



# PLANTAIN

## (Plantago Major)

by  
*The Reformed Bohemian*



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# PLANTAIN (Plantago Major)

Plantain is an energetic cooling dry herb that is effective in relieving kidney and bladder issues as well as benefiting the glandular system.

## About Plantain

Plantain is an energetic cooling dry herb that is effective in soothing bites and stings and can be used to relieve oral pain associated with toothache and mouth ulcers. Plantain is also known as Ribwort, its leaves and roots have stimulating properties which are beneficial for the circulatory system and the glandular system, particularly the lymphatic system and kidney and bladder conditions.

Plantain is excellent for treating hot conditions such as inflammation, pain and swelling due to its cooling properties. It can also relieve hot itchy rashes and burns. It can also soothe and calm skin conditions such as eczema and psoriasis.



## Benefits of using Plantain

Plantain is an energetic cooling herb that can be effective when used for a number of conditions.

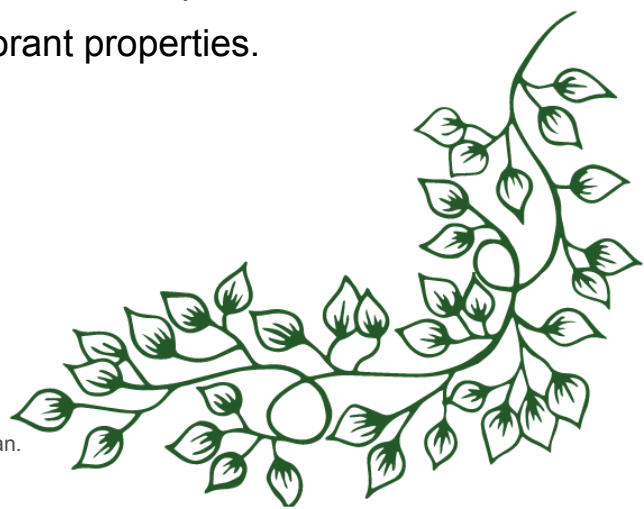
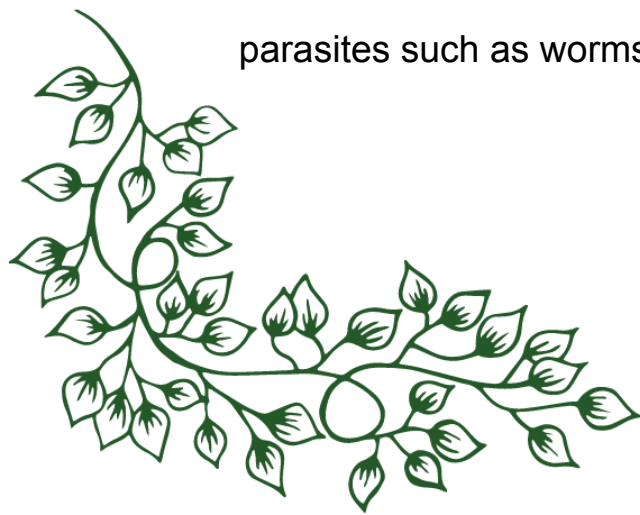
### *Therapeutic action*

Alterative, Antiseptic, Ant-isyphilitic, Astringent, Demulcent, Deobstruent, Diuretic, Expectorant, Haemostatic, Styptic and Vulnerary.

### *Can be used for:*

Poisonous Bites and Stings, Boils, Carbuncles, Tumours, Inflammation, Eczema, Blood Poisoning, Malignant and Bleeding Ulcers, Bleeding of Minor Wounds, Diarrhoea, Piles, Cuts and Scratches, Erysipelas, Burns, Scalds, Lumbago, Bed-Wetting, Toothache, Internal Parasites, Sores, Itchy Skin, Ringworm, Poison Ivy and Bruises.

- **Respiratory Tract Infections** - Plantain can be effective in soothing and relieving colds, flu, chest infections and bronchitis due to its expectorant properties while its alternative properties can help to restore vitality and get you back to full health.
- **Bites and stings** – Plantain has antiseptic and vulnerable properties which means it is an excellent herb to use on bites and stings as it can help to clean the area and prevent infection and speed the healing process.
- **Intestinal Parasites** – Plantain can help to kill and expel intestinal parasites such as worms due to its expectorant properties.



