

# **Post-Collapse Class Rise of the Herbalist Ithaca Version**

November 6, 2024

## **The Scenario**

1. A form of rabies sweeps through the US, causing humans to bite anyone nearby and passing the infection on. They die soon afterward, but the virus continues to spread.
2. Canada and Mexico close their borders, and every country stops doing business with the US.
3. People panic and stop going to their jobs.
4. This shuts down all factories, institutions, power stations, beauty spas, and kava bars.
5. All stores are closed, and money is useless.
6. There is no power, no petrol, no medicines, except what is left in shops and homes.
7. You and a band of determined herbalists set up a land-based commune at Foster's Pond in the Finger Lakes National Forest, where there is access to fresh water, wetlands, fields, lakes, and forest.
8. You are in between two Finger Lakes.
9. Your goal is to wait out the spread of the virus.
10. You also want to be helpful to people in need while protecting your assets and resources.

## **Your Place in the Scenario**

1. You have been studying herbalism before the collapse.
2. You have pilfered the scant amount of the drugs you can find.
  - The majority of medicines you use now are plant-based.
  - What medicines would be your priority?
3. Every day, you scour the fields, forests, swamps, lakeside, and abandoned lots to procure the plants for your apothecary.
  - How to avoid getting into altercations with other scavengers.
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 from those seeking to steal or do you harm.
6. But you also want to be helpful to those in need.

## **Preparation-Items you will need**

1. Run bag-to help when not in the encampment
2. Individual and personal first aid kits
3. Medicine making facility

## **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, and dangerous for use.
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. **Groundskeeper**
  - Sanitation-keeping the supplies and camp from contamination.
6. **Herbalist**
  - Taking care of medical needs.
7. **Medicine maker**
  - Preparing various botanical medicines.
8. **Pharmacist**
  - Working with any remaining drugs.
9. **Poison and trap maker**
  - Utilizing local toxic plants for unwanted people.
  - Making traps from grape vines and other plant materials.
10. **Teacher**
  - Teaching community members how to recognize, prepare, and use herbal medicine.
  - This is important as you may become sick yourself.
11. **Wildcrafting**
  - Gathering plants in ninja style so you don't get caught while out finding and gathering these plants.

## **Gardening**

### **Notes**

1. What should you grow in the garden?
2. What is easy to grow?
3. What will provide a good annual yield?
4. Some of these plants may grow in this region, but growing them will make them more accessible.
5. Where will we get seeds and plants to put in the garden
6. Plants that easily reseed
7. Greenhouse-solar and durable

## **Pharmaceuticals and Replacement Herbs**

1. People's medicines, drugs, and treatments will run out.
2. Some of these are necessary to keep them alive, such as immune-suppressive drugs for organ transplants. There may be dire consequences.
3. Name some local or garden-able plants for the below health care categories.

