

INTEGUMENTARY SYSTEM

ACTIONS AND HERBS

ALTERATIVES: Improve quality and appearance of skin by encouraging the elimination of oil and water soluble compounds/toxins through their respective elimination pathways, improves the skin's ability to eliminate toxins

Arctium lappa (Burdock, *Asteraceae*, Sunflower Family)
 Unripe burrs: Kidney tonic, Roots: Acne, eczema, hair loss, opens pores
 Gently stimulates lipid metabolism which aids underactive detoxification of oils through liver and skin.

Berberis vulgaris (Barberry, *Berberidaceae*, Barberry Family)
 Bitter, stimulates digestive secretions and liver metabolism, jaundice(excess/unmetabolized biliary secretions)

Chionanthus virginicus (Fringe Tree, *Oleaceae*, Olive Family)
 Reduces liver/gallbladder/digestive congestion.

Hydrastis canadensis (Goldenseal, *Ranunculaceae*, Buttercup Family)
 Bitter, Drying, subsequently stimulates fresh mucus production, antimicrobial, stimulates liver detoxification.

Iris versicolor (Blue Flag, *Iridaceae*, Iris Family)
 Excellent for lymphatic congestion, and subsequent skin eruptions.

Mahonia aquifolium (Oregon Grape, *Berberidaceae*, Barberry Family)
 Stimulates digestive secretions and detoxification pathways, jaundice.

Menyanthes trifoliata (Bogbean, *Menyanthaceae*, Bogbean Family)
 Bitter, stimulates digestive secretions, antiinflammatory to liver.

Rumex crispus (Yellowdock, *Polygonaceae*, Buckwheat Family)
 Normalizes digestive/intestinal secretions and peristalsis (astringing and laxative properties), for over stimulated digestive fire, which can lead to 'heat' and redness rising to the surface, used for jaundice (biliary excess rising to the surface).

Taraxacum officinalis, rad. (Dandelion root, *Asteraceae*, Sunflower Family)
 Cooling and nutritive.

Trifolium pratense (Red clover, *Fabaceae*, Pea/Legume Family)
 Moves lymph fluid, stimulates water soluble detoxification pathways.

Urtica dioica (Nettles, *Urticaceae*, Nettle Family)
 High in proteins, stimulates liver/cellular metabolism and catabolism, improves kidney function, good for processing allergens(protein), edema.

ANTI-INFLAMMATORY

Calendula officinalis (Marigold, *Asteraceae*, Sunflower Family)
 Astringing, vulnerary, resins.

Commiphora mol mol (Myrrh, *Burseraceae*, Torchwood Family)
 Astringing, vulnerary, Resins.

Curcuma longa (Turmeric, *Zingiberaceae*, Ginger Family)
 Systemic

Echinacea angustifolia (Purple Cone Flower, *Asteraceae*, Sunflower Family)
 Inhibits hyaluronidase.

Hypericum perforatum (St. John's Wort, *Hypericaceae*)
 Nerves, neuropathies.

Lavandula angustifolia (Lavender, *Lamiaceae*, Mint Family)

Matricaria recutita (Chamomile, *Asteraceae*, Sunflower Family)
 Astringing, prostaglandin inhibitor.

Plantago major (Plantain, *Plantaginaceae*)
 Antihistaminic

Stellaria media (Chickweed, *Caryophyllaceae*, Carnation/Pink Family)
 Demulcent, soothing, used in topical creams and lotions.

ANTIMICROBIALS

Baptisia tinctoria (Wild Indigo, *Fabaceae*, Pea/Legume Family)
 Antibacterial, for conditions with atony and purulence or even gangrenous tissues, for oozing lesions, necrotic tissues, helps eliminate byproducts of tissue breakdown, sepsis (anaerobic bacteria??)

Berberis vulgaris (Barberry, *Berberidaceae*, Barberry Family)

Berberine is a powerful antibacterial, antifungal, antimycobacterial, and antiprotozoal agent

Shows activity against: *Staphylococcus aureus*, *Streptococcus pyogenes*, *Escherichia coli*, *Shigella boydii*, *Vibrio cholerae*, *Mycobacterium tuberculosis*, *Candida albicans*, *Candida tropicalis*, *Trichophyton mentagrophytes*, *Microsporium gypseum*, *Cryptococcus neoformans*, *Sporotrichum schenckii*, *Entamoeba histolytica*, and *Giardia lamblia*

Echinacea angustifolia (Purple Cone Flower, *Asteraceae*, Sunflower Family)

increases macrophages/lymphocyte activity, increasing phagocytosis

Hydrastis canadensis (Goldenseal, *Ranunculaceae*, Buttercup Family)

Strongest antimicrobial, berberine hydrastine canadiene, tightens tissues

Lavandula angustifolia (Lavender, *Lamiaceae*, Mint Family)

Melaleuca alternifolia (Tea Tree, *Myrtaceae*, Myrtle Family)

