



An Herbalist's View of First Aid

Focus on Digestion

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Conditions

Abdominal pain	Fever/chills	Lack of appetite	Sluggish digestion
Anorexia	Flatulence	Malabsorption	Stomach ache
Bacterial infection	Food poisoning	Nausea/vomiting	Toothache
Constipation	Headache	Pain	Weight loss
Diarrhea	Heartburn	Parasites	Worms
Dysentery	Hives	Protozoal infections	

Therapeutic Actions

Adsorbing	Antiparasitic	Cathartic	Purgative
Anodyne	Antispasmodic	Demulcent	Refrigerant
Antacid	Antistress	Diaphoretic	Regenerative
Antibacterial	Astringent	Dispersing	Sedative
Antidiarrheal	Bitter	Diuretic	Stomachic
Antiinfective	Calming	Emetic	Tonic
Antiinflammatory	Carminative	Flavoring	Vermicide
Antimicrobial	Carrier	Laxative	Vermifuge

Constitutional Polarities

1. Acute vs. Chronic
2. Catabolic vs. Anabolic.
3. Deficiency vs. Excess
4. Exogenous vs. Endogenous
5. Hot vs. Cold
6. Sudden onset vs. Long-time progression
7. Wet vs. Dry
8. Windy vs. Stagnant

Materia Medica

Agrimony – Agrimonia spp.

Aloe – Aloe spp.

Anise – Pimpinella anisum

Black walnut – Juglans niger

Blackberry – Rubus spp.

Bogbean – Menyanthes trifoliata

Buckthorn – Rhamnus cathartica

Cabbage – Brassica oleracea

Cardamom – Elettaria cardamomum

Cascara sagrada – Rhamnus purshiana

Catnip – Nepeta cataria

Cayenne – Capsicum spp.

Chamomile – Matricaria recutita

Chaparro amargosa – Castela emoryi

Cinnamon – Cinnamomum spp.

Cinquefoil – Potentilla spp.

Cloves – Syzygium aromaticum

Comfrey – Symphytum spp.

Cow parsnip – Heracleum spp.

Docks – Rumex spp.

Echinacea – Echinacea spp.

Epazote – Chenopodium ambrosioides

Fennel – Foeniculum vulgare

Garlic – Allium sativum

Gentian – *Gentiana* spp.
Ginger – *Zingiber officinale*
Goldenseal – *Hydrastis canadensis*
Kava kava – *Piper methysticum*
Lavender – *Lavandula* spp.
Licorice – *Glycyrrhiza* spp
Lobelia – *Lobelia inflata*
Mallow – *Malva* spp.
Marshmallow – *Althaea officinalis*
Meadowsweet – *Filipendula* spp.
Meadowsweet – *Spiraea* spp.
Mint – *Mentha* spp.
Nettles – *Urtica* spp.
Oak – *Quercus* spp.
Osha – *Ligusticum* spp.

Peppermint – *Mentha x. piperita*
Pink root – *Spigelia marilandica*
Plantain – *Plantago* spp.
Pussytoes – *Antennaria* spp.
Rhatany – *Krameria* spp.
Senna – *Cassia* spp.
Silk tassel – *Garrya* spp.
Skullcap – *Scutellaria* spp.
Slippery elm – *Ulmus fulva*
St. Johnswort – *Hypericum perforatum*
Turkey rhubarb – *Rheum palmatum*
Valerian – *Valeriana officinalis*
Vervain – *Verbena* spp.
Wild yam – *Dioscorea villosa*
Yarrow – *Achillea millefolium*

Materia medica-other items

Acidophilous	Cloth tea bags	Licorice roots
Activated charcoal	Electrolytes	Slippery elm powder
Aloe vera gel	Grapefruit seed extract	Throat lozenges
Castor oil	Honey	Ume (sour plum) paste
Clay, powdered	Hot water bottle	

Tinctures-Singles

Bitters	Echinacea	Peppermint Spirits
Blackberry root	German chamomile	Silk tassel
Chaparro amargosa	Goldenseal	Valerian
Digestive Aid	Neutralizing Cordial	Wild yam

Tinctures-Formulas

- **Antispasmodic Compound**- Black haw, Cramp bark, Trillium, Wild yam, Skullcap, Cloves, Cinnamon, Orange peel, Simple syrup
- **Bitter Tonic** – Wormwood, Yarrow, Blessed thistle, Calamus, Southernwood, Dandelion
- **De-Stress** – Damiana, Oatstraw, St. Johnswort, Vervain, Rosemary, Lavender, Valerian
- **Digestive Aid** – Fennel seed, Marshmallow, Irish moss, Meadowsweet, Catnip
- **Garlic and Cayenne Vinegar**
- **Neutralizing Cordial** – Turkey rhubarb, Cinnamon, Goldenseal, Peppermint, Potassium carbonate & Simple syrup
- **Pain Relief Tincture** – Passionflower, Meadowsweet, Valerian, Motherwort, St. Johnswort
- **Peppermint Spirits** – Peppermint essential oil, 70% ethanol (1:10)
- **Tooth & Gum Tonic** – Yerba mansa, Echinacea, Goldenseal, Rhatany, Myrrh, Self-heal, Vegetable glycerine
- **Tummy Tincture** – Catnip, Fennel seed, Anise, Peppermint, Vegetable glycerine

