

# **An Herbalist's View Notes on Lyme Disease**

**Northeast School of Botanical Medicine**  
**7Song, Director**  
**7Song.com**

These are some cursory ideas and considerations when working with people with Lyme disease. Disclaimer; I am far from being an expert on this condition, I just want to offer some suggestions and treatment strategies from my work as a practicing herbalist. Each individual will have to do their own research and figure out which is the best approach for themselves, these are just a few pointers.

## **Considerations and Treatment Strategies**

1. Focus on treating an individual's symptoms
2. Consider which herbal categories help alleviate the symptoms. Pick the plants that match the most symptoms per category.
3. It is questionable whether herbs can kill the Lyme (*Borrelia*) bacteria or co-infections.
4. How to deal with all the conflicting information.
5. How to afford all the tests and treatments.
6. Learn to evaluate the effectiveness of various lab tests.
7. What to do if the person feels like they have Lyme, but the test results are negative?
8. Antibiotics or not, especially if they only recently found a tick on their body.
9. Working with patient's fears and concerns.
10. Too much reliance on just a few sources of herbal treatment.
11. Addressing the differences and confusion about post-treatment Lyme disease syndrome (PTLDS) vs. chronic Lyme disease.
12. Potential increase of efficiency of antibiotics and other drugs with herbal medicine
13. Potential negative interactions between herbal medicines and conventional drugs.
14. Physiology and constitutional approaches to health
15. Addressing the worry and fear of Lyme
16. Which drugs, herbs or other treatments have helped or worsened an individual's symptoms?

## **Categories**

1. Antiinfectives
2. Antiinflammatories
3. Cognitive dysfunction
4. Connective tissue, Joint and Arthritic disorders
5. Fatigue
6. Gut dysfunction

7. Mental Health
8. Pain relief

9. Skeletal muscle relaxants

## Formulas and Dosage

1. Many of these medicinal plants can be put into the same preparation, though a large amount may be necessary to take to get a pharmacological dose.
2. Daily regular use of herbs, they may need to be taken frequently
3. Consider teas, tinctures, capsules and powders as preparations

## Plant List-Botanical and Common Name

(spp. means a number of species of that genus are used for medicine)

- |  |   |
|--|---|
| 1. <i>Achillea millefolium</i> -Yarrow   | 25. <i>Humulus lupulus</i> -Hops                |
| 2. <i>Acorus calamus</i> -Calamus  | 26. <i>Hydrastis canadensis</i> -Goldenseal     |
| 3. <i>Actaea racemosa</i> -Black cohosh  | 27. <i>Hypericum perforatum</i> -St. Johnswort  |
| 4. <i>Althaea officinalis</i> -Marshmallow   | 28. <i>Lactuca</i> spp.-Wild lettuce            |
| 5. <i>Anemone</i> spp.-Pulsatilla  | 29. Lavender essential oil                      |
| 6. <i>Arnica</i> spp.-Arnica   | 30. <i>Leonurus cardiaca</i> -Motherwort        |
| 7. <i>Astragalus membranaceus</i> -<br>Astragalus  | 31. <i>Lobelia inflata</i> -Lobelia             |
| 8. <i>Avena sativa</i> -Oats   | 32. <i>Matricaria chamomilla</i> -Chamomile     |
| 9. <i>Baptisia tinctoria</i> -Wild indigo  | 33. <i>Melissa officinalis</i> -Lemon balm      |
| 10. <i>Berberis</i> spp.-Barberry/Oregon<br>graperoot                                    | 34. <i>Mentha piperita</i> -Peppermint          |
| 11. <i>Calendula officinalis</i> -Calendula  | 35. <i>Mentha spicata</i> -Spearmint            |
| 12. <i>Cannabis</i> spp.-Marijuana   | 36. <i>Nepeta cataria</i> -Catnip               |
| 13. <i>Centella asiatica</i> -Gotu kola  | 37. <i>Ocimum tenuiflorum</i> -Tulsi            |
| 14. <i>Crataegus</i> spp.-Hawthorn   | 38. <i>Passiflora incarnata</i> -Passionflower  |
| 15. <i>Curcuma longa</i> -Turmeric   | 39. <i>Pedicularis</i> spp.-Pedicularis         |
| 16. <i>Echinacea</i> spp.-Echinacea  | 40. <i>Phytolacca americana</i> -Poke           |
| 17. <i>Eleutherococcus senticosus</i> -Siberian<br>ginseng                               | 41. <i>Piper methysticum</i> -Kava kava         |
| 18. <i>Eschscholtzia</i> spp.-California poppy   | 42. <i>Piscidia piscipula</i> -Jamaican dogwood |
| 19. <i>Eupatorium perfoliatum</i> -Boneset   | 43. <i>Polygonatum</i> spp.-Solomon's seal      |
| 20. <i>Fallopia japonica</i> ( <i>Polygonum</i><br><i>cuspidatum</i> )-Japanese knotweed | 44. <i>Rose</i> spp.-Rose                       |
| 21. <i>Filipendula ulmaria</i> -Meadowsweet  | 45. <i>Rubus</i> spp.-Blackberry root           |
| 22. <i>Ganoderma</i> spp.-Reishi mushroom  | 46. <i>Scutellaria lateriflora</i> -Skullcap    |
| 23. <i>Ginkgo biloba</i> -Ginkgo   | 47. <i>Silybum marianum</i> -Milk thistle       |
| 24. <i>Glycyrrhiza</i> spp.-Licorice   | 48. <i>Tanacetum parthenium</i> -Feverfew       |
|  | 49. <i>Ulmus rubra</i> -Slippery elm            |
|  | 50. <i>Valeriana officinalis</i> -Valerian      |
|  | 51. <i>Verbena</i> spp.-Vervain                 |
|  | 52. <i>Withania somnifera</i> -Ashwagandha      |