Topical: Athlete's foot, hand sanitizer, has been used as a deodorant, acne, 'nail fungus', dry scalp, improves symptoms of psoriasis

Rosmarinus officinalis (Rosemary, *Lamiaceae*, Mint Family)

Infused in oil can be applied topically

Usnea barbata (Old Man's Beard, *Parmeliaceae*, Lichen-forming fungus)

Whole plant was used as a bandage for dressing wounds, treated bacteria and has a stretchy quality like a tensor bandage

ANTI-PRURITIC (Anti-itch)

Avena sativa (Milky Oats, *Poaceae*, Grass Family)

demulcent, emollient, mucilage, used for chicken pox- either in a bath or as a poultice

Calendula officinalis (Marigold, *Asteraceae*, Sunflower Family)

Hamamelis virginiana (Witch Hazel, *Hamamelidaceae*, Witch Hazel Family)

Hypericum perforatum (St. John's Wort, *Hypericaceae*)

reduces irritation, nervine trophorestorative

Lavandula angustifolia (Lavender, *Lamiaceae*, Mint Family)

Stellaria media (Chickweed, *Caryophyllaceae*, Carnation/Pink Family)

demulcent, emollient, used in creams

ASTRINGENTS: tones tissues, reduces wrinkles

Achillea millefolium (Yarrow, *Asteraceae*, Sunflower Family)

for cuts and scrapes, can be applied fresh topically

Aesculus hippocastanum (Horse Chestnut, *Sapindaceae*, Soapberry Family)

Improves capillary integrity

Agrimonia eupatoria (Common Agrimony, *Rosaceae*, Rose Family)

Many roses are astringent

Geranium maculatum (Wild Geranium, *Geraniaceae*)

Very astringent

Hamamelis virginiana (Witch Hazel, *Hamamelidaceae*)

Potentilla tomentosa (Cinquefoil, *Rosaceae*, Rose Family)

Another rose

Quercus alba (White Oak, *Fagaceae*, Beech Family)

High in tannins

Rhus aromatica/typhina (Sumac, *Anacardiaceae*, Cashew/Sumac Family)

Malic/tannic acids, sour and astringent

Rubus idaeus (Raspberry, *Rosaceae*, Rose Family)

nutritive

Thea/Camellia sinensis (Tea plant, *Theaceae*)

DIAPHORETICS: Directs flow of vital force to the extremities, promoting detoxification, proper cell function etc.

Achillea millefolium (Yarrow, *Asteraceae*, Sunflower Family)
Opens pores.

Allium sativum (Garlic, *Amaryllidaceae*, Amaryllis Family)
Warming

Capsicum annuum (Cayenne Pepper, *Solanaceae*, Nightshade Family)
Very warming.

Eupatorium perfoliatum (Boneset, *Asteraceae*, Sunflower Family)
Savoury, salty.

Mentha piperita (Peppermint, *Lamiaceae*, Mint Family)

Nepeta cataria (Catnip, *Lamiaceae*, Mint Family)

Sambucus nigra flos. (Elderflowers, *Adoxaceae*, Moschatel Family)

Zingiber officinale (Ginger, *Zingiberaceae*)
Very warming.

DEMULCENTS: Most of the demulcents have sugars that form mucilaginous solutions with water

Althea officinalis (Marshmallow, *Malvaceae*, Mallow Family)
Root is especially high in mucilage, although ariel parts made fresh can produce a mucilage, salty, starchy.

Ascophyllum nodosa (Norwegian Kelp, *Fucaceae*, Brown Algae)
Mucilage, salty, bitter.

Fucus vesiculosus (Bladderwrack, *Fucaceae*, Brown Algae)
Salty, bitter.

Linum usitatissimum (Flax, *Linaceae*, Flax Family)
Mucilage

Malva sylvestris (Common Mallow, *Malvaceae*, Mallow Family)
Many mallows are full of mucilage.

Symphytum officinalis (Comfrey, *Boraginaceae*, Borage Family)

Ulmus rubra (Slippery Elm, *Ulmaceae*, Elm Family)

HEPATICS: Tone liver/gallbladder function, promoting detoxification of oil soluble toxins or breakdown of hormones; too many circulating hormones can cause an overproduction of sebaceous secretions and cause skins problems

Arctium lappa (Burdock, *Asteraceae*, Sunflower Family)
Gently stimulates liver and kidneys

Bupleurum chinense (Chai Hu, *Apiaceae*, Umbel Family)
Bitter, for liver inflammation

Chelidonium majus (Greater Celandine, *Papaveraceae*, Poppy Family)
Bitter, causes bile production and secretion

Curcuma longa (Turmeric, *Zingiberaceae*)
Anti inflammatory

Glycyrrhiza glabra (Licorice, *Fabaceae*, Pea/Legume Family)
Bitter/sweet, anti inflammatory,

Hypericum perforatum (St. John's Wort, *Hypericaceae*)
Accelerates liver detoxification pathways, anti inflammatory.

