

Wildflower School of Botanical Medicine

Herbal First Aid QuickSite Sheet

Use	Action	Herb	Type of Preparation
Anxiety	Calming	Passionflower, Vervain, Skullcap, Lemon Balm	Glycerite or Tincture
Bleeding	Astringent/Styptic	Plantain, Yarrow, Shepherds Purse, Comfrey	Powder/Poultice/Spray
Bloating/Gas/Upset Stomach	Carminative, Bitter, Demulcents	Chamomile, Dandelion, Red Root, Catnip, Violet	Glycerite, Tincture, Cordial
Burns	Astringent, Demulcent, Antioxidants	Chaparral, Rosemary, Lavender, Comfrey	Spray, Vinegar, Poultice
Cough	Demulcent, Antispasmodic	Cherry Bark, Plum Bark, Ginger, Wild Ginger, Mullein	Syrup, Cordial, Tincture, lozenge
Cramping	Calming, Antispasmodics	Chamomile, Ginger, Catnip, Lobelia, Cherry Bark	Cordial, Tea, Tincture, Glycerite
Diarrhea	Antimicrobials, Astringents	Oregon Grape, Walnut Leaves, Blackberry Leaves	Cordial, Tea, Tincture, Glycerite
Exhaustion	Adaptogens, Stimulants	Aralia, Eleuthero, Ashwaganda, Nettle Seed	Cordial, Tincture, Glycerite
Heart Palpitations	Cardiotonic, Hypotensive, Calming	Motherwort, Hawthorne, Passionflower, Linden	Tincture, Tea, Glycerite
Infection-	Antimicrobials,	Oregon Grape,	Tincture, Tea,

Digestive	Antispasmodic, Aromatics	Ginger	Glycerite
Infection-Respiratory	Antimicrobials, Aromatics	Thuja, Rosemary, Honeysuckle	Oxymel, Syrup, Cordial, Tea, Glycerite
Infection-Wound	Antimicrobial, Drawing	Echinacea, Yarrow, Plantain, Thuja	Poultice, Powder, Spray
Inflammation/Swelling	Calming, Anti-inflammatory	Arnica, St Johns Wort, Mullein, Turmeric	Topical Spray, Oil
Overheated	Electrolytes, Salts, Refrigerants	Hawthorne, Berries, Nettles	Mash into water
Pain	Antispasmodic, Calming	Skullcap, Ginger, Prickly Ash, Cottonwood	Tincture, Tea, Cordial, Glycerite
Sinus-pressure, stuffed up	Aromatics, Decongestants	Rosemary, Yerba Santa, Yerba Mansa, Thuja, Ginger, Mint	Neti Pot, Spray, Tincture, Syrup, Cordial, Glycerite
Sleep	Calming, hypnotic, sudorific	Hops, Chamomile, Passionflower, Skullcap, Ca. Poppy	Tea, Tincture, Glycerite, Cordial
Wounds-surface	Astringent/Demulcent	Comfrey, Plantain, Thuja, Violet	Spray, Oil, Wash, Balm
Wounds-Deep/Venomous Bites	Astringent, Demulcent, Drawing, Antimicrobial	Oregon Grape, Echinacea, Yarrow	Spray, Powder, Wash

Good Luck! Nicole Telkes

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