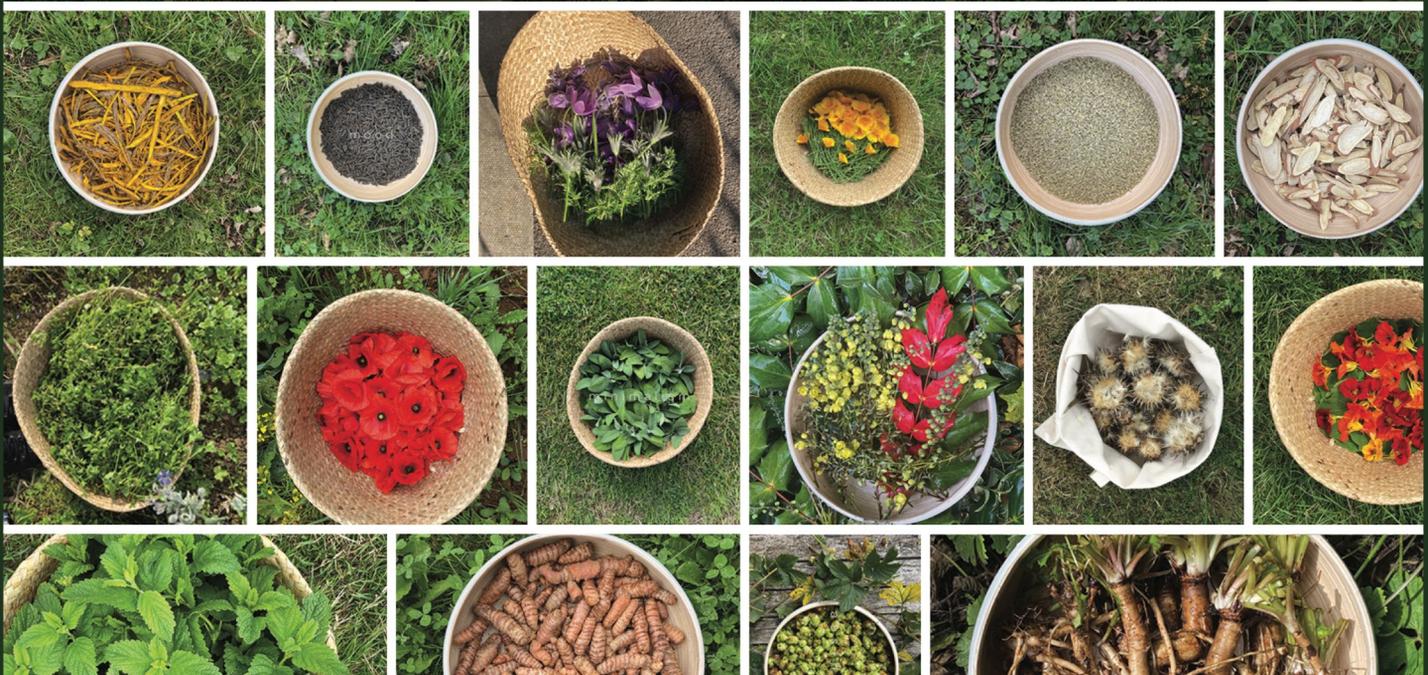




A WORKING HERBAL DISPENSARY:

RESPECTING HERBS AS INDIVIDUALS

LUCY JONES



A WORKING HERBAL DISPENSARY



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Respecting Herbs as Individuals

Lucy Jones



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Contents

<i>Herbs by common name</i>	vii
<i>Herbs by Latin name</i>	ix
<i>Acknowledgements</i>	xi

INTRODUCTION 1

PART ONE: A RECIPROCAL RELATIONSHIP

1	The importance of understanding herbs as individuals	7
2	The actions of herbs in physiological healing	11
3	Energetic actions: Tibetan medicine and the interplay with the elements	23
4	Healing the emotions and encouraging connection to the whole	31

PART TWO: THE HERBS

5	Introducing the herbs	37
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<i>Ways of taking herbs</i>	391
<i>Glossary of physiological actions</i>	399
<i>Historical and modern sources</i>	401
<i>Name index</i>	407
<i>Subject index</i>	409

