

Notes for Class

Herbalism for the Post-Collapse Dystopian Herbal Medicine 'Rise of the Herbalist'

7Song-Northeast School of Botanical Medicine

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The Scenario

1. Due to Planned Parenthood getting shut down a virus escapes into the environment.
2. 'Cat people' have a natural resistance to the disease due to an immune system alteration from their exposure to constant purring.
3. Those affected by the virus become 'zombies' who are rabidly technophobic and pharmaphilic and start destroying all machinery and ingesting any medications they can find.
4. They also crave the flesh of cats (monsters!) and cat people.
5. The unafflicted collect their cats and possessions and move to Foster Pond in the Finger Lakes National Forest where they set up camp.
6. The virus is known to burn itself out in about 18 months, so the goal is to stay alive for 1.5 years.

Your Place in the Scenario

1. You have been training to be an herbalist for many years before the collapse.
2. You have pilfered the scant amount of the drugs you can find, the majority of medicines are now plant-based.
3. Every day you scour the fields, forests, swamps, lakeside and abandoned lots to procure the plants for your apothecary
4. You are also growing a fledgling garden.
5. There is no ammo so you will need to prepare and employ herbal poisons and plant traps to keep the community safe
6. You have been experimenting with various plant combinations to stop the virus in case anyone is bitten by a zombie.

Roles of the Herbalist

1. **Apothecary**
 - Setting up and maintaining an herbal supply.
 - Drying and storing herbal products.
 - Protecting the apothecary from wild animals (i.e., raccoons, rats), zombies and inclement weather.
2. **Botanist**
 - Botanical identification-knowing which plants are safe, medicinal, dangerous and other sundry uses.
3. **Emergency response team**

- Preparation and training for medical emergencies
 - Organize jump bags for run teams
4. **Gardener**
 - Growing various medicinal plants and foods that can easily be grown locally
 5. **Herbalist**
 - Taking care of medical needs
 6. **Medicine maker**
 - Preparing various botanical medicines
 7. **Pharmacist**
 - Working with any remaining drugs
 8. **Poison and trap maker**
 - Utilizing local toxic plants (such as False hellebore) in case of zombie infiltration.
 - Also knowing how to make zombie traps from grape vines and other plant materials.
 9. **Teacher**
 - Teaching community members how to recognize, prepare and use herbal medicine
 - This is important as you may become sick yourself.
 10. **Wildcrafting**
 - Gathering plants ninja style so you don't get caught while out finding and gathering these plants.

Field Kit and Run Bag (local plants)

1. Antibacterial Tincture (for internal and external use)
 - *Achillea millefolium*
 - *Berberis thunbergii* or *B. vulgaris*
 - *Pinus* spp resin
 - *Quercus* species
2. Antiinflammatory Tincture (for internal and external use)
 - *Achillea millefolium*
 - *Betula lenta*
 - *Hypericum perforatum*
 - *Populus* spp buds, leaves
 - *Salix* species
 - *Stellaria media*
11. Bandage Dressing-Large leaves kept slightly moist to apply as a dressing
 - *Inula helenium*
 - Mosses
 - *Symphytum officinale*
 - *Verbascum thapsus*
12. Charcoal
13. Conifer resins

- Kept in a metal container to be heated
 - As topical antiseptic as well as holding down dressings
14. Lobelia inflata tincture-as an emergency inhaler
15. Pain Tincture
- Valeriana officinalis
 - Scutellaria lateriflora
16. Personal medicines (for the runner or patient)

Important Local Plants to Know

Achillea millefolium-Yarrow

1. Main part used-leaf and flower
2. Medicinal categories
 - Antibacterial
 - Antiinflammatory
 - Antimicrobial
 - Antiseptic
 - Bitter
 - Burn wash
 - Diaphoretic
 - Hemostatic
 - Wound healing

Berberis thurberi/B. vulgaris-Barberry

1. Main part used-roots, stem bark, leaf
2. Medicinal categories
 - Antibacterial
 - Antiviral
 - Blood sugar aid

Betula lenta-Black birch

1. Main part used-inner bark
2. Medicinal categories
 - Antiinflammatory
 - Flavoring agent

Conifers

1. Main part used-resin
2. Medicinal categories
 - Antibacterial
 - Wound healing

Eupatorium perfoliatum-Boneset

1. Main part used-Leaf, flower
2. Medicinal categories

- Antiinflammatory
- Antiviral

Lobelia inflata-Lobelia

1. Main part used-whole plant
2. Medicinal categories
 - Antispasmodic
 - Asthma aid
 - Headaches
 - Nerve tonic

Quercus spp-Oak

1. Main part used-inner bark
2. Medicinal categories
 - Astringent
 - Wound healing

Salix spp-Willow

1. Main part used-inner bark, leaf
2. Medicinal categories
 - Astringent
 - Wound healing

Scutellaria spp-Skullcap

1. Main part used-whole plant
2. Medicinal categories
 - Pain relief
 - Sleep aid

Local Medicinal Plants and Fungi (native and introduced)

1. Achillea millefolium-Yarrow
2. Acorus calamus-Calamus
3. Horse chestnut-Aesculus hippocastanum
4. Ailanthus altissima-Tree of Heaven
5. Allium schoenoprasum-Chives
6. Allium tricoccum-Leeks
7. Allium vineale-Field garlic
8. Alnus spp-Alder
9. Ambrosia artemisiifolia-Ragweed
10. Anemone spp-Windflower
11. Angelica atropurpurea-Angelica
12. Aralia nudicaulis-Wild sarsparilla
13. Aralia racemosa-Wild sarsparilla
14. Arctium lappa-Burdock

