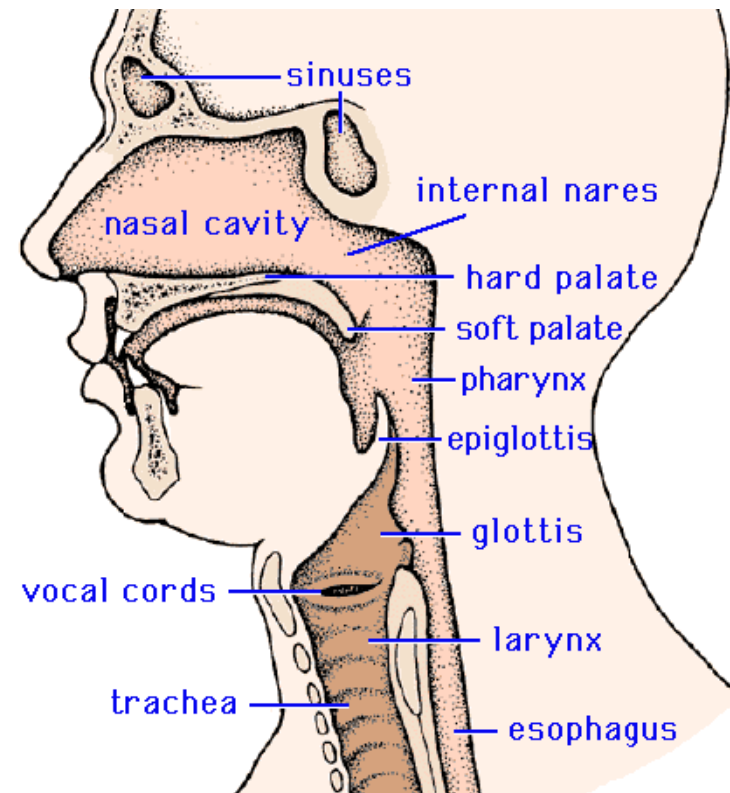


Herbs to Strengthen and Heal the Respiratory System

Upper vs. Lower Respiratory System

–Upper

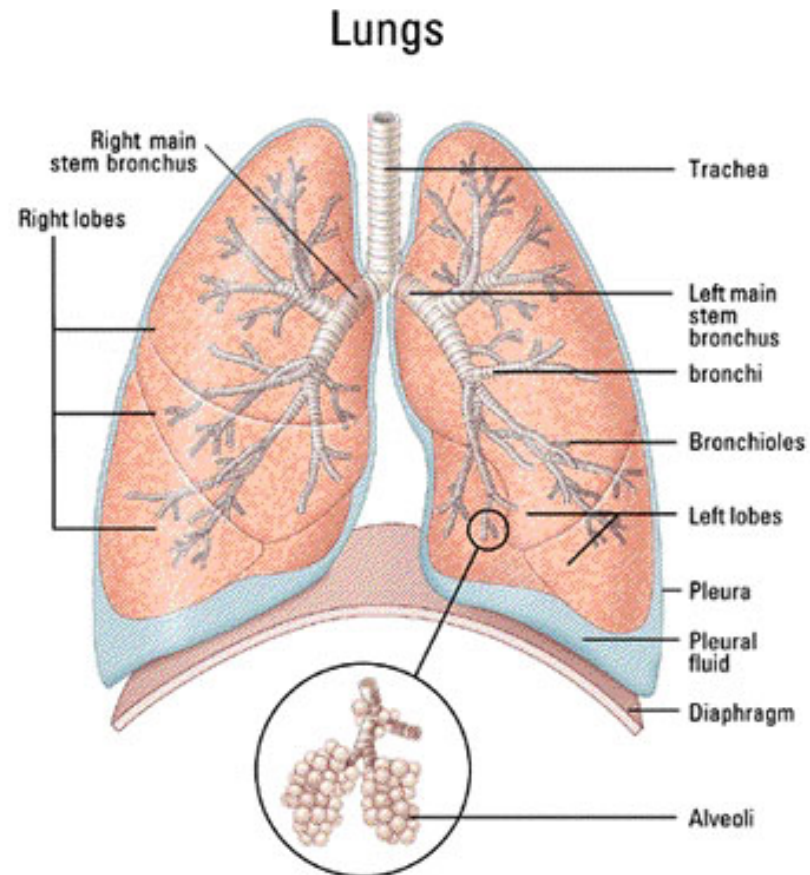
- Sinuses (frontal, maxillary, ethmoid, sphenoid)
- Mouth
 - Hard palate
 - Soft palate
- Nasal Cavity
 - Nares
- Pharynx
 - Epiglottis
 - Glottis
- Larynx
- Trachea
- Esophagus

