

# Principal Plants of Herbal First Aid

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1. **Anemone** (*Anemone spp.*)-For panic, acute anxiety. A useful trauma remedy. Also to help with difficult psychedelic experiences. Internal as tincture. Low dose.
2. **Arnica** (*Arnica spp.*)-Antiinflammatory, useful immediately after injury to speed recovery. Internal use as tincture (*caution*, use drop dose as an internal medicine). External use as oil, liniment.
3. **Black cohosh** (*Actaea racemosa*)-For skeletal muscle pain. Avoid in pregnancy. Internal as tincture, capsule. Low to high dose.
4. **Chamomile** (*Matricaria chamomilla*)-Antiinflammatory, gut antispasmodic, nervine, anxiolytic, calming agent. Safe, well tolerated. Internal as tea, tincture, glycerite. External as compress. Medium to large dose.
5. **Chaparral** (*Larrea tridentata*)- Antibacterial, very bitter. Discontinue after  $\pm$  2 weeks with internal use. Internal as tincture, tea, capsule, glycerite. External as soak, oil, liniment. Large loading dose, medium to large maintenance dosage.
6. **Echinacea** (*Echinacea purpurea*)-Broad use due to effects on the immune system. Useful in respiratory viruses, wound healing, food poisoning, and bacterial infections. For internal and external infections. Internal as tincture, tea, capsules. External as poultice, compress. Well tolerated. Large loading dose, medium to large maintenance dose.
7. **Hops** (*Humulus lupulus*)-Nervine, sedative, sleep aid. Therapeutic use based on dosage. Can be too sedative for individuals. Bitter flavor. Internal as tincture, tea, glycerite. External as oil, liniment. Low to large dose.
8. **Jamaican dogwood** (*Piscidia piscipula*)-Pain remedy for general body aches. Helpful used with other pain and sedative remedies. Not very sedative by itself.. Useful with other sleep and pain aids. Can be difficult to find good quality. Well tolerated. Internal as tincture. Medium to large dose.
9. **Kava kava** (*Piper methysticum*)-Sedative, anxiety, sleep aid. Good for frayed nerves. Useful for pain, stress and trauma and relaxing. Recreational use. Has a range of individual positive and negative reactions. Internal as tincture, tea, capsules, powder. Low to large dose.
10. **Licorice** (*Glycyrrhiza uralensis, G. glabra*)-Antiinflammatory, demulcent. Flavor liked by some, despised by others. Combines well with other herbs. Internal as tincture, tea, powder, capsule. External as compress. Low to large dose.

11. **Lobelia** (*Lobelia inflata*)-For bronchoconstriction, to help breathing from allergic asthmatic reactions. Also a nervous system remedy helpful with anxiety, headaches. Muscle relaxant in external preparations. May cause nausea in tea form. Internal as tincture, vinegar. External as oil, liniment. Low dosage, may be taken frequently
12. **Oregon grape** (*Berberis spp.*)-For a range of bacterial, viral and protozoal infections. For infectious diarrhea, wounds, respiratory and gut viruses. Internal and external use. Internal as tincture, tea, powder, capsule. External as compress, soak. Large loading dose, medium to large maintenance dose.
13. **Osha** (*Ligusticum porteri*)-Antiinfective for sore throat, expectorant, respiratory infections. Useful in combination with other respiratory plants. Helpful for food poisoning, wounds and other infections. Internal as tincture, tea, honey, capsule, glycerite. External as tincture, compress. Medium to large dose.
14. **Propolis**-Antiseptic wound covering for skin and oral mucosa infections. Helpful to prevent bacterial infections. Its tackiness makes it a good small wound covering and helps to hold bandages in place and help other medicines adhere to tissues. Internal as tincture. External as tincture. Apply as needed.
15. **Ragweed** (*Ambrosia artemisiifolia*)-Antihistamine-like action for allergic reactions such as hives, hay fever, food, and insect allergic responses. Internal as tincture. Low to large dose, take as often as needed.
16. **Silk tassel** (*Garrya spp.*)-Antispasmodic for cramping. Different parts of plant have varying strength. Internal as tincture. Low to medium dose.
17. **Skullcap** (*Scutellaria lateriflora*)-Sedative, nervine, general pain reliever. Good with skeletal muscle and cramping pain. Well tolerated and useful in a variety of pain and anxiety situations. Internal as tincture, tea, capsule. Low to large dose.
18. **Valerian** (*Valerian spp.*)-Sedative, pain relieving, nervine. Very useful sleep aid. For skeletal muscle and cramping pain. Contradictory (agitating) effect is common, test for individuals reactions. Internal as tincture, tea, capsule, glycerite. External as oil. Small to large dose.
19. **Wild lettuce** (*Lactuca spp.*)-Pain relieving, good for general body pains. Mildly sedative. Internal as tincture. Medium to large dose
20. **Willow** (*Salix spp.*)-Antiinflammatory. Well tolerated, easy to gather. Internal as tea, tincture, powder, capsule. External as compress, poultice, soak. Medium to large dose.

### Tincture Dosage Guidelines

1. **Drop dose**-potentially toxic medicines, should only be used by experienced practitioners. Average dose 3-5 *drops* a few times daily.

2. **Low dose**-work well at lower dosages. Starting dose  $\pm$  5 drops with more given as needed until effect or plateau is reached. The difference between *low dose* and *drop dose* medicine is toxicity of drop dose plant medicines.
3. **Medium dose**-relatively safe, starting doses begins  $\pm$   $\frac{1}{2}$ -1 ml, with a similar amount given incrementally until effect or plateau is reached.
4. **Large dose**-very safe and often work best in larger doses. Loading dose between 1 and 3 ml and increased as needed. Many tonic remedies fit into this category. There is no obvious plateau response as affects are not obvious.
5. **Plateau dose**-indicates that the maximal medicinal effect of a specific medicine has been reached and more will not further improve symptoms.
6. **Loading dose**-initial dose given.