### HERBAL MEDICINES FOR PAIN

**Some Common Remedies**

*Please see handout for details*

<table>
<thead>
<tr>
<th>Photo of Plant</th>
<th>Herbal Medicine Common name</th>
<th>Category *with precautions</th>
<th>Preparations</th>
<th>Dosage</th>
<th>Specific Uses</th>
</tr>
</thead>
<tbody>
<tr>
<td>Arnica Arnica spp</td>
<td><em>Antiinflammatory</em></td>
<td>Tincture, Oil, Salve</td>
<td>Tincture *very small doses; 1-4 drops External as needed</td>
<td>A, Best used right after an injury.</td>
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<tr>
<td>Black Cohosh Actaea (Cimicifuga) racemosa</td>
<td>Skeletal muscle relaxant</td>
<td>Tincture</td>
<td>10-40 drops as needed, regularly as tonic</td>
<td>A/T, Helpful for back pain</td>
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<tr>
<td>Black Haw Viburnum prunifolium</td>
<td>Smooth muscle relaxant</td>
<td>Tincture</td>
<td>Tincture 10-60 drops as needed</td>
<td>A, Helpful for menstrual cramps</td>
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<tr>
<td>California Poppy Eschscholtzia spp</td>
<td>Anodyne, Nervine, Sedative, Sleep Aid</td>
<td>Tincture</td>
<td>Tincture 10-60 drops as needed</td>
<td>A/T, Helpful for relaxing, and for mild to medium general pain</td>
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<tr>
<td>Chamomile Matricaria recutita</td>
<td>Anodyne, Antiinflammatory Nervine, Smooth muscle relaxant *Sleep aid</td>
<td>Tincture, Tea</td>
<td>10-60 drops as needed, Strong cups of tea as needed</td>
<td>A/T, For mild pains, digestive pain, relaxing, mild antiinflammatory Well-tolerated</td>
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<tr>
<td>Kava kava Piper methysticum</td>
<td>Anodyne, Sedative, Skeletal muscle relaxant, *Sleep aid</td>
<td>Tincture, Powder, Tea</td>
<td>Tincture 10-60 drops as needed; Powder ¼-1 tsp in water</td>
<td>A, Good general relaxant, *may cause wakefulness before helping sleep</td>
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<tr>
<td>Skullcap Scutellaria lateriflora</td>
<td>Anodyne, Nervine, Sedative, Skeletal/Smooth muscle relaxant, Sleep aid</td>
<td>Tincture, Tea</td>
<td>Tincture 10-80 drops as needed</td>
<td>A/T, A good general relaxant, good for mild-moderate pain,</td>
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<tr>
<td>Valerian Valeriana officinalis</td>
<td>Anodyne, Nervine, Sedative, Skeletal/Smooth muscle relaxant, Sleep aid</td>
<td>Tincture</td>
<td>Tincture 10-80 drops as needed</td>
<td>A/T, Good general pain reliever, good sleep aid, *for some people it causes excitability try small amount initially</td>
<td></td>
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<tr>
<td>Wild Lettuce Lactuca spp</td>
<td>Anodyne, Sedative</td>
<td>Tincture</td>
<td>Tincture 10-60 drops as needed</td>
<td>A, Good pain reliever due to sedative property</td>
<td></td>
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<tr>
<td>Willow Salix spp</td>
<td>Antiinflammatory</td>
<td>Tincture</td>
<td>Tincture 10-80 drops as needed</td>
<td>A/T, Good antiinflammatory for joint pain and some headaches.</td>
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</tbody>
</table>