### **Birthing Aids**

1. Birthing
2. Fertility
3. Nursing
4. Pregnancy

### **Cancer**

1. General cancer support
2. Tumor suppression

### **Cardiovascular**

1. Heart failure
2. Hypertension
3. Venous insufficiency

### **Cholesterol**

1. High LDLs

### **Diabetes-I, II**

1. Blood sugar regulation

### **Digestive**

1. Food intolerances
2. Gas, bloating
3. General digestive pain
4. IBD
5. IBS

### **Gynecological**

1. Dysmenorrhea
2. Menstrual irregularity
3. PCOS
4. Pregnancy

### **Liver**

1. Hepatitis

### **Immune**

1. Allergies
2. Autoimmune
3. Lowered immunity

### **Infections-Chronic**

1. HIV
2. Lyme
3. STIs

### **Infections-Acute**

1. Digestive
2. Respiratory
3. Water and food-borne
4. Wounds

### **Kidneys and Urinary Tract**

1. Kidney disease
2. Kidney infections
3. Urinary tract infection

### **Male health**

1. Prostate

### **Mental health**

1. Anxiety
2. Bi-polar
3. Depression
4. Schizophrenia

### **Muscular-Skeletal**

1. Arthritis
2. Back pain
3. Sciatica

### **Nerve restoration**

1. Nerve damage
2. Neuropathy

### **Oral health**

1. Daily tooth health
2. Dental infections
3. Gum infections
4. Loose teeth

### **Pain remedies**

1. Back pain
2. Chronic pain syndromes
3. General body pain
4. Headache
5. Joint pain

### **Respiratory**

1. Asthma
2. COPD
3. Infections
4. Pneumonia
5. Sinuses
6. Viruses

### **Thyroid**

1. Hyperthyroid
2. Hypothyroid

## **Treatment Categories**

1. Antibacterial
2. Antiinflammatory
3. Antioxidant
4. Antiseptic
5. Antiviral
6. Anxiolytic
7. Astringent
8. Bandage, dressings
9. Birthing aids
10. Blood sugar aid
11. Bones
12. Cancer
13. Cardiovascular
14. Circulation
15. Constipation
16. Diabetes
17. Diarrhea
18. Digestive aid
19. Drug replacement
20. Gynecological
21. Hemostat
22. Immune aids
23. Infections
24. Kidneys
25. Laxative
26. Liver
27. Male health
28. Mental health
29. Pain
30. Respiratory
31. Skeletal muscle relaxants
32. Soft tissue injury
33. Thyroid
34. Urinary tract
35. Utilitarian-cordage, stuffing
36. Vulnerary

## **Protection-Defense and Offense**

### **Secure and Protect**

1. Camp
2. Crops
3. Water supply
4. Important wildcrafting spots
5. Trade routes

### **Security Devices**

1. Alarms
2. Blowgun
3. Fences
4. Setting up a perimeter
5. Plants (and animals) to inject poisons; thorns, spines, and prickles
6. Poisons-external, internal
7. Traps

### **Supplies-how to make these.**

1. Gauze
2. Adhesives
3. Lighting

## Plant List

### Local Medicinal Plants and Fungi (native and introduced)

1. *Achillea millefolium*-Yarrow
2. *Acorus calamus*-Calamus
3. *Ailanthus altissima*-Tree of Heaven
4. *Allium schoenoprasum*-Chives
5. *Allium tricoccum*-Leeks
6. *Allium vineale*-Field garlic
7. *Alnus* species-Alder
8. *Ambrosia artemisiifolia*-Ragweed
9. *Anemone* species-Windflower
10. *Angelica atropurpurea*-Angelica
11. *Aralia nudicaulis*-Wild sarsparilla
12. *Aralia racemosa*-Wild sarsparilla
13. *Arctium lappa*-Burdock
14. *Arctium minor*-Burdock
15. *Artemisia vulgare*-Mugwort
16. *Asarum canadense*-Wild ginger
17. *Berberis thunbergii*-Barberry
18. *Berberis vulgaris*-Barberry
19. *Betula lenta*-Black birch
20. *Capsella bursa-pastoris*-Shepherd's purse
21. *Caulophyllum gigantea*-Blue cohosh
22. *Cichorium intybus*-Chicory
23. *Clematis virginiana*-Clematis
24. Conifer resins-Conifers
25. *Crataegus* species-Hawthorn
26. *Daucus carota*-Wild carrot
27. *Dipsacus fullonum*-Teasel
28. *Elymus repens*-Couch grass
29. *Equisetum* species-Horsetail
30. *Eupatorium perfoliatum*-Boneset
31. *Euthamia graminifolia*-Goldenrod
32. *Eutrochium maculatum*-Joe pye weed
33. *Fallopia japonica*-Japanese knotweed
34. *Filipendula ulmaria*-Meadowsweet
35. *Fragaria* species-Wild strawberry
36. *Galium aparine*-Cleavers
37. *Galium* species-Bedstraw
38. *Ganoderma tsugae*-Reishi fungus
39. *Gaultheria procumbens*-Wintergreen
40. *Glechoma hederacea*-Gill-over-the-ground
41. *Hamamelis virginiana*-Witch hazel
42. *Heracleum mantegazzianum*-Giant cow parsnip
43. *Heracleum maximum*-Cow parsnip
44. *Hericium erinaceus*-Lion's mane
45. Horse chestnut-*Aesculus hippocastanum*
46. *Hypericum perforatum*-St. Johnswort
47. *Impatiens* species-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. *Mentha arvensis*-Wild mint
55. *Mentha spicata*-Spearmint
56. *Mentha x. piperita*-Peppermint
57. *Monarda fistulosa/didyma*-Bee balm
58. *Monotropa uniflora*-Ghost pipe
59. *Nepeta cataria*-Catnip
60. *Oenothera* species-Evening primrose
61. *Panax quinquefolius*-Ginseng
62. *Pedicularis canadensis*-Lousewort
63. *Phytolacca americana*-Poke
64. *Pinus* species-Pine
65. *Plantago* species-Plantain
66. *Polygonatum* species-Solomon's seal
67. *Populus* species-Poplar
68. *Prunella vulgaris*-Self heal
69. *Prunus serotina*-Wild cherry
70. *Quercus* species-Oak
71. *Reynoutria japonica*-Japanese knotweed
72. *Rhamnus cathartica*-Buckthorn
73. *Rhus typhina*-Staghorn sumac
74. *Rosa* species-Rose
75. *Rubus allegheniensis*-Blackberry
76. *Rubus idaeus*-Raspberry
77. *Rumex crispus*-Yellow dock
78. *Rumex obtusifolius*-Yellow dock
79. *Salix* species-Willow
80. *Sambucus nigra*-Elder