Herbs by common name

Agrimony (<i>Agrimonia eupatoria</i>)	39	Echinacea (<i>Echinacea purpurea</i> / <i>E. angustifolia</i> / <i>E. pallida</i>)	130
Angelica (<i>Angelica archangelica</i>)	44	Elder (<i>Sambucus nigra</i>)	134
Artichoke (<i>Cynara scolymus</i>)	48	Elecampane (<i>Inula helenium</i>)	138
Ashwagandha (<i>Withania somnifera</i>)	50	Eyebright (<i>Euphrasia officinalis</i>)	142
Bay (<i>Laurus nobilis</i>)	53	Fennel (<i>Foeniculum vulgare</i>)	145
Birch (<i>Betula pendula</i> / <i>B. pubescens</i>)	56	Feverfew (<i>Tanacetum parthenium</i>)	149
Black Root/Culver's Root (<i>Leptandra virginica</i>)	59	Garlic (<i>Allium sativum</i>)	152
Bogbean (<i>Menyanthes trifoliata</i>)	62	Ginger (<i>Zingiber officinalis</i>)	156
Boneset (<i>Eupatorium perfoliatum</i>)	64	Ginkgo/Maidenhair Tree (<i>Ginkgo biloba</i>)	160
Borage (<i>Borago officinalis</i>)	66	Goat's Rue (<i>Galega officinalis</i>)	163
Burdock (<i>Arctium lappa</i>)	68	Goji (<i>Lycium barbarum</i>)	166
California Poppy (<i>Eschscholzia californica</i>)	72	Goldenrod (<i>Solidago canadensis</i> / <i>S. virgaurea</i>)	168
Caraway (<i>Carum carvi</i>)	74	Goldenseal (<i>Hydrastis canadensis</i>)	170
Cardamom (<i>Elettaria cardamomum</i>)	77	Greater Celandine (<i>Chelidonium majus</i>)	172
Catmint (<i>Nepeta mussinii</i>)	80	Hawthorn (<i>Crataegus monogyna</i>)	175
Chamomile (<i>Chamaemelum nobile</i>)	83	Honeysuckle (<i>Lonicera periclymenum</i>)	180
Chickweed (<i>Stellaria media</i>)	87	Hops (<i>Humulus lupulus</i>)	183
Chilli (<i>Capsicum frutescens</i> / <i>C. annuum</i>)	90	Horse Chestnut (<i>Aesculus hippocastanum</i>)	186
Cinnamon (<i>Cinnamomum verum</i> / <i>C. zeylanicum</i>)	93	Horseradish (<i>Armoracia rusticana</i>)	189
Citrus fruits (<i>Citrus aurantium</i> / <i>C. limonum</i> / <i>C. aurantiifolia</i>)	96	Horsetail (<i>Equisetum arvense</i>)	192
Cleavers (<i>Galium aparine</i>)	99	Hyssop (<i>Hyssopus officinalis</i>)	194
Clove (<i>Syzygium aromaticum</i> / <i>Eugenia caryophyllata</i>)	102	Irish Moss (<i>Chondrus crispus</i>)	197
Coltsfoot (<i>Tussilago farfara</i>)	105	Jerusalem Artichoke (<i>Helianthus tuberosum</i>)	199
Comfrey (<i>Symphytum officinale</i>)	107	Karela (<i>Momordica charantia</i>)	202
Couch Grass (<i>Elymus repens</i>)	110	Kelp (<i>Laminaria digitata</i>)	205
Cowslip (<i>Primula veris</i>)	113	Lady's Mantle (<i>Alchemilla vulgaris</i> / <i>A. mollis</i>)	207
Cramp Bark (<i>Viburnum opulus</i>)	116	Lavender (<i>Lavandula angustifolia</i>)	210
Daisy (<i>Bellis perennis</i>)	120	Lemon Balm (<i>Melissa officinalis</i>)	215
Dandelion (<i>Taraxacum officinale</i>)	123	Lime/Linden (<i>Tilia</i> spp.)	219
Dock (<i>Rumex crispus</i> / <i>R. obtusifolius</i>)	127	Long Pepper (<i>Piper longum</i>)	222

Maize (<i>Zea mays</i>)	225	Rosemary (<i>Salvia rosmarinus</i>)	313
Marshmallow (<i>Althaea officinalis</i>)	228	Sage (<i>Salvia officinalis</i>)	317
Meadowsweet (<i>Filipendula ulmaria</i>)	233	Scots Pine (<i>Pinus sylvestris</i>)	321
Milk Thistle (<i>Silybum marianum</i>)	237	Shepherd's Purse (<i>Capsella bursa-pastoris</i>)	324
Mistletoe (<i>Viscum album</i>)	239	Skullcap (<i>Scutellaria lateriflora</i>)	328
Motherwort (<i>Leonurus cardiaca</i>)	242	Slippery Elm (<i>Ulmus fulva/U. rubra</i>)	331
Mugwort (<i>Artemisia vulgaris</i>)	246	Small-flowered Willowherb (<i>Epilobium parviflorum</i>)	337
Mullein (<i>Verbascum thapsus</i>)	251	Soapwort (<i>Saponaria officinalis</i>)	338
Nettle (<i>Urtica dioica</i>)	256	Solomon's Seal (<i>Polygonatum multiflorum/P. biflorum</i>)	340
Nutmeg (<i>Myristica fragrans</i>)	261	Spearmint (<i>Mentha spicata</i>)	344
Old Man's Beard (<i>Usnea barbata</i>)	264	St John's Wort (<i>Hypericum perforatum</i>)	346
Oregon Grape (<i>Mahonia aquifolium</i>)	266	Teasel (<i>Dipsacus fullonum</i>)	350
Passionflower (<i>Passiflora incarnata</i>)	269	Thyme (<i>Thymus vulgaris/T. serpyllum</i>)	352
Pellitory-of-the-Wall (<i>Parietaria diffusa</i>)	272	Turmeric (<i>Curcuma longa</i>)	356
Peppermint (<i>Mentha piperita</i>)	275	Valerian (<i>Valeriana officinalis</i>)	359
Pilewort/Lesser Celandine (<i>Ranunculus ficaria</i>)	279	Vervain (<i>Verbena officinalis</i>)	362
Plantain (<i>Plantago major/P. lanceolata</i>)	281	Wild Cherry (<i>Prunus avium/P. serotina</i>)	366
Pomegranate (<i>Punica granatum</i>)	286	Wild Lettuce (<i>Lactuca virosa</i>)	368
Poplar (<i>Populus x gileadensis/Populus x candicans/Populus tremuloides</i>)	289	Wild Oat (<i>Avena fatua/A. sativa</i>)	371
Pot Marigold (<i>Calendula officinalis</i>)	293	Willow (<i>Salix alba/S. nigra/S. fragilis/S. caprea, and others</i>)	374
Pulsatilla (<i>Anemone pulsatilla</i>)	298	Wood Avens (<i>Geum urbanum</i>)	378
Raspberry (<i>Rubus idaeus</i>)	300	Wormwood (<i>Artemisia absinthum</i>)	380
Red Clover (<i>Trifolium pratense</i>)	303	Yarrow (<i>Achillea millefolium</i>)	385
Red Poppy (<i>Papaver rhoeas</i>)	305		
Rose (<i>Rosa</i> spp.)	308		