- **Skin Conditions** – Cuts and scrapes, sores, itchy skin can all be soothed by Plantain due to its antiseptic, vulnerary and astringent properties which help clean the wound, prevent infection and speed up the healing process, whilst its styptic and haemostatic properties can help to stop bleeding..
- **Eczema** – Plantain can help to relieve the symptoms of skin conditions such as eczema thanks to its demulcent properties which help to reduce inflammation and irritation.
- **Burns** – Thyme can be effective in soothing burns, preventing infection and speeding up the healing process due to its antiseptic and vulnerary properties.



## Preparations

Plantain can be taken in a number of forms such as fluid extract, infusion and powder. Glycerine can be added as a preserve to increase the shelf life if necessary.

## Dosages

The basic dosages are as follows:

- Tincture -  $\frac{1}{2}$  - 1 teaspoon 3 times per day.
- Infusion - 1 tablespoon 3 - 4 times per day.
- Powder -  $\frac{1}{2}$  -1 teaspoon 3 times per day,
- Fluid Extract -  $\frac{1}{2}$  - 1 teaspoon 3 times per day.

A hot infusion is made by steeping the herb in boiling water for between 15 – 20 minutes, many herbal teas are made in this way. A cold Infusion is made by soaking the herb in cold water or milk for between 6 – 8 hours. You can make a batch of both hot and cold infusions and store for several days in the fridge.

Poultices are made from ground or chopped herbs that are mixed with boiled water until they form a paste which can then be applied to muslin and then applied to the skin. Applied cold they draw out heat, infection and inflammation when applied hot they soothe pain and spasms.



# Ways to Use

## *Orally*

### *Intestinal Parasites*

- Plantain can be made into an infusion and drunk as a warm tea to expel intestinal parasites such as worms

Tea - Drink 1 cup of warm Plantain tea 3 times per day for general infections but can be used as needed in the case of a severe infection.

or

Tincture - 1 teaspoon 3 times per day.

### *Respiratory Conditions*

- Drinking a warm infusion of Plantain tea can be effective in relieving colds, flu and congestion caused by respiratory conditions.

Tea - Drink 1 cup of warm Plantain tea 3 times per day or as needed.

or

Tincture - 1 teaspoon 3 times per day.



## ***Washes/Policies***

### ***Skin Care***

#### ***Stings and bites***

- Plantain can be used to soothe bites and stings, drawing out the poison and relieving irritation.

Bruise the leaves of fresh Plantain and place over the bite or sting, leave on for 5 - 15 minutes, if necessary change poultice before it dries in severe cases.

#### ***Eczema/Psoriasis***

- Plantain can be used to soothe and calm skin conditions such as eczema and psoriasis.

Wash - Using a warm infusion of Plantain soak a clean cloth and gently clean apply over the affected area 2 - 3 times per day.

Lotion - Mix 1 part infusion to 2 parts base lotion to make a lotion, rub into the affected area 2 - 3 times daily or as needed.





## **Burns**

- Plantain can be used soothe burns, prevent infections and speed up the healing process.

Wash - Using a cold infusion of Plantain soak a clean cloth and gently clean the area wash the area 2 - 3 times per day until the wound has healed.

## **Cuts, bruises and open wounds**

- Plantain can be used to soothe cuts and and bruises, it can be used as a wash to clean the area and also as a poultice to stem the bleeding.

Wash - Using a cold infusion of Plantain soak some cotton wool or clean cloth and gently clean the area wash the area 2 - 3 times per day until the wound has healed.

Poultice - Bruise the leaves of fresh Plantain and place over the bite or sting, leave on for 5 - 15 minutes, if necessary change poultice before it dries in severe cases.



## ***Cautions***

As with all herbs there is the slight possibility of allergic reactions, although this is rare. Plantain is generally considered safe to use.



# About The Reformed Bohemian

For over 20 years I worked in Health and Social Care, my aim has always been to support and provide people with the inner resources to be the best they can be both mentally and physically. I spent years studying and working my way through and up the conventional system of mental health and well-being. I went through the 'normal' academic route first as an undergrad and then post grad. But far from feeling accomplished and at the top of my profession I felt disillusioned.

So, I went back to my roots and found alternative treatments that didn't just treat and at best masked the symptoms but provided real, long term solutions. I went back and re-focused my studies in Naturopathy and became a certified Herbalist, Flower Remedy Therapist, Aromatherapist, Holistic Nutritionist, Neurolinguistic Programming Practitioner and Holistic Skincare Therapist. I hope by sharing my experiences and knowledge I can help others on their journey into natural healthcare.

You can find out more by visiting me at [www.reformedbohemian.com](http://www.reformedbohemian.com)





# *The Reformed Bohemian*

*Health & Well-Being Powered By Nature*



Find out more at

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