

# Herbs

*Agatha M. Thrash, M.D.*

*Preventive Medicine*

HERB	USE	ACTIVE PRINCIPLE	TOXICITY
ARNICA	Anti-inflammatory Pain Relief  Sprains & Bruises	Helenalin Dihydrohelenalin	Dermatitis for sensitive persons  Cardiotoxic
BURDOCK	Diuretic  Anti-bacterial & fungal	Two polyacetylenes	None
CATNIP	Sedative	Cis-trans-nepetalactone	None
COMFREY	Bruises, Sores Eczema, Infections	Allantoin	None for External FDA - "Undefined"
CAYENNE	Fever, Blisters Post-herpetic neuralgia	Capsaicin	Irritant
ECHINACEA	Wound healing Antibacterial Immunostimulant	Caffeic acid glycoside	None
EPHEDRA Ma-huang	Diuretic Headache	Ephedrine	Believed to raise BP (but not proven)
EUCALYPTUS	Respiratory ailments	Eucalyptol	Nausea Diarrhea
FLAXSEED	Anti-inflammatory Laxative	Cyanogenetic nitrates Linamarin	
FOXGLOVE	Heart	Digitoxin	Diarrhea, slow pulse Blurred vision
GARLIC	Infections Respiration, B.P.	Allicin	None
GOLDENSEAL	Infections	Hydrastin Berberine	Controversial

HOPS	Sedative	Humulone Lupulone	None
LICORICE	Stimulates adrenals to produce Aldosterone Diuretic, Laxative Sweetener	Glycyrrhizin	Headache Lethargy Raises B.P.
LOBELIA (Steep in rubbing alcohol/vinegar)	Internally opens bronchioles Externally used for aches and pains, bruises and bites	Lobeline	Nausea, Vomiting Tremors Coma, Death
MINT	Indigestion, Colic Motion sickness	Menthol	None
MISTLETOE	Analgesic Lowers B.P.	Viscin	Phoratoxins Slow heart rate
OREGON GRAPE	Stimulates bile secretion Eczema, Psoriasis	Berberine	None
VALERIAN	Tranquilizer	Valepotriates	Vomiting, Dizziness
ST. JOHN'S WORT	Antidepressant Antibacterial Astringent	Resin Tannin, Dye Oil	Photosensitivity
VIOLET	Antitumor Gargle, Cough medicine	Myrocin Salicylate	Irritates mucous membranes
WILLOW	Pain, Headaches Fever, Hay fever	Salicin	None
WORMWOOD	Stimulant to brain and stomach Removes worms	Thujone	None in ordinary doses

**For more information contact:** Uchee Pines Lifestyle Center, 30 Uchee Pines Road #75, Seale, Alabama 36875. Tel. 334-855-4764 [www.ucheepines.org](http://www.ucheepines.org)