











HERBAL MEDICINES FOR PAIN

Some Common Remedies-Please see handout for details

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