15. *Arctium minor*-Burdock
16. *Artemisia vulgare*-Mugwort
17. *Asarum canadense*-Wild ginger
18. *Berberis thunbergii*-Barberry
19. *Berberis vulgaris*-Barberry
20. *Betula lenta*-Black birch
21. *Capsella bursa-pastoris*-Shepherd's purse
22. *Caulophyllum gigantea*-Blue cohosh
23. *Cichorium intybus*-Chicory
24. *Clematis virginiana*-Clematis
25. Conifer resins-Conifers
26. *Crataegus* spp-Hawthorn
27. *Daucus carota*-Wild carrot
28. *Dipsacus fullonum*-Teasel
29. *Elymus repens*-Couch grass
30. *Equisetum* spp-Horsetail
31. *Eutrochium maculatum*-Joe pye weed
32. *Eupatorium perfoliatum*-Boneset
33. *Euthamia graminifolia*-Goldenrod
34. *Fallopia japonica*-Japanese knotweed
35. *Filipendula ulmaria*-Meadowsweet
36. *Fragaria* spp-Wild strawberry
37. *Galium aparine*-Cleavers
38. *Galium* spp.-Bedstraw
39. *Ganoderma tsugae*-Reishi fungus
40. *Gaultheria procumbens*-Wintergreen
41. *Glechoma hederacea*-Gill-over-the-ground
42. *Hamamelis virginiana*-Witch hazel
43. *Heracleum maximum*-Cow parsnip
44. *Heracleum mantegazzianum*-Giant cow parsnip
45. *Heridium erinaceus*-Lion's mane fungi
46. *Hypericum perforatum*-St. Johnswort
47. *Impatiens* spp.-Jewelweed
48. *Inula helenium*-Elecampane
49. *Juniperus virginiana*-Eastern red cedar
50. *Leonurus cardiaca*-Motherwort
51. *Lobelia inflata*-Lobelia
52. *Malva moschata*-Musk mallow
53. *Malva neglecta*-Mallow
54. *Menta arvensis*-Wild mint
55. *Mentha x. piperita*-Peppermint
56. *Mentha spicata*-Spearmint
57. *Monotropa uniflora*-Ghost pipe
58. *Nepeta cataria*-Catnip

59. *Oenothera* spp.-Evening primrose
60. *Panax quinquefolius*-Ginseng
61. *Pedicularis canadensis*-Lousewort
62. *Phytolacca americana*-Poke
63. *Pinus* spp.-Pine
64. *Plantago* spp.-Plantain
65. *Polygonatum* spp.-Solomon's seal
66. *Populus* spp.-Poplar
67. *Prunella vulgaris*-Self heal
68. *Prunus serotina*-Wild cherry
69. *Quercus* spp.-Oak
70. *Rhamnus cathartica*-Buckthorn
71. *Rhus typhina*-Sumac
72. *Rosa* spp.-Rose
73. *Rubus allegheniensis*-Blackberry
74. *Rubus idaeus*-Raspberry
75. *Rumex obtusifolius*-Yellow dock
76. *Rumex crispus*-Yellow dock
77. *Salix* spp.-Willow
78. *Sambucus nigra*-Elder
79. *Sanguinaria canadensis*-Bloodroot
80. *Scutellaria galericulata*-Marsh skullcap
81. *Scutellaria lateriflora*-Skullcap
82. *Smilax* spp.-Greenbrier
83. *Solidago* spp.-Goldenrod
84. *Spiraea* spp.-Buckbrush
85. *Stellaria media*-Chickweed
86. *Symphytum officinale*-Comfrey
87. *Symplocarpus foetidus*-Skunk cabbage
88. *Taraxacum officinale*-Dandelion
89. *Trametes versicolor*-Turkey tail fungi
90. *Trifolium pratense*-Red clover
91. *Tussilago farfara*-Coltsfoot
92. *Ulmus rubra*-Slippery elm
93. *Urtica dioica*-Nettles
94. *Vaccinium macrocarpon*-Cranberry
95. *Vaccinium* spp-Blueberry
96. *Valeriana officinalis*-Valerian
97. *Verbascum thapsus*-Mullein
98. *Verbena hastata*-Blue vervain
99. *Viburnum opulus*-Crampbark
100. *Viola* spp.-Violet

Medicinal Garden-able Plants

This list covers plants that are easily grown out-of-doors in the Finger Lakes region. It does not include plants that can also be wildcrafted, though it would be helpful to grow many of these as well. These are mainly grown for their medicinal value.

1. *Avena sativa*-Oats
2. *Allium* spp-Garlic, Chives, Onions
3. *Armoracia rusticana*-Horseradish
4. *Capsicum*-Cayenne
5. *Calendula officinalis*-Calendula
6. *Cannabis* spp-Marijuana
7. *Centella asiatica*-Gotu kola
8. *Datura stramonium*-Jimsonweed
9. *Digitalis purpurea*-Foxglove
10. *Echinacea purpurea*-Echinacea
11. *Ginkgo biloba*-Ginkgo
12. *Humulus lupulus*-Hops
13. *Melissa officinalis*-Lemon balm
14. *Opuntia humifusa*-Prickly pear cactus
15. *Papaver somnifera*-Poppy
16. *Ricinus communis*-Castor bean
17. *Silybum marianum*-Milk thistle
18. *Tanacetum parthenium*-Feverfew
19. *Trigonella foenum-graecum*-Fenugreek
20. *Zea mays*-Corn

Local Poisonous Plants

1. *Ageratina altissima*-White snakeroot
2. *Cicuta maculata*-Water hemlock
3. *Datura stramonium*-Jimsonweed
4. *Heracleum mantegazzianum*-Giant cow parsnip
5. Mayapple-*Podophyllum peltatum*
6. *Toxicodendron radicans*-Poison ivy
7. *Toxicodendron vernix*-Poison sumach
8. *Veratrum viride*-False hellebore