Herbs by Latin name

<i>Achillea millefolium</i> (Yarrow)	385	<i>Epilobium parviflorum</i> (Small-flowered Willowherb)	337
<i>Aesculus hippocastanum</i> (Horse Chestnut)	186	<i>Equisetum arvense</i> (Horsetail)	192
<i>Agrimonia eupatoria</i> (Agrimony)	39	<i>Eschscholzia californica</i> (California Poppy)	72
<i>Alchemilla vulgaris</i> / <i>A. mollis</i> (Lady's Mantle)	207	<i>Eupatorium perfoliatum</i> (Boneset)	64
<i>Allium sativum</i> (Garlic)	152	<i>Euphrasia officinalis</i> (Eyebright)	142
<i>Althaea officinalis</i> (Marshmallow)	228	<i>Filipendula ulmaria</i> (Meadowsweet)	233
<i>Anemone pulsatilla</i> (Pulsatilla)	298	<i>Foeniculum vulgare</i> (Fennel)	145
<i>Angelica archangelica</i> (Angelica)	44	<i>Galega officinalis</i> (Goat's Rue)	163
<i>Arctium lappa</i> (Burdock)	68	<i>Galium aparine</i> (Cleavers)	99
<i>Armoracia rusticana</i> (Horseradish)	189	<i>Geum urbanum</i> (Wood Avens)	378
<i>Artemisia absinthum</i> (Wormwood)	380	<i>Ginkgo biloba</i> (Ginkgo/Maidenhair Tree)	160
<i>Artemisia vulgaris</i> (Mugwort)	246	<i>Helianthus tuberosum</i> (Jerusalem Artichoke)	199
<i>Avena fatua</i> / <i>A. sativa</i> (Wild Oat)	371	<i>Humulus lupulus</i> (Hops)	183
<i>Bellis perennis</i> (Daisy)	120	<i>Hydrastis canadensis</i> (Goldenseal)	170
<i>Betula pendula</i> / <i>B. pubescens</i> (Birch)	56	<i>Hypericum perforatum</i> (St John's Wort)	346
<i>Borago officinalis</i> (Borage)	66	<i>Hyssopus officinalis</i> (Hyssop)	194
<i>Calendula officinalis</i> (Pot Marigold)	293	<i>Inula helenium</i> (Elecampane)	138
<i>Capsella bursa-pastoris</i> (Shepherd's Purse)	324	<i>Lactuca virosa</i> (Wild Lettuce)	368
<i>Capsicum frutescens</i> / <i>C. annuum</i> (Chilli)	90	<i>Laminaria digitata</i> (Kelp)	205
<i>Carum carvi</i> (Caraway)	74	<i>Laurus nobilis</i> (Bay)	53
<i>Chamaemelum nobile</i> (Chamomile, Roman)	83	<i>Lavandula angustifolia</i> (Lavender)	210
<i>Chelidonium majus</i> (Greater Celandine)	172	<i>Leonurus cardiaca</i> (Motherwort)	242
<i>Chondrus crispus</i> (Irish Moss)	197	<i>Leptandra virginica</i> (Black Root/Culver's Root)	59
<i>Cinnamomum verum</i> / <i>C. zeylanicum</i> (Cinnamon)	93	<i>Lonicera periclymenum</i> (Honeysuckle)	180
<i>Citrus aurantium</i> / <i>C. limonum</i> / <i>C. aurantiifolia</i> (Citrus fruits)	96	<i>Lycium barbarum</i> (Goji)	166
<i>Crataegus monogyna</i> (Hawthorn)	175	<i>Mahonia aquifolium</i> (Oregon Grape)	266
<i>Curcuma longa</i> (Turmeric)	356	<i>Matricaria recutita</i> (Chamomile, German)	83
<i>Cynara scolymus</i> (Artichoke)	48	<i>Melissa officinalis</i> (Lemon Balm)	215
<i>Dipsacus fullonum</i> (Teasel)	350	<i>Mentha piperita</i> (Peppermint)	275
<i>Echinacea purpurea</i> / <i>E. angustifolia</i> / <i>E. pallida</i> (Echinacea)	130	<i>Mentha spicata</i> (Spearmint)	344
<i>Elettaria cardamomum</i> (Cardamom)	77	<i>Menyanthes trifoliata</i> (Bogbean)	62
<i>Elymus repens</i> (Couch Grass)	110	<i>Momordica charantia</i> (Karela)	202
		<i>Myristica fragrans</i> (Nutmeg)	261

