

Devine Nervine Herb Co.

Mini Materia Medica

Pictures, actions and common usage of herbs I cultivate or regularly wildcraft locally.
Not meant as medical advice, nor as substitute for in-depth study of plant medicine.
For serious illness consult a licensed professional.

Angelica *Belly Balancer* Homegrown.

Antispasmodic to stomach and esophagus. Useful for acid indigestion, stomach pain, full uncomfortable belly, bloating, gas, nausea and vomiting. Intestinal cramps. Can be helpful with PMS when cramps are partially intestinal.



Arnica *arnica* sp. *Wound Wizard*

External use as a liniment only. Enhances self-healing through increased blood flow. Flushes out toxins and waste. Topical use for bruises, strains and sprains, particularly right after trauma occurs. Also helpful with sore muscles, arthritis, bursitis and myalgia. Discontinue if skin irritation arises.

Bleeding Heart *dicentra formosa* Actions: Tonic and analgesic.

Can be used topically on a sore tooth or directly on a sprain, bruise or contusion. Apply to a hot moist towel and lay over injury. Internal use will calm and center you if you are nervous shaky frightened or angry such as in the aftermath of an accident, trip to the DMV etc. As a tonic offers general support for healing and strengthening from a long illness or depression. Increases appetite, stimulates liver metabolism.



Calendula *calendula officinalis*

Actions: anti-inflammatory, anti-spasmodic, astringent, antiseptic, detoxifying
Skin remedy for cuts, bites, inflammation, burn, sunburn, rashes. Antifungal for ringworm or athlete's foot. Infusion or tincture can help with digestive disorders, colitis, gastritis, peptic ulcers. Detoxification for infections, systemic skin disorders (eczema, acne) and cleansing for liver gall bladder.

Catnip *nepeta cataria* *Soothing Sister*

Actions: carminative, sedative, expectorant, gentle nervine

Strong medicine for the treatment of colds, tension, insomnia and stomach upsets, yet gentle enough for children. As a gentle nervine and relaxant it can be helpful for relief of insomnia and prevention of nightmares. Mildly sedative it acts as an overall herbal pain reliever to ease tension headaches, migraines and cramps. As a carminative, warms and stimulates the digestion, helping move things through and reducing gas and bloating. Stimulates sweating and can help break a fever.



Cleavers *gallium aparine*

Actions: diuretic

Clears toxins for Skin seborrhea, eczema, psoriasis
cancer. Kidney stones and other urinary issues



Comfrey *symphytum officinale*

Actions: Demulcent, astringent, anti-inflammatory, wound & bone healing

For injuries, promotes healing of bruises, sprains, fractures use as compress or poultice. For skin, acne, boils, psoriasis, scars, infused oil or poultice.

Dandelion *taraxacum officinale*

Actions: Diuretic, detoxification, bitter

Works on gall bladder and liver to purify blood and stimulates kidney to flush toxins into urine. Support for healing from infections and useful for clearing skin conditions. Excellent bitter green for eating fresh or steamed when leaves are young.



Echinacea (purple cone flower) *Echinacea purpurea*

Actions: anti-biotic, anti-bacterial, immune stimulant, lymphatic tonic

Boosts immune system in chronic infections, colds, bronchitis, UTIs and skin infections. Decoctions of root used for throat infection. Powdered root, diluted tincture or decoctions can be used topically for skin infections such as boils, wounds or acne.

Elder *sambucus nigra*

Actions: anti inflammatory, diuretic, increases sweating
Coughs & colds, infusion of flowers. Congestion & hay fever, tincture of flowers. Tones mucous membranes of nose & throat. Useful diuretic for detoxifying for arthritic conditions. Externally for skin to tone and cool



Feverfew *tanacetum pathenium* *Migraine Mitigator*

Take daily as a preventative for migraines to lesson their occurrence and intensity or at very onset of migraine to reduce intensity. Also treats the inflamed, sore joints that occur with rheumatoid arthritis. Used topically feverfew is an excellent insect repellent and can also be used to treat insect bites.

Gum Weed *Grindelia* *Breathin Easy*

Wild Harvested, Butte County

This lesser known weed is useful to treat bronchitis, bronchial asthma and congestion in nose, chest and lungs. It can promote repair of lung tissue in chronic smokers and is an anti-spasmodic to treat dry hacking coughs. It is also useful in treating urinary infections and congestion in bladder and urethra, it dredges kidneys, promotes urination and relieves congestion in these areas. Topically it has been used in native traditions to treat poison oak, eczema, and other skin irritations.