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| 81. <i>Sanguinaria canadensis</i> -Bloodroot        | 92. <i>Trifolium pratense</i> -Red clover      |
| 82. <i>Scutellaria galericulata</i> -Marsh skullcap | 93. <i>Trillium</i> species-Bethroot, Trillium |
| 83. <i>Scutellaria lateriflora</i> -Skullcap        | 94. <i>Tussilago farfara</i> -Coltsfoot        |
| 84. <i>Smilax</i> species-Greenbrier                | 95. <i>Ulmus rubra</i> -Slippery elm           |
| 85. <i>Solidago</i> species-Goldenrod               | 96. <i>Urtica dioica</i> -Nettles              |
| 86. <i>Spiraea</i> species-Buckbrush                | 97. <i>Vaccinium macrocarpon</i> -Cranberry    |
| 87. <i>Stellaria media</i> -Chickweed               | 98. <i>Vaccinium</i> species-Blueberry         |
| 88. <i>Symphytum officinale</i> -Comfrey            | 99. <i>Valeriana officinalis</i> -Valerian     |
| 89. <i>Symplocarpus foetidus</i> -Skunk cabbage     | 100. <i>Verbascum thapsus</i> -Mullein         |
| 90. <i>Taraxacum officinale</i> -Dandelion          | 101. <i>Verbena hastata</i> -Blue vervain      |
| 91. <i>Trametes versicolor</i> -Turkey tail fungi   | 102. <i>Viburnum opulus</i> -Crampbark         |
|   | 103. <i>Viola</i> species-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* species-Garlic, Chives, Onions
3. *Armoracia rusticana*-Horseradish
4. *Berberis* species-Barberry
5. *Capsicum*-Cayenne
6. *Calendula officinalis*-Calendula
7. *Cannabis* species-Marijuana
8. *Centella asiatica*-Gotu kola
9. *Convallaria majalis*-Lily-of-the-valley
10. *Datura stramonium*-Jimsonweed
11. *Digitalis purpurea*-Foxglove
12. *Echinacea purpurea*-Echinacea
13. *Ginkgo biloba*-Ginkgo
14. *Humulus lupulus*-Hops
15. *Melissa officinalis*-Lemon balm
16. *Opuntia humifusa*-Prickly pear cactus
17. *Papaver somnifera*-Poppy
18. *Ricinus communis*-Castor bean
19. *Silybum marianum*-Milk thistle
20. *Tanacetum parthenium*-Feverfew
21. *Trigonella foenum-graecum*-Fenugreek
22. *Zea mays*-Corn