

Plantain

Botanical name: *Plantago* spp.

Energetics/Actions: Bitter, salty, cold, dry, anti-inflammatory, antimicrobial, diuretic, expectorant, styptic

Description

Now thought of as a weed by many gardeners, Plantain was once considered to be a sacred plant. Native to North America, Asia and Europe, Plantain has been used as medicine for thousands of years. The First Peoples of North America used Plantain to cure fevers, wounds and insect, snake and dog bites. Because Plantain has mucilage, it is beneficial for any irritation of the mucous membranes of the respiratory, digestive or urinary tract.



Uses

Skin: Great as a poultice for bug bites, abrasions, swelling, even toothaches.

Gastrointestinal: Traditionally used for diarrhea and constipation. High in fiber.

Upper respiratory tract: Traditionally used for coughs and colds.

Dose

Fresh: Good for use in salads and soups (use young leaves for salads).

Poultice: (Best known use) Can be chewed to use as a poultice on-the-spot.

Tea: 1 teaspoon dried herb in 1 cup boiling water. Steep for 10-15 minutes and take up to 3 times a day.

Tincture: ½ teaspoon up to 3 times a day as needed.

*Also great in salves and herbal oils

Safety information

High doses of plantain supplements can cause serious allergic reactions in some people. Be sure to obtain your plantain from a reputable herb company or collect it yourself on land that is not heavily sprayed or frequented by dogs (see information on foraging in Lesson 1).