Teas and Powders

- **Composition Powder** – Bayberry, Ginger, Cloves, Cayenne
- **Nervine Tea Blend** – Lemon balm, Skullcap, Oatstraw, German chamomile, Passionflower
- **Nutritive Tea Blend** – Nettles, Alfalfa, Red clover, Dandelion leaf, Oatstraw
- **Stomach Cocktail** – Charcoal powder, Grapefruit seed extract, Chaparro amargosa, Echinacea
- **Tooth Powder** – Clay, Myrrh, Rhatany
- **Trikatu powder** – Black pepper, Long pepper, Ginger

Therapeutic Categories

Antimicrobials- inhibits or kills microorganisms

Baptisia	Echinacea	Myrrh
Barberry	Garlic	Oregon graperoot
Calendula	Goldenseal	Osha
Chaparral	Licorice	Yarrow

Antispasmodics-relax smooth muscle spasms

Black haw	Neutralizing cordial	Wild yam
Crampbark	Silk tassel	
Marijuana	Valerian	

Astringents-tighten gut tissue, helpful for leaky gut syndrome

Blackberry root	Potentilla	'Tea'
Geranium	Rhatany	Witch hazel
Oak	Rose	Yellow dock

Bitters-stimulate a number of gastrointestinal secretions

Artemisia	Chicory	Goldenseal
Bogbean	Dandelion	Vervain
Chaparro amargosa	Gentian	

Carrier/Flavoring-useful both as soothing to the GI tract and to help palatability

Anise	Cinnamon	Slippery elm
Cardamom	Fennel	
Cayenne	Ginger	

Digestive Nervines-specific nerve soothing gut remedies

California poppy	German chamomile	Vervain
Catnip	Peppermint spirits	

Laxatives-Mechanical- bulking agents

Bran	Flax	Psyllium
Fiber	Metamucil	

Laxatives-Chemical- stimulate peristalsis

Cascara	Turkey	Buckthorn
sagrada	rhubarb	Senna
	Yellow dock	

Laxatives-Lubricating

Aloe	Mineral oil	Castor oil
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Pain

Aloe	Fennel	Licorice	Silk tassel
Skullcap	Chamomile	Lobelia	Skullcap
Valerian	Ginger	Meadowsweet	Valerian
Catnip	Kava kava	Peppermint	Wild yam

Restoratives

Catnip	Nettles	Peppermint	Yogurt-live
Comfrey	Marshmallow	Slippery elm	
Fennel	Oatmeal	Miso	

Selected Conditions

Tips for Travelers

- 1) Start taking medicines beforehand, use strengthening digestive (and immune) tonics before your journey
- 2) Be cautious of drinking water in unfamiliar locales. If staying in one place for a while, you may want to slowly work your way towards drinking local water by incrementally incorporating small amounts into your diet, thereby allowing your gut to adjust to local microorganisms. Though this may not help.
- 3) Bring your own cup, bowl, utensils – stainless steel is easy to disinfect by heating. Be cautious about sharing any item that is placed in one's mouth
- 4) Try to avoid overindulgence and famine/feast patterns; this may set up an opportunity for digestive disorders. Carry snacks to avoid overt hunger which may induce one to toss caution to the wind
- 5) Try to find local digestive remedies. These are common in most traditions and are often bitter
- 6) Occasional *short* fasts may be helpful to help accommodate new foods and water
- 7) Be cautious using some digestive remedies with infants, young children and with pregnant and nursing women. Many of these may work on smooth muscles and taste quite strong
- 8) Discriminate between acute and chronic conditions

Considerations for Diarrhea

- 1) Determine reason for diarrhea (microorganism, stress, etc.)
- 2) Is there blood present? Fever?
- 3) Don't impede diarrhea unnecessarily at onset, it may be important to evacuate the bowels initially
- 4) Rehydrate continually – drink plenty of water
- 5) Cleanliness: avoid contracting and spreading infectious agents by practicing scrupulous washing habits
- 6) Rehydration fluid: 1 quart water, 1 1/2 tablespoons sugar, 1/4 teaspoon salt
- 7) Fasting from solid foods is often initially helpful
- 8) Vomiting and diarrhea can quickly lead to dehydration and debilitation which can take a quick turn for the worse. If this combination continues for any protracted period take action
- 9) During recovery, eat small amounts of easily digestible foods and herbs such as Oatmeal and Slippery elm

Activated Charcoal

- 1) Charcoal is carbon, left over from burning organic matter. Activated charcoal is when it is burnt at a much higher temperature with oxygen excluded.
- 2) This process gives the activated charcoal many more surface pores and increases its effectiveness dramatically.
- 3) Hence activated charcoal is much more effective than 'campfire' charcoal, though the latter charcoal can be used if needed (though much more may be necessary). Burnt food (through and through, until utterly black) works the same as campfire charcoal.
- 4) The dose of activated charcoal varies depending on the reason for taking it. Probably take more than you think you need to be on the safe side, it is non-toxic.
- 5) Activated charcoal comes in a variety of forms including capsules, pills and powder. The least expensive way is using the powder which can be stirred into water. Capsules can also be prepared from the powders.
- 6) Charcoal has a strong affinity for adsorbing a diversity of toxins from the digestive tract including many of the pathogens associated with food and water sicknesses.
- 7) It forms a strong bond with these organisms and they are then carried out with the charcoal during a bowel movement.
- 8) Charcoal will color the feces (and tongue, teeth) black. Let people who you give it to know so they don't worry when they see it.
- 9) After charcoal use, use soothing gut agents (demulcents) and nutritious food and herbs as restoratives.