

HEDGEROW by agua | Ingredient Glossary

Lemon Balm (Melissa Officinalis)



Family:
Labiatae

Actions:
Diaphoric; digestive; carminative; nervine; antidepressant;
antispasmodic, bronchodilator; antihistamine, antimicrobial, sedative,
analgesic, antiemetic, antiviral, antioxidant, anti-thyroid, anti-
inflammatory, trophorestorative, parturient.

External Use:

Lemon balm can be used as an antiseptic for cuts and wounds and as an antihistamine for allergic skin conditions. Its diluted oils can be used in massage for period pains, neuralgia, joint and muscle pain, mumps, and in lotions for cold sores, tinea infections such as athletes foot, wasp and bee stings.

In eardrops it can be used for infections and in mouth washes for gum infections and toothache.

Cautions:

Avoid internal consumption/essential oils with thyroid drugs.

Marigold (Calendula Officinalis)



Family:
Compositae

Actions:
Alterative; antiseptic; anti-inflammatory; diaphoretic; bitter tonic; diges-
tive; antiulcer; antitumor, antioxidant; astringent; anti-viral; detoxifying;
antispasmodic; oestrogenic; diuretic.

External Use:

With its antimicrobial and astringent properties, marigold stops bleeding, prevents infection and speeds the healing of cuts and abrasions, sores, ulcers, varicose veins, bruises, sprains and strains.

It can be used as a mouthwash for inflamed gums, a douche for vaginal infections and an eyewash for inflammatory eye conditions. Rubbing a crushed flower into insect bites, wasp or bee stings can soothe these irritation conditions.

Cautions:

Avoid internal consumption/essential oils during pregnancy

St John's Wort (*Hypericum Perforatum*)



Family:
Hypericaceae

Actions:

Anti-depressant; nervine; anxiolytic; analgesic; anti-convulsant; anti-spasmodic; alterative; antimicrobial; antiviral; vulnerary; anti-neoplastic; antioxidant; anti-inflammatory; sedative; astringent; expectorant; diuretic; vulnerary.

External Use:

St John's Wort oil eases pain and speeds healing in nerve pain such as sciatica and shingles, as well as burns, cuts, wounds, sores, sprains, haemorrhoids, varicose veins and ulcers, bruises, sunburn and anti-inflammatory skin conditions.

Cautions:

St John's Wort can cause photo-sensitivity in some people. Avoid internal consumption during pregnancy. Additionally, avoid with theophylline and beta-2 agonists, SSRIs, Protease inhibitors, and cyclosporine.

Rosemary (*Rosmarinus Officinalis*)



Family:
Labiatae

Actions:

Diaphoretic; carminative, stimulant; anti-inflammatory; emmenagogue; nervine; anticonvulsant; brain tonic; analgesic; relaxant; digestive; hepatic; cholagogue; thymoleptic; decongestant; antispasmodic; bronchodilator; astringent; antimicrobial; anthelmintic; circulatory stimulant; cardio tonic; diuretic; febrifuge; rubefacient.

External Use:

The diluted essential oil of Rosemary may be rubbed onto the skin for joint pain, to check hair fall, relieve headaches and poor concentration. In lotions, Rosemary can be beneficial for cuts; wounds; sores; chilblains; scalds and burns.

Rosemary may be used in a douche for vaginal infections and as a mouthwash for the gums.

Cautions:

Avoid essential oils in pregnancy.

Comfrey (*Symphytum officinale*)



Family:
Boraginaceae

Actions:

Vulnerary, astringent; demulcent; anti-inflammatory

External Use:

Applied as a poultice or ointment, it can be used to treat bruises, dislocations and sprains.

Cautions:

Internal consumption at all times.

Peppermint (*Mentha Piperata*)



Family:
Lamiaceae

Actions:

Diaphoretic; carminative; nervine; antispasmodic; bronchodilator; decongestant; antiemetic; antiseptic; appetiser; digestive; circulatory stimulant; analgesic; anthelmintic; antimicrobial; rubefacient; vulnerary.

External Use:

Peppermint oil and lotion are useful for Herpes simplex and ringworm.

The oil can be used as an inhalant for colds, catarrh and sinusitis, and added to lotions for muscular pains and aching feet.

Peppermint tea or tincture can be used as a gargle for sore throats, and a mouthwash for gum infections and mouth ulcers.

Cautions:

This essential oil should always be diluted, and avoided in pregnancy. Do not use on babies or small children.

Dog Rose (Rosa SSP.)



Family:
Rosacea

Actions:

Diaphoretic; carminative; stimulant; emmenagogue, reproductive tonic, aphrodisiac, laxative, decongestant; febrifuge; nervine; anxiolytic; anti-inflammatory; astringent; haemostatic; antimicrobial, thymoleptic; hepatoprotective; analgesic; vulnerary, deodorant.

