer.



Estafiate is native in forests in the highlands of Mexico and is often grown in gardens. Its appearance varies widely based on where it's growing and at what elevation. It blooms with yellow flowers at the summer solstice and has a particularly sweet fragrance in the summer months. Estafiate has the highest number of uses of all prairie plants. Traditionally used for numerous physical and spiritual conditions, estafiate supports liver health and is believed to calm the nervous system.

Uses

Gastrointestinal conditions: Helpful for indigestion, stomachache, cramps, constipation and diarrhea. Used with marshmallow and chamomile for acid reflux. Also used as a soak for hemorrhoids

Muscles and joints: Used topically for muscle and joint pain

Menstrual irregularities: Decreases cramping and can bring on menstruation

Congestion: Used for sinus congestion, cold symptoms and related headaches

Earache: Leaves are traditionally used for earaches

Dose

Tea: Steep 1/2 teaspoon of leaves and flowers in 1/2 cup of hot water for 5 minutes. Take once a day as needed or as recommended by an experienced herbalist.

Infused Oil/Salve: Apply topically as needed.

Tincture: 5-10 drops per day when needed.

Safety information

Do not use during pregnancy or while breastfeeding. Not for use in young children. Highly concentrated forms of the tea can be toxic to the nervous system. For short term use only; long term use can cause liver damage.