<i>Nepeta mussinii</i> (Catmint)	80	<i>Scutellaria lateriflora</i> (Skullcap)	328
<i>Papaver rhoeas</i> (Red Poppy)	305	<i>Silybum marianum</i> (Milk Thistle)	237
<i>Parietaria diffusa</i> (Pellitory-of-the-Wall)	272	<i>Solidago canadensis/S. virgaurea</i> (Goldenrod)	168
<i>Passiflora incarnata</i> (Passionflower)	269	<i>Stellaria media</i> (Chickweed)	87
<i>Pinus sylvestris</i> (Scots Pine)	321	<i>Symphytum officinale</i> (Comfrey)	107
<i>Piper longum</i> (Long Pepper)	222	<i>Syzygium aromaticum/Eugenia caryophyllata</i> (Clove)	102
<i>Plantago major/P. lanceolata</i> (Plantain)	281	<i>Tanacetum parthenium</i> (Feverfew)	149
<i>Polygonatum multiflorum/P. biflorum</i> (Solomon's Seal)	340	<i>Taraxacum officinale</i> (Dandelion)	123
<i>Populus</i> spp. (Poplar)	289	<i>Thymus vulgaris/T. serpyllum</i> (Thyme)	352
<i>Primula veris</i> (Cowslip)	113	<i>Tilia</i> spp. (Lime/Linden)	219
<i>Prunus avium/P. serotina</i> (Wild Cherry)	366	<i>Trifolium pratense</i> (Red Clover)	303
<i>Punica granatum</i> (Pomegranate)	286	<i>Tussilago farfara</i> (Coltsfoot)	105
<i>Ranunculus ficaria</i> (Pilewort/Lesser Celandine)	279	<i>Ulmus fulva/U. rubra</i> (Slippery Elm)	331
<i>Rosa</i> spp. (Rose)	308	<i>Urtica dioica</i> (Nettle)	256
<i>Rubus idaeus</i> (Raspberry)	300	<i>Usnea barbata</i> (Old Man's Beard)	264
<i>Rumex crispus/R. obtusifolius</i> (Dock)	127	<i>Valeriana officinalis</i> (Valerian)	359
<i>Salix alba/S. nigra/S. fragilis/S. caprea</i> , and others (Willow)	374	<i>Verbascum thapsus</i> (Mullein)	251
<i>Salvia officinalis</i> (Sage)	317	<i>Verbena officinalis</i> (Vervain)	362
<i>Salvia rosmarinus</i> (Rosemary)	313	<i>Viburnum opulus</i> (Cramp Bark)	116
<i>Sambucus nigra</i> (Elder)	134	<i>Viscum album</i> (Mistletoe)	239
<i>Saponaria officinalis</i> (Soapwort)	338	<i>Withania somnifera</i> (Ashwagandha)	50
		<i>Zea mays</i> (Maize)	225
		<i>Zingiber officinalis</i> (Ginger)	156

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I also want to extend my thanks to my colleagues in the wider herbal community, from whom I learn and am inspired by every day.

I am truly blessed.

A WORKING HERBAL DISPENSARY



Introduction

This is a book in which herbs themselves play a starring role. Since they are unable to write a book themselves, the thoughts that I share here are inevitably influenced by my own experiences with them. Your experience with these herbs may well be different from mine, but I hope that my words will reveal some common threads and will act as inspiration for further learning and connection.

At the time of writing, I have been working as a full-time medical herbalist for over seventeen years. During that time, you could say that the herbs and I have been on a journey together. When I first started my herbal dispensary as a newly qualified student, I had the idea that I was ‘using herbs to help my patients get well again’. As my practice grew, and I started to see just how transformative holistic herbal medicine could be, I realized that to describe my relationship with herbs in that way felt rather uncomfortable. It did not take account of the interconnectedness between practitioner, patients, and medicinal plants. It felt somehow exploitative to say that I was ‘using them’. I began to feel that I was ‘working with the herbs to help people feel better’. That seemed much more respectful. Nowadays, I would prefer to describe my relationship with the herbs as ‘working for them’ rather than ‘working with them’. Strange as it may at first seem, I feel as though I am a catalyst, and they are working through me. The herbs are the ‘experts’, but sometimes they need a human intermediary. I respect their inherent natural wisdom, and I aim to help them reach the people who need them.