External Use:

Rose water cleanses and tones the skin, and clears inflammation in acne; spots; boils; abscesses and sore eyes. Making rose water with your teenage daughter

It prevents infection of minor cuts and wounds and reduces the swelling of bruises and sprains.

Cautions:

Avoid essential oils in pregnancy.

Elder (Sambucus Nigra)



Family:
Caprifoliaceae

Actions:

Flowers: Relaxant; antioxidant; adaptogen; decongestant; expectorant; bronchodilator; diuretic; alterative; immune-enhancing; diaphoretic;

nervine; emollient; astringent; anti-inflammatory; antimicrobial; anti-viral; antioxidant; nervine.

External Use:

Elderflowers can be used as a gargle for sore throats, a mouthwash for mouth ulcers and inflamed gums, an eyewash for conjunctivitis and sore tired eyes.

As a tea or distilled water elderflower can be used as a toning lotion for chilblains, wounds, bruises, burns; sprains; swollen joints; skin eruptions; sun burn; itchy skin conditions and piles and to keep away mosquitoes.

Cautions:

Sometimes the leaves can cause a reaction on sensitive skins. Avoid use of root and bark.

Thyme (Thymus Vulgaris)



Family:
Labiatae

Actions:

Antispasmodic, carminative; digestive; antiseptic; anti-microbial; anthelmintic; diuretic; decongestant; pectoral; expectorant; bronchodilator; circulatory; stimulant; relaxant; immunostimulant; antioxidant; rejuvenate; rubefascent; anti-inflammatory; febrifuge.

External Use:

It is used in liniments for aching joints, muscular pain, and to disinfect cuts and wounds.

It makes a good gargle for sore throats, an antiseptic mouthwash, and a douche for thrush and other vaginal infections. It may be taken daily for friction of the hair and lotion to stop hair fall.

It can be used as an inhalant for coughs, asthma; colds; catarrh and sinusitis. It can also be added to vinegar and used like smelling salts for nervous headaches.

Cautions:

Avoid large amounts and essential oils in pregnancy.

Burdock (Arctium Lappa)



Family:
Asteraceae

Actions:

Alterative, adaptogenic; antioxidant, desmutagen; anti-neoplastic, hepato-protective; diuretic; astringent; bitter liver tonic; digestive; demulcent; aperient; antimicrobial; anti-inflammatory; hypoglycaemic; diaphoretic; febrifuge; post-partum tonic; anti-fungal; probiotic. Regulates action of sebaceous glands in the skin.

External Use:

Burdock is good for chronic inflammatory skin disease, including sties; urticaria, psoriasis and especially acne, boils and abscesses.

Cautions:

Contradicted in pregnancy, caution with antidiabetic drug as it may have a hypoglycaemic effect. Burdock has irritating seed hairs.

Dandelion (Taraxacum Officinale)



Family:
Compositae

Actions:

Root: Digestive, bitter tonic, hepatic, mild laxative, cholagogue, alterative, galactagogue, hypocholesterolaemic.

Leaf: Diuretic, mild-laxative; bitter tonic; cholagogue; depurative; anti-inflammatory; anti-lithic.

External Use:

The white juice from the stems can be applied to warts. An infusion of the leaves and flowers is good for skin complaints.

Cautions:

Avoid in the obstruction of bile ducts and gall bladder. Milky latex in the leaves can cause dermatitis. Milky sap indicates toxicity – The latex of dandelions is mildly toxic, and can be consumed in moderation, but it would be advisable to remove the mid-rib of the leaves, and not to consume the flower stems. Milky sap is often a skin irritant.

Nettle (Urtica Dioica)



Family:
Urticaceae

Actions:

Leaf: Alterative; astringent; decongestant; haemostatic; galactagogic; diuretic; expectorant; antimicrobial, vasodilator, nutritive; cholagogue; hypoglycaemic; lithotropic; nervine; blood building; febrifuge; antioxidant; anti-histamine; anti-inflammatory; uterine tonic, rubefascient.

Seed: Adrenal tonic; kidney trophorestorative, anthelmintic; rejuvenative; thyroid tonic.

Root: Anti-prostatic.

External Use:

As fresh juice or tea is useful for cuts and wounds, haemorrhoids, burns and scalds, to stop bleeding and to speed bleeding. Nettle juice can be applied to bites and stings; including nettle sting.

They can be used in ointment for irritating skin conditions such as eczema.

By urtication (i.e. stinging the skin with fresh nettle to produce a counter effect) nettle stimulate the circulation in poor peripheral circulation, which is useful for pain and swelling in arthritis

Cautions:

Avoid in oedema from impaired cardiac or renal function. Caution with diuretics and antihypertensive. The irritating substance of the stinging nettle can be safely destroyed by drying or cooking, and is not protoanemonin or calcium oxylate, a substance found in the buttercup family.

