

Willow

Botanical name: *Salix* spp.

Energetics/Actions: Bittersweet, cool, dry, anti inflammatory, analgesic, antipyretic, astringent, antiseptic

Description

There are over 400 species of willow trees. The name *Salix* is from the Celtic *sal* for “near” and *lis* for “water”, as willows like to grow near water. The weeping willow is native to Asia and is frequently found in the art and folklore of Asian cultures. The Chinese believed that willow would ward off evil spirits and placed willow branches over doorways. The Celts of Ireland believed that spirits and gods lived in trees. It is said that they knocked on willow trees to ask for protection or to show gratitude for good luck and this is where the custom of “knock wood” or “touch wood” originated. Willow has also been used to make wicker baskets, furniture and beehives for thousands of years.



Uses

Pain: Used for headache and low back pain.

Fever: A useful antipyretic.

Musculoskeletal: Good for joint pain, muscular and body aches, arthritis, gout.

Skin: Can be used for hemorrhoids and inflammation.

Dose

Decoction: 3 tablespoons bark in 4 cups of water, boil then simmer for 20-40 minutes. Take as needed up to 3 times a day.

Tincture: ½ teaspoon up to 3 times a day.

Capsules: May take 120-240 mg per day.

Safety information

May cause a reaction for those with aspirin allergies. Not for use in pregnancy or while breastfeeding. Do not give to children. Consult with your healthcare provider if you are taking blood thinners or other medications.