In many ways I admit that this book was conceived and written in response to what I have noticed as a growing tendency to view herbs in a way that



centres around ‘what condition they can be used for’ or ‘what chemical constituents they contain’. I know that these pieces of information can seem quite helpful, especially to those who are beginning their herbal journey; however, I rail against seeing and describing herbs primarily in this way. I believe that our relationship with herbs is reciprocal. Viewing herbs primarily in terms of ‘how they can be used’ does not recognize and honour them as individual beings, with their own healing intelligence.

In this tour of my dispensary, I have included 108 of the key herbs that I work with. These herbs are mostly Western herbs, but there also some herbs and spices more commonly associated with Tibetan medicine. At the request of my spiritual teacher, Akong Rinpoché, I studied Tibetan medicine before Western herbal medicine, and I have been combining the two traditions in my clinic ever since I first started to treat patients. I view health, illness, the body, mind, and spirit through the lens of Tibetan medicine but tend to formulate prescriptions largely based on locally sourced herbs. When writing about the herbs that I work with, it is therefore inevitable that I will include a Western therapeutic understanding of their virtues as well as a Tibetan one.

It is said that it takes more than one lifetime to learn about herbs properly, and, while I am doing my best, I accept that my own knowledge and experience can only ever be a tiny fraction of the enormous, interconnected herbal whole. I think that we would all agree that our worldwide human family has a myriad sophisticated herbal medicine traditions, each with its own fascinating pharmacopoeia. I do not consider my knowledge of herbs to be fully ripened, yet over the years I have already seen how herbs and herbal medicine can totally transform people's lives. I would like to think that I have gained some pretty interesting insights along the way; I would love to share some of these with you. Perhaps my words will help to confirm your own experiences, or they may encourage you to look at familiar herbal friends in a new light. Either way, I hope you feel inspired to carry on deepening your own relationships with the herbs with which you intend to work, taking into account your own ancestral traditions and the nature of the land where you find yourself living.

Whatever your connection to herbs, and whether or not you are a formally trained medical herbalist, I welcome you most warmly to this tour of my dispensary. Herbs are for everyone. I am keen to show you the herbs that I share my life and work with. I hope that by sharing their stories and some of the stories that they and I have created together, I will be able to convey their individuality and the ways that we, as herbalists, can work with them in a spirit of respect and appreciation.



Part Two

THE HERBS



5

Introducing the herbs

This book is about understanding and respecting herbs as individuals. In my description of each herb, I discuss physiological actions, energetic characteristics, and emotional aspects where these apply. I also unashamedly include historical information, since, in many cases, historical sources point towards valid therapeutic strategies that have now fallen out of favour. I have added some informal anonymized case studies from my clinic in order to illustrate my way of prescribing and the way that I view herbal actions within the context of my work. Herbal medicine is about so much more than just ‘treating conditions’.

I would love to support you in your quest to build up a working herbal dispensary of your own, so I have included some herbal recipes. These recipes are for products aimed at acute conditions or general health support. I have chosen them very carefully so that they are a helpful addition to the home apothecary and will help to deepen your own relationship with herbs. They may provide relief for chronic conditions too, but in order to properly treat the underlying cause of chronic conditions I believe patients require a much more in-depth and individual approach.

It almost goes without saying that for a safe and effective herbal treatment of patients we need to understand the different ways that good health manifests in people of differing constitutions, as well as the wide range of ways that the body and mind can behave when things are out of balance. In a time when a great many people are taking allopathic medication, we also need to accept that herbal medicine can, in some cases, interact with these medications adversely. If we are prescribing or suggesting herbs to others, it is very

important that we have the knowledge to avoid that. Medical herbalists are trained rigorously in these aspects, and each of us is bound by a solemn vow to protect life and avoid harm. We are taught to spot dangerous symptoms, and we know when to advise a patient to take a dramatically different course of action from the one that they are expecting from us. If you are in any doubt about how to work with herbs in your own or your family's situation, please, take advice from a professional. This plea is not motivated by a disrespect of those with genuine experience or a heartfelt connection with herbs, or, for that matter, a wish to 'generate more business' for medical herbalists. It is offered with the intention of keeping people safe, reducing the suffering of those who are unwell, and helping herbs to do their work most effectively. We all need to recognize our limitations, medical herbalists included, and patient safety must come first.