## Categories

**Antiinfectives**-for various infections

1. *Baptisia tinctoria*

2. Berberis spp.
3. Echinacea spp.
4. Eupatorium perfoliatum
5. Hydrastis canadensis

**Antiinflammatories**-to reduce inflammation

1. Achillea millefolium
2. Arnica spp.
3. Curcuma longa
4. Glycyrrhiza spp.

**Cognitive Dysfunction-Brain fog and memory loss**

1. Acorus calamus
2. Centella asiatica
3. Ginkgo biloba

**Connective tissue, Joints, Arthritic Pain**

1. Calendula officinalis
2. Centella asiatica
3. Fallopia japonica
4. Polygonatum spp.

**Fatigue**

1. Avena sativa
2. Ganoderma spp.
3. Matricaria chamomilla
4. Nepeta cataria
5. Withania somnifera

**Gut Dysfunction**-may be due to antibiotics or otherwise

- |                          |                    |
|--------------------------|--------------------|
| 1. Althaea officinalis   | 6. Mentha piperita |
| 2. Rubus spp.            | 7. Mentha spicata  |
| 3. Filipendula ulmaria   | 8. Nepeta cataria  |
| 4. Glycyrrhiza spp.      | 9. Ulmus rubra     |
| 5. Matricaria chamomilla |                    |

**Immunity and Lymph**

1. Astragalus spp.
2. Echinacea spp.
3. Eleutherococcus senticosus
4. Ganoderma spp.
5. Phytolacca americanum
6. Silybum marianum

### **Mental Health-Anxiety and Depression**

1. Anemone spp.
2. Avena sativa
3. Cannabis spp.
4. Eschscholtzia spp.
5. Hypericum perforatum
6. Lavender essential oil
7. Leonurus cardiaca
8. Lobelia inflata
9. Matricaria chamomilla
10. Melissa officinalis
11. Ocimum tenuiflorum
12. Passiflora incarnata
13. Piper methysticum
14. Rose spp.
15. Scutellaria lateriflora
16. Verbena spp.

### **Pain relief**-including general body pains and headaches

1. Humulus lupulus
2. Lactuca spp.
3. Lobelia inflata
4. Piscidia piscipula
5. Scutellaria lateriflora
6. Tanacetum parthenium
7. Valeriana officinalis

### **Skeletal muscle relaxants**

1. Actaea
2. Pedicularis
3. Scutellaria

### **Complimentary Treatments**

1. Breathing exercises
2. Counseling
3. Diet and food considerations
4. Essential fatty acids
5. Gentle exercise
6. Meditation-walking or sitting
7. Nutritional supplements
8. Probiotics