

Plantain

Latin Name: Plantago major, other similar species

Mends TISSUES (Skin; Intestine; Kidney); Toxin and Mucus removal

Use WHOLE PLANT

Native: Europe; Asia; America

HISTORY

- 1) Roman, Pliny the Elder mentioned
- 2) Known as ALL-HEAL by English herbalists
- 3) 17th century, Culpeper: "the water [tea wash] is used for all manner of spreading scabs, ringworm, shingles, etc."
- 4) Eclectic Physicians: SKIN problems

QUALITIES

- 1) Components: Mucilage (seed outer layer) – Absorbs Moisture; traces of Tannins; Chlorophyll; Bitter
- 2) DIGESTION: Appetite Suppressant; increases Feeling of Fullness; Normal Bowel function; Reduces absorption of Bile Acids in intestines; Absorbs Toxins from Bowel; Soothes inflamed tissues; Stomach Ulcers; Colic; DIARRHEA; Hemorrhoids; Worms
- 3) Stimulates CIRCULATION; Supports Glandular System; Lymph; Protects LIVER
- 4) TONES MUCOUS MEMBRANES; Reduces PHLEGM; Coughing; Wheezing; Bronchitis
- STUDY (bronchitis): Bronchitis was improved in 80% of 25 patients given *Plantago major* for a month. The literature indicates expectorant, anti-inflammatory, pain-relieving effects. (Matev 1982)
- 5) Normalizes cholesterol levels (mucilage swells in intestines, limits cholesterol absorption); Decrease in Triglycerides; LDL and increases serum levels of HDL
- 6) SKIN; Dermatitis; Itching; Poison Ivy; Poison Oak; Soothing; Inflammation; promotes healing process; Stops minor Wound BLEEDING; Promotes healing of injuries; Poultice for Wounds; Cuts; Bruises; Burns; Skin irritations; Skin Infections
- 7) Diuretic; reduces Swelling; KIDNEY and BLADDER problems; Bladder Infections; Incontinence in children and elderly
- 8) Mildly Astringent; Tightens Tissues; Tones
- 9) WOMEN; Menstrual discharges

10)OTHER

- Antiseptic; Antibacterial; Blood Poisoning; Thrush; Syphilis
 - Eases Discomfort; Chew for Toothache; Earache
 - Snake Bites; Insect Bites and Stings
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Plantain References

Herb History and General Information

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Christopher, Dr. John R., *School of Natural Healing*. Provo, Utah: BiWorld Publishers, Inc.; 1976. Also, 20th Revised and Expanded Anniversary Edition, Springville, Utah: Christopher Publications, Inc.; 1996; pp 57-61

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Felter, Harvey Wickes, M.D., and John Uri Lloyd, Phr. M., Ph.D., *King's American Dispensatory*; 1898. See excerpts at <http://www.henriettes-herb.com> accessed July 23, 2014

Grieve, M., *A Modern Herbal, Vol I & II*. New York and London: Hafner Publishing Co.; 1967. See excerpts at www.botanical.com accessed July 22, 2014

Ritchason, Jack, N.D., *The Little Herb Encyclopedia*. Pleasant Grove, Utah: Woodland Health Books; 1995; pp 178-180

Studies

Matev M, Angelova I, Koichev A, Leseva M, Stefanov G. [Clinical trial of a Plantago major preparation in the treatment of chronic bronchitis]. *Vutr Boles*. 1982;21(2):133-7. [Article in Bulgarian] [PubMed]

Additional info on Studies:

BRONCHITIS

Bronchitis was improved in 80% of 25 patients given *Plantago major* for a month. The literature indicates expectorant, antiphlogistic, pain-relieving effects Matev 1982

Abstract

Plantago major, according to literature data, has expectorant, antiphlogistic, pain-relieving effect. The experimental studies confirmed a spastic effect upon the smooth musculature of bronchi as well. Twenty five patients with chronic bronchitis were examined, with or without spastic character, with light and moderately severe deviations in ventilation indices. The treatment period was 25-30 days. A rapid effect on subjective complaints and objective findings was obtained in 80 per cent. Some indices of external respiration were favourably affected. The preparation is with a good tolerance, with no toxic effect on gastrointestinal tract, liver, kidneys, hemopoiesis.