Agrimony 🌿 *Agrimonia eupatoria*

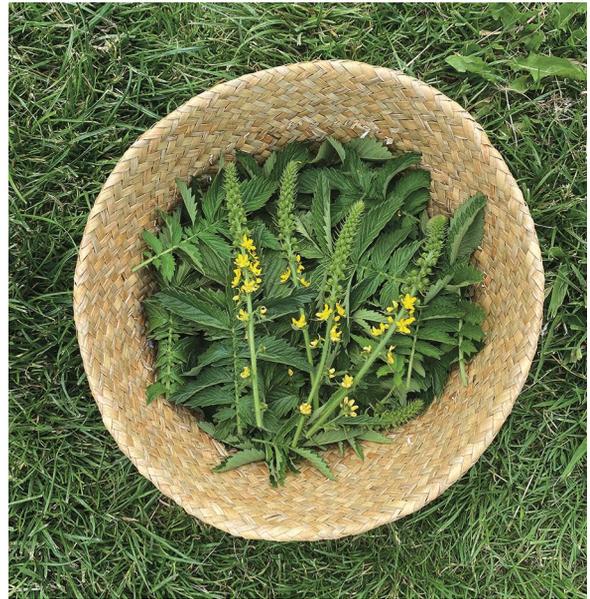
'Agrimony encourages us to reset the balance between tension and relaxation in our bodies.'

I deliberately do not have 'favourite' herbs, because I respect and love all of the herbs that I work with, but if I had to choose a dozen, Agrimony would definitely be included. Before it flowers, Agrimony is a mass of gentle, lemony fragrant, calming leaves. It exudes relaxation. When it flowers, it seems tall and tense and spiky. It bears numerous seed heads, which cling to your clothes and hair. It is almost as though it has an attention-seeking, tense side. If this is the case, I fully embrace both of its aspects, although I prefer to harvest the leaves early in the season when the yield is more abundant and the stalks are easier to cut.

Agrimony was named after King Mithridates VI Eupator because of his interest in herbs. He was especially fond of Agrimony as an eye treatment. The generic name 'Agrimonia' comes from the Greek word '*argemone*', which means cataract. Its folk names – 'Church Steeples', 'Cocklebur', 'Garclife' (meaning 'Spear Cleavers' in Anglo-Saxon) – refer to its growth habit.

Its slightly lemony fragrant scent reveals Agrimony's relaxing and calming qualities. The aromatics responsible for this are cleverly packaged with gentle bitterness and astringency, making it also very helpful for toning tissues that have become too relaxed or inflamed. This combination of a calming, relaxing influence with a toning and tightening action is a very valuable attribute.

When I dry Agrimony for prescribing throughout the year, it is reassuring to know that the lemony scent is captured fully. This is very obvious when you open the storage box. I have never noticed the same when smelling Agrimony from large-scale production, but, to



be fair, I do not buy it in these days, and it seems rude when visiting herbal friends to ask if I can sniff their Agrimony!

Agrimony leaps out, asking to be included in prescriptions for patients who 'put on a brave face', who 'hide their worries behind a happy countenance', and who drive their tension deep inside their body, so that the surface seems relaxed and calm. They also invariably hold their breath when they are in pain. Another sign that Agrimony is needed is when people are addicted to activities that get their adrenaline flowing or that they can indulge in to excess. These people may like driving too fast, doing extreme sports, drinking too much, or partying hard. They have the ability to hold everything in and keep control, but every so often they need a release valve. Agrimony is ideal for them, because it balances tension and relaxation.

When people are hiding their tension, it tends to accumulate in the digestive tract, gradually eroding efficient digestion and causing poor absorption and the start of irritations, inflammation, and leaky gut, for example. You cannot digest food – or emotions, for that matter – if your gut and liver are too tense.

Medicinal parts

- Aerial parts

Physiological actions

Summary

- Hepatic
- Antispasmodic
- Astringent
- Bitter
- Diuretic
- Anti-inflammatory
- Vulnerary
- Antimicrobial

Physiological virtues

Agrimony is most often described primarily as an hepatic herb, recommended for chronic liver disease, cholecystitis, and to increase the secretion of bile in general. It does have some bitterness that helps to stimulate the production of bile through the taste reflex and through its action on bitter receptors in the gut. That is by no means the whole story though. This herb helps liver function in quite a different way from traditional liver/gallbladder herbs, such as, for example, Milk Thistle, Oregon Grape, or Greater Celandine. Agrimony, especially when home-grown and small-batch-produced, is very aromatic. It smells gorgeous and lemony and is very relaxing to be around. The aromatic compounds help to relax the digestive system as well as gently relaxing the blood vessels supplying the gut and associated organs, including the liver. Livers need a good supply of blood to do

their work most efficiently, and those who are chronically tense may be causing this flow to be lessened. We can therefore see that Agrimony especially supports the liver through its ability to relax tension. This has wide implications in relieving digestive disturbances, blood-sugar imbalances, poor fat digestion, jaundice, and cyclical hormonal symptoms such as premenstrual tension, dysmenorrhea, and menorrhagia.

Agrimony is also significantly astringent, a property that means that it has, since old times, been traditionally considered an anti-inflammatory and wound-healing herb. Astringency is a quality associated with tightening and toning and is in some ways the opposite of relaxation. Alongside this toning action, Agrimony acts as an antispasmodic and anti-inflammatory within the digestive tract in general. This can be very helpful in cases of diarrhoea, malabsorption, gastritis, and irritable bowel syndrome (IBS). In this latter condition we often see alternating constipation and diarrhoea, a symptom pattern associated with periods of excessive tension and excessive relaxation. Agrimony is a master of balancing tension with relaxation, so it is not surprising that it is so helpful for those with IBS.