Can accumulate nitrates and other toxins in their leaves. Only pick from uncontaminated land. Contact with plant causes irritation. Older leaves contain cystoliths, gritty particles – a kidney irritant. Irritating hairs contain formic acid and other irritants which are destroyed by cooking or drying.

Cleavers (Gallium Aparine)



Family:
Rubiaceae

Actions:

Depurative, lymphatic; hepatic; diuretic; aperient; tonic; anti-inflammatory; diaphoretic; tonic; astringent; vulnerary.

External Use:

Cleavers can be used in skin washes for skin disorders, cuts and scrapes, and as a hair rinse for dandruff.

Cautions:

None.

Lime, Linden Blossom (Tilia spp.)



Family:
Maivaceae

Actions:

Sedative, spasmolytic, diaphoretic, diuretic, mild astringent, anti-cataarhic.

External Use:

The tea can be rubbed into the skin to give relief in inflamed conditions such as boils, rashes, bites, scalds and burns, or used for sore eyes. It is also soothing in a bath and for massage.

Cautions:

Older flowers of Lime may be narcotic.

Roman Chamomile (*Anthemis Nobilis*)



Family:
Compositae

Actions:
Anti-inflammatory; antispasmodic; nervine; sedative; antiulcer;
immune-stimulant; antihistamine; decongestant; digestive; bitter tonic;
antiseptic; antimicrobial; diaphoretic; anodyne; ophthalmic; diuretic;
emmenagogue; vulnerary.

External Use:
Chamomile is soothing and anti-inflammatory, and stimulates tissue repair.

It speeds healing of ulcers, sores, burns, scalds, varicose veins, ulcers and is very helpful for inflammatory skin disorders.

It can be used in a mouthwash for mouth ulcers and inflamed gums, a gargle for sore throats, an antiseptic was for conjunctivitis, a douche for vaginal infections including thrush and sitz bath for cystitis.

Cautions:
Chamomile may cause contact dermatitis.

Ribwort Plantain (*Plantago Lanceolata*)



Family:
Plantaginaceae

Actions:
Astringent; alterative; diuretic; vulnerary; demulcent, emollient;
refrigerant; detoxifying; decongestant; expectorant; bronchodilator;
antiseptic; antispasmodic; immune-stimulant.

External Use:
The fresh leaves are one of the best first aid remedies for stings, cuts and insect bites.

Cautions:
Only for internal use of seeds and for any patient on insulin as this can lower blood sugar.

Yarrow (*Achillea Millefolium*)



Family:
Asterceae/Compositae

Actions:
Diaphoric, diuretic; astringent; digestive; bitter tonic; hepatic; antimicrobial; alterative; decongestant, anti-inflammatory; anti-spasmodic, vasodilator; analgesic; antihistamine; emmenagogue; expectorant; haemostatic; styptic; vulnerary.

External Use:
The tannins and silica in yarrow promote tissue repair, speed the healing of cuts and wounds, ulcers, burns, varicose veins, haemorrhoids and skin conditions such as eczema.

It can be used as an infusion or dilute tincture as a vaginal douche, eyebath or skin lotion and as a mouthwash for dental plaque and gingivitis.

Cautions:
To be avoided in pregnancy and if allergic to Compositae. Yarrow can cause contact dermatitis and photosensitivity. Avoid with anti-coagulants. Prolonged consumption of Yarrow may cause allergies. Leaves and Flowers may also cause photo-sensitivity on contact.

Agrimony (*Agrimonia Eupatoria*)



Family:
Rosacea

Actions:
Astringent; homeostatic; analgesic; anti-inflammatory; anti-spasmodic; alterative; antimicrobial; expectorant; bronchodilator; digestive tonic; bitter; carminative; hypoglycaemic; cholagogue; hepatic; emmenagogue; diuretic; antilithic; febrifuge; vulnerary.

External Use:
Gargle/mouthwash for sore throats, laryngitis, and inflamed gums, eye wash for inflammatory eye problems, douche for vaginal infections, e.g. Trichomonas.

Stems bleeding, speeds healing of cuts and wounds, reduces pain and swelling of bruises, sprains and varicose veins, relieving aching muscles and inflammatory skin problems.

Cautions:

Avoid with Blood thinners, monitor with diuretic drugs and antihypertensive.

Mullein (Verbascum Thapsus)



Family:

Scrophulariaceae

Actions:

Antispasmodic; expectorant; antitussive; bronchodilator; decongestant; astringent; vulnerary; antimicrobial.

External Use:

A compress of the leaves can be applied to painful joints and muscles, to the chest in asthma, and used for headaches, swollen glands, burns, sores, ulcers and piles.

The flowers are useful in the treatment of ringworm and other skin infections.

Cautions:

None.