Holy Basil (Tulsi) *Ocimum Sanctum* *Infectior Protector*

Protection from infections and general immune system booster. Relief from respiratory disorders, fever, asthma, heart diseases and stress. Oral disinfectant and dental care. Relieves congestion and facilitates smoother breathing, soothe the nerves, lower blood pressure, reduce inflammation. Mild diuretic to flush toxins from the system. Can provide relief from migraines, sinus pressure, cough and cold, or high blood in some people. A dilute bath of tincture in water can cure conjunctivitis and other eye infections. Topical & internal use for skin infections.

Hops *humulus lupulus* *Chill Weed*

Useful against nervous stomach, relaxes muscle tension, spasms, irritability from colds and flu. Safe for children (half dose). Other indications: colonic spasms, dysentery, intestinal cramps or gas. Sedative especially as a digestive after a string rich meal—helps digestion and aids sleep. Helps relieve minor aches and pains from rheumatism to sciatica, esp. when pain interferes with sleep. Effective topically for skin sores, bruises, staph and other skin bacteria.



Horehound *marrubium vulgare* *Lung Lozenge*

Tincture with Honey. Horehound is a highly regarded lung tonic. It has especially been used for bronchitis, whooping cough, sore throats, chesty colds and loss of voice. It is known as what is called a ‘stimulating expectorant’ which means that it both increases the production and the release of mucus and phlegm from the lungs and bronchial tubes. It is also used for digestive problems including loss of appetite, bloating, gas, diarrhea, constipation, liver and gallbladder complaints.

Lovage (aka Osha) *lingusticum greyii* *Feeds A Cold*

Immune enhancer. Stimulates appetite. Great treatment for viral infections through sweating and elimination of toxins, especially at onset. Internal use for bronchial inflammation, coughs, sore throat. Soothes and anaesthetizes, induces sweating, expectorant. Excellent stomach bitter for indigestion or when there has been vomiting. Topical for abrasions or infections.



Mallow

Actions: demulcent, mucilaginous, tonic
Nutritive and immune supporting. Demulcent to throat, upper respiratory, gastrointestinal. Use to treat side effects from colds, flu, sore throat, ulcers.

Motherwort *Leonurus cardiaca* *Mama’s Heart & Womb Warmer*

A woman’s herb, motherwort is useful to calm anxiety, pre-menstrual emotions, frenzied children and menopausal madness. It balances hormones and relieves menstrual cramps. Taken regularly can decrease or eliminate menstrual cramps. For menstrual cramps 5-10 drops at first pain and repeat every 10-15 minutes as needed. For the menopausal amongst us, motherwort stops hot flashes, relieves rapid heartbeat, soothes frayed nerves, and supports better sleep. Daily use of 15 drops several times a day can improve vaginal elasticity and bolster libido. A dropperful before bed improves sleep. Motherwort is also an excellent heart tonic. Susun Weed calls it “bypass in a bottle” used for heart conditions, including heart failure, irregular heartbeat, and heart symptoms due to anxiety



Mimosa *Albizia julibrissin* *Tree of Happiness*

Actions: Anti-depressant, nervine, regulates blood flow and Qi, pain reliever
With hundreds of years of traditional use, albizia is a terrific mild anti-depressant and anti-anxiety herb with no known side effects. It can help alleviate depression, anger, moodiness, as well as both physical and emotional pain. This herb regulates the flow of the life force energy and invigorates the flow of blood. The bark is regarded as one of the most important herbs for the treatment of external trauma and injuries. It promotes blood circulation, reduces pain and swelling, promotes the regeneration of flesh and facilitates the healing of bone fractures.

Mugwort *Artemesia Douglasiana* *Dream Weed*

Actions: aromatic, tonic, antiseptic, uterotonic, bitter, and paraciticide
Bitter used to promote bile production and digestive function: nutrient absorption.
Supports uterine function prevents miscarriage and stops heavy menstrual flow. Dream weed promotes lucid dreaming.



Mullein *verbascum* sp.

Actions: expectorant, emollient
Infusion used to treat cough and colds and clear congestion. Externally as wound healer.
Folkloric use as toilet paper.