Consider prescribing Agrimony to a breast-feeding mother in order to gently treat diarrhoea in her baby or giving it as a cooled tea to small children with upset tummies. Agrimony's attributes as an astringent, relaxing diuretic are also excellent to support the urinary system. It helps to resolve cystitis, irritable bladder, urinary stones, and incontinence.

Just because Agrimony is so valuable as an internal treatment, we should not dismiss its powers as a topical application. It can be made into a fomentation to relieve muscle spasms and an eye wash for inflammatory problems of the eyes, such as conjunctivitis and blepharitis. As well as being healing and anti-inflammatory, it is directly antimicrobial. It is a useful choice for a

mouthwash for inflamed gums and a gargle for a sore throat. As a douche it will relieve vaginal infections. It is an excellent overall styptic and wound healer, not only due to its astringency and antimicrobial properties, but perhaps also because it has a high silica content.

Agrimony is one of those herbs that is a medicine chest in itself. It really is a remarkable herb in so many situations. It surprises me that it is not prescribed more widely by herbalists, but then I remember how different home-grown Agrimony is compared to large-scale bought-in plant material. If you grow just one medicinal herb in your garden, I would say make it Agrimony.

Like many herbs, it can thin the blood, so avoid therapeutic doses when taking anticoagulants and for a week prior to scheduled surgery.

Energetics

Agrimony is astringent, bitter, and warming. It is specific for people who like to put on a brave face, hiding their stress and worry deep inside. This is the classic British ‘stiff-upper-lip’ syndrome. We do not want to bother someone else with our troubles and prefer to keep up a pretence of all being well. This dual reality sets up a lot of tension inside the body, so much so that a release valve can be needed. Often this is achieved by the person falling prey to addictive behaviours, such as excessive drug-taking or alcohol consumption, or thrill-seeking behaviour patterns such as driving too fast or other dangerous activities that patients say ‘gives them a buzz’. This can sometimes also be manifested as an addiction to very intense exercise.

Perhaps Agrimony understands that sometimes tension is needed in order to ‘get a job done’ or to cope with adversity? If this is the case, we should see this tension as a means to an end, not a default state of being in the body. If we need excessive tension to cope with our way

of living, we really need to look at making some significant changes if we want to stay healthy.

In Tibetan medicine

Agrimony tastes astringent and bitter and has a slightly warming potency. It is quite a balanced herb in terms of its tastes, especially when grown and prepared in small batches so that its aromatic properties are properly preserved.

In my dispensary

Agrimony is a very important crop for me, because I know how superior home-grown or small-scale-produced Agrimony is compared with that from large-scale production. In small-scale production, it is possible to better preserve the aromatic constituents that provide an anti-spasmodic and warming influence to the action of the herb. This is remarkably helpful for people with nervous digestive disorders or chronic held-in tension. In the Western world this symptom picture is sadly a very common state of affairs, so I admit that I often reach for Agrimony in my prescription blends.

I like Agrimony as a topical wound treatment too. It is one of four herbs in my general all-purpose healing ointment, something that is a staple of my home apothecary or travel first-aid kit.

The following case illustrates a patient who very clearly needed Agrimony and how helpful it was to her.

‘Julia’ was 63 years old. For the last nine months she had been experiencing dry, itchy skin, and it was getting worse. She said that she had tried many different topical creams, and none of them made a difference. She also told me that, at night, the itching was always worse on the side on which she was lying. There was no visible rash, and her GP had said that it was not shingles. Julia was going through quite a stressful time in her life in general and had an elderly

relative for whom she was a main carer. She had a lot of tension and was clearly someone who had to hide it and maintain a calm exterior. She also mentioned that she had recently bought a sports car, which she loved driving very much. As quite often happens, I had already written 'Agrimony' in the margin of her notes within 10 minutes of starting the consultation.

She suffered with anxiety, her mouth and eyes were dry as well as her skin; this was probably partly due to the fact that she drank six cups of tea and only one cup of water each day. Drinking less tea and more water was therefore my first recommendation. She also suffered with alternating constipation and diarrhoea, classic symptoms of IBS, so I knew that Agrimony was indicated on a physiological level as well as an energetic one. I prescribed an individual tincture blend with Agrimony as the main herb, with Mugwort, Vervain, Blessed Thistle, Wild Oat, and Calendula as supporters. Within four weeks the itchiness had disappeared, her skin, mouth and eyes were less dry, her energy level had improved, her bowels were more stable, and her anxiety had lessened, although it was still present. She said that her nerves did not feel as 'jangly'. She continued to benefit from the tincture over the next few months and felt much more balanced and better able to cope with her ongoing stress as a result.

