

Mullein

Botanical name: *Verbascum thapsus*

Energetics/Actions: sweet, astringent, cool-neutral, demulcent, expectorant, antispasmodic, antimicrobial, antiviral, analgesic

#### Description

The name Mullein comes from the Latin *mollis* which means “soft” and refers to the leaves of the plant. It is native to Europe, North Africa and Asia and grows throughout the US. It has been used for thousands of years as a treatment for lung conditions and is smoked in ceremonies by Indigenous Peoples of North America. The stalks are also used as torches.

#### Uses

Respiratory: Reduces inflammation and relaxes muscles in the respiratory tract. Good for colds, coughs and bronchitis. Strengthening to the lungs for asthma.

Earache: Flower oil decreases pain and has antimicrobial properties.

#### Dose:

Tea: 1-2 teaspoons in 1 cup water, steep for 10-15 minutes. \*Strain well. Drink 3-4 cups a day as needed.

Tincture: ½ teaspoon in warm water 3 times a day as needed.

Oil: For earache: 5 drops 3 times a day. Works best with St John’s Wort oil and Garlic oil.

#### Safety Information

No studies available in pregnant or breastfeeding women. Talk to your healthcare provider if you are taking medications. May cause skin irritation in some people.