Panax notoginseng (Chinese Ginseng, *Araliaceae*, Ginseng Family)
For hepatitis, qi tonic.

Picrorhiza kurroa (Kutki, *Plantaginaceae*, Plantain Family)

Schisandra chinensis (Five-flavour Berry, *Schisandraceae*)

Silybum marianum (Milk Thistle, *Asteraceae*, Sunflower Family)
Hepatoprotective

Taraxacum officinalis rad. (Dandelion root, *Asteraceae*, Sunflower Family)
Gently stimulates liver and kidney function.

LYMPHATICS: Promotes detoxification through lymph system
<i>Arctium lappa</i> (Burdock, <i>Asteraceae</i> , Sunflower Family) Gentle
<i>Ceanothus americanus</i> (Red root, <i>Rhamnaceae</i> , Buckthorn Family) Hepatic/venous decongestant.
<i>Echinacea angustifolia</i> (Purple Cone Flower, <i>Asteraceae</i> , Sunflower Family) Stimulates salivary secretions, promotes phagocyte activity.
<i>Galium aparine</i> (Cleavers, <i>Rubiaceae</i> , Madder Family) Gentle, diuretic.
<i>Iris versicolor</i> (Blue Flag, <i>Iridaceae</i> , Iris Family) Pungent, bitter, strong lymphatic.
<i>Larrea tridentata</i> (Chaparral, <i>Zygophyllaceae</i>) Bitter, strong lymphatic, Hoxsey formula.
<i>Phytolacca decandra</i> (Poke root, <i>Phytolaccaceae</i> , Pokeweed Family) Strongest lymphatic, can cause emesis, careful with dosage (not more than 20-25% of formula).
VULNERARY: Encourages tissue healing/repair
<i>Calendula officinalis</i> (Marigold, <i>Asteraceae</i> , Sunflower Family) Astringing, used in oils, salves and creams.
<i>Commiphora mol mol</i> (Myrrh, <i>Burseraceae</i> , Torchwood Family) Astringing, drying.
<i>Prunella vulgaris</i> (Self-Heal, <i>Lamiaceae</i> , Mint Family) Demulcent
<i>Styrax benzoin</i> (Benzoin tree, <i>Styracaceae</i>)
<i>Stellaria media</i> (Chickweed, <i>Caryophyllaceae</i> , Carnation/Pink Family) Demulcent
<i>Symphytum officinalis</i> (Comfrey, <i>Boraginaceae</i> , Borage Family) Demulcent, encourages cell proliferation.
* <i>Arnica montana</i> (Mountain Arnica, <i>Asteraceae</i> , Sunflower Family) Dilute tincture to 20% with water. Soak a bandage in the dilution. Apply over unbroken skin and cover with an occlusive dressing.
Honey
CREAMS AND SALVES We make Calendula, Circulatory, Populus, Honey, Golden and Comfrey salves and creams.

SUMMARY OF ACTIONS

ALTERATIVE

Arctium lappa, *Berberis vulgaris*, *Chionanthus virginicus*, *Hydrastis canadensis*, *Iris versicolor*, *Mahonia aquifolium*, *Menyanthes trifoliata*, *Rumex crispus*, *Smilax spp.*, *Taraxacum off. rad.*, *Trifolium pratense*, *Urtica dioica*

ANTISEPTIC/ASTRINGENT

Berberis vulgaris, *Commiphora mukul*, *Mahonia aquifolium*, MOUTHWASH, *Salvia off.*, *Styrax benzoin*

DIAPHORETICS

Achillea millefolium, *Asclepias tuberosa*, *Eupatorium perfoliatum*, *Mentha piperita*, *Sambucus nigra os.*, *Sambucus nigra fruc.*, *Tilia europa*, *Zingiber off.*

HEPATIC

Bupleurum chinensis, *Chelidonium majus*, *Curcuma longa*, *Glycyrrhiza glabra*, *Hypericum perforatum*, *Panax notoginseng*, *Picrorhiza kurroa*, *Schisandra chinensis*, *Silybum marianum*, *Taraxacum off. rad.*

LYMPHATICS

Arctium lappa, Ceanothus americanus, Echinacea angustifolia, Galium aparine, Iris versicolor, Phytolacca decandra, Smilax spp., Stillingia sylvatica

VULNERARY

Calendula off., Prunella vulgaris, Styrax benzoin, Symphytum off. fol. For HAEMATOMAS
Arnica montana – dilute tincture to 20% with water. Soak a bandage in the dilution. Apply over unbroken skin and cover with an occlusive dressing.

SALVES & CREAMS

Calendula, Circulatory, Populus, Honey, Golden, and Comfrey
(see *SALVES Viriditas Catalogue p. 32*)

WARNING: The following herbs cause photosensitivity

- *Angelica archangelica*
- *Hericium erinaceus*
- *Hypericum perforatum*