Historical applications

Dioscorides considered Agrimony to be a snake-bite medicine, recommending it to be made into a salve with Plantain and Bistort. Before applying the salve, the bite area was ringed with Agrimony in order to confine the poison. Agrimony was also one of the 57 herbs in the Anglo-Saxon 'Holy Salve', which was considered effective against goblins, evil, and poisons. I have always included Agrimony in my general healing salve, but I must admit that I have never

thought to mention its additional action against goblins!

John Parkinson wrote that Galen '*saith, it is of thinne parts, and hath a cleansing and cutting facility, without any manifest heate: it is also moderately drying and binding.*' He went on to say: '*It openeth the obstructions of the Liver, and clenseth it, it helpeth the jaundice, and strengthneth the inward parts, and is very beneficial to the bowels, and health their inward woundings and bruises or hurts, and qualifieth all inward distempers, that grow therein. . . . A decoction of the herbe, made with wine and drunke, is good against the sting, and bitings of Serpents.*'

He also said that Agrimony is '*good for the strangury, and helpeth them to make water. . . . It clenseth the breast, and helpeth the cough: it is accounted also a good help to ridde a quartaine as well as a tertian ague, by taking draught of the decoction warm before the fit which by altering them, will in time ridde them.*'

Dioscorides wrote that '*the leaves and seeds stayeth the bloody flixe, being taken in wine.*' . . . '*Outwardly applyed it helpeth old sores, cancers, and ulcers that are of hard curation, being stamped with old Swines grease and applyed, for it clenseth and afterwards healeth them. In the same manner also applied, it doth draw forth the thornes or splinters, nayles, or any other such thing, that is gotten into the flesh. . . . It helpeth to strengthen members that be out of joynt. It helpeth also foule impostumed eares, being bruised and applied, or the juyce dropped into them.*'

John Gerard charmingly writes that '*a decoction of the leaves is good for them that have naughty livers.*'

In the fifteenth century Agrimony was the main ingredient in '*arquebusade water*'. This formula was a staple of the battlefield medicine chest for wounds caused by an 'arquebus': a fifteenth-century long-barrelled gun. This highlights Agrimony's significant styptic action.

Nicholas Culpeper recommends it for gout, as well as all of the other applications already

mentioned. He said that it could be applied as ‘an oil or ointment or taken inwardly, in an electuary or syrup, or concremented juice’.

In his *Universal Herbal* of 1832, Thomas Green writes that Agrimony root ‘appears to possess the properties of Peruvian Bark in a very considerable degree, without manifesting any of its inconvenient qualities, and if taken in pretty large doses, either in decoction or powder, seldom fails to cure the ague’.

Magical

Agrimony is considered to banish unwanted spirits. It can be burned as incense to keep away astral intruders or added to protection sachets and spells to banish negative energies and spirits. It has the reputation of being able to break hexes (and reverse them). In the Tyrol, Agrimony was used to detect the presence of witches by being combined in an amulet with Broom, Rue, Maidenhair Fern, and Ground Ivy. It enabled the bearer to see witches or prevent them from entering the house. This way of working with Agrimony apparently continued well into the nineteenth century.

It is said that placing some Agrimony under the head will allow a person to sleep soundly. An old English medical manuscript mentions this magical property of Agrimony as follows:

*If it be leyd under mann's heed,
He shal sleepyn as he were deed:
He shal never drede ne wakyn
Till fro under hid heed it be takyn.'*

I have never tried this myself, but what I can say is that being in my clinic when the dehydrators are filled with Agrimony is a very relaxing experience and one that is much commented on by patients and visitors.

Suggestion for the home apothecary

Healing ointment

Take the following:

- » 1 part dried Agrimony aerial parts
- » 1 part dried Calendula flowers
- » 1 part dried Comfrey leaves
- » 1 part dried Lavender flowers

Add to a slow cooker and cover with mild and light olive oil, warming it very gently over a few days, in the way described for Horse Chestnut. Once the oil is ready, strain it, and measure the volume. Rewarm it gently in a double boiler, adding 1 g of beeswax for each 7 ml of infused oil. Pour the oil and melted wax mixture into a jug, and immediately fill clean dry jars with it. Wait for the ointment to set before picking the jars up to lid them.

This ointment is a staple in my clinic as well as in my home medicine chest. It is perfect for cuts, scrapes, burns, itchy rashes, blisters, sunburn, spots, insect bites, and stings. It is also very effective for bruising or painful swollen smaller joints such as bunions. It even works for warts.



A BEAUTIFULLY ILLUSTRATED GUIDE ON HOW TO UNDERSTAND AND ENGAGE WITH MEDICINAL HERBS

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Karen Stone, founder of the Arura Healing Centre and practitioner of Traditional Tibetan Medicine.

Lucy Jones is a qualified medical herbalist and founder of Myrobalan Clinic, a busy high street practice in Somerset, UK. Prior to qualifying in western herbalism, she earned two degrees from the University of Oxford and studied Tibetan Medicine with the great master Khenpo Troru Tsenam. She grows and processes most of her own herbs and is the author of *Self Sufficient Herbalism*.