Passionflower Vine *passiflora incarnata* *Dream With Angels*

Homegrown. Dropperful ½ hour before bedtime or at onset of panic or anxiety attack. Passiflora is helpful with insomnia, anxiety, anxious depression, hypersensitivity to pain, headaches, agitation, transitioning from addictions, tics, hiccoughs, overstimulation, nervine tonic in preventing outbreaks of the herpes simplex virus, stress-induced hypertension, and menstrual cramps. The mandala-like flower demonstrates the powerful signature of its use in **circular thinking**, especially during insomnia; passionflower is especially suited for folks who have a hard time letting things go, mulling them over incessantly in a repetitive manner. OK for children and helpful in pregnancy & post-partum



Pedicularis (aka Indian Warrior) *pedicularis semibarbata* *Massage in a Bottle*

Sustainably wildcrafted. Southern Oregon. Sedative and muscle relaxant
½ tsp in water or tea as needed or before receiving massage
Use as a mild sedative for children and adults when in a frenzied state. relaxes skeletal muscles and brain. Useful for massage recipients when particularly tight in neck & shoulders.

Self Heal *Prunella Vulgaris* *Nature's Bandaid*

Actions: Pungent, astringent, antiseptic, diaphoretic, anti-inflammatory
Controls bleeding and promotes healing of wounds internally (mouth sores, ulcers, hemorrhage) and externally (cuts, scrapes, burns, hemorrhoids). Slows excessive menstruation, sudden diarrhea. As an anti-viral it is useful in treating herpes, HIV. Use as a gargle for sore throats or ulcerated mouth tissue. Use externally to heal cuts, bruises, scrapes, burns, sores, and to help reduce scarring. Reduces lymphatic congestion, swollen glands, mastitis, edema, goiter.



Skullcap *scutellaria laterifolia* *Nerve Nourisher*

Treats almost any nervous system malfunction from insomnia to fear to nervous or sick headaches and is a restorative for stress and run down. Pain relief from sciatica, shingles, facial pain—anywhere where pain is associated with the nerves . Also excellent for chilling out the feelings of overwhelm from sensory overload. As such is useful as support for detoxing/withdrawing from barbituate drug use or alcohol addiction.

St. John's Wort hypericum perforatum *Sunshine in a Bottle*

Expectorant and Ant-Depressant

St. John's Wort works for some like sunshine in a bottle. It is mildly uplifting in times of low-level depression, seasonal affective disorder, irritability and insomnia. Helps absorb vitamin D from the sun. Do not use if you are planning to spend a lot of time sunbathing at it will cause you to burn more easily.



Valerian valeriana officinalis *Fields of Rest*

Sedative and Anti-spasmodic

Use in times of stress and nervousness, if you are on an adrenaline rush for an extended period and have become shaky with indigestion. If you are not hungry, can't sit still, or focus or you can't stop your mind from working to sleep, valerian will help you. This herb will work best for you if you are an adrenal stress type: diminished gastro-intestinal function, shallow breathing and rapid adrenaline pulse, as it increases digestion, regulates respiration, strengthens the pulse and slows down the brain.

Wild Ginger asarum caudatum *Juicy Prodcy*

Stimulant, carminative, emetic, diuretic and diaphoretic.

This herb will make you sweat from every pore of your body. It increases secretions throughout the body including tears, snot, saliva and gastric juices. If any part of you feels dry, this herb is for you. Stimulates menstruation and increases flow. Increases mucus to clear out head colds and bronchial infections. Stimulates sweating. This herb is intense, use sparingly.



White Sage salvia apiana *Brain Food*

Cleansing, diaphoretic, mildly sedative, brain strengthening.

Commonly used as a smudge to clear and purify people or spaces, the tincture can also be used to cure head colds, sore throats, aid digestion, promote circulation, disinfect and tone gums. As a brain herb it clears the mind to support cognitive function, memory and concentration.

Yerba Mansa anamopsis californica *Versatile Unguent*

Works similarly to Goldenseal, although unrelated. Treats inflammation of the mucous membranes, swollen gums and sore throats. Use when healing from digestive infection after acute phase. Stimulates secretion and flushing out of nitrogenous acids such as uric acid. Use for inflammation of joints due to gout, arthritis. In the same way it can help prevent kidney stones. Use topically to treat athlete's foot and other bacterial and fungal conditions of the skin as well as for abrasions and contusions. Do not use if pregnant or breast-feeding.



Usnea beard lichen *Infection-be-gone*

Antimicrobial, antibacterial, vulnerary and antifungal

This super-being can be used when any infection is present in the body. It can be used internally to treat lung and upper respiratory tract infections urinary tract infections, kidney and bladder infections, staph infections, heal wounds, allergy symptoms, sore throat, fungal infections, urinary infections, sinus infections, vaginal infections. It can be used topically to disinfect wounds, for any kind of skin infection. It both disinfects and promotes immune function.