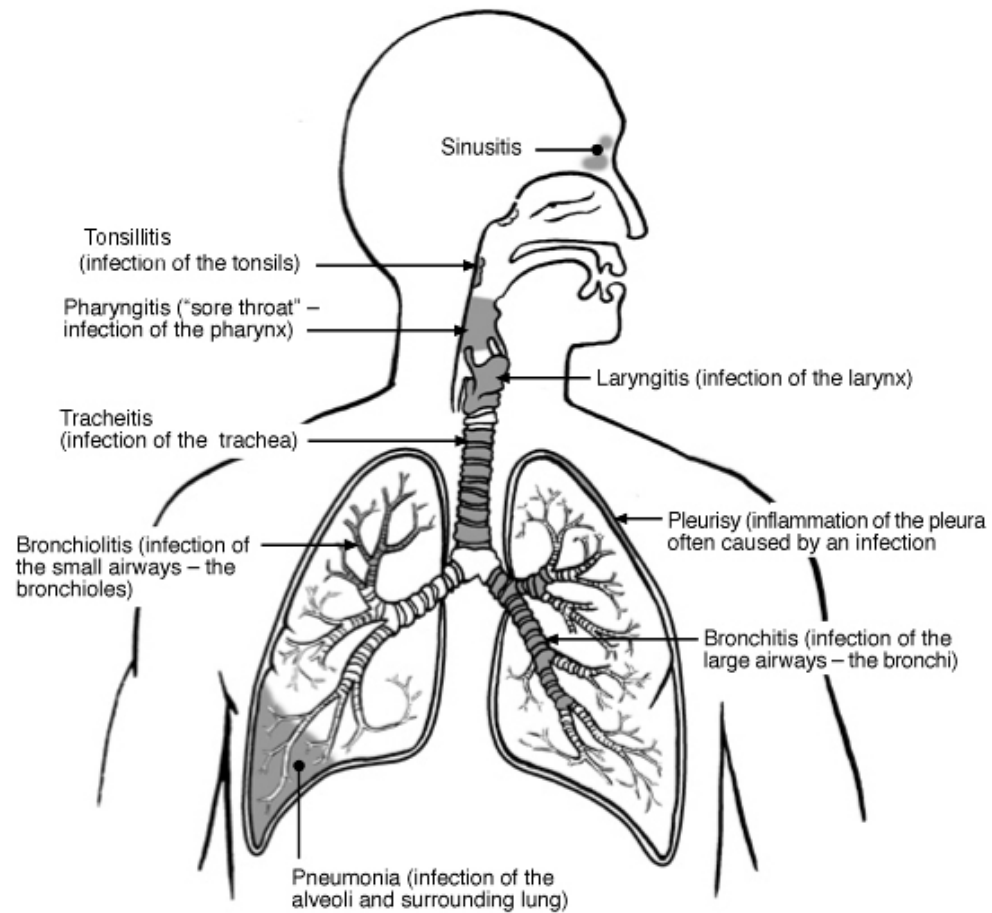


Upper vs. Lower Respiratory System

–Lower

- Trachea
- Lungs
 - Right Lobes (3)
 - Left Lobes (2)
- Bronchi
- Bronchioles
- Alveoli
- Pleura
- Pleural fluid
- Diaphragm





Infections of the respiratory tract

– Goals (Vary depending on illness/injury)

- Soothe & protect mucous membranes (mucous membrane vulnerary)
- Regulate mucous production (increase or decrease)
- Provide anti-infective (anti-viral, anti-bacterial, etc.) support
- Support immune system
- Increase expectoration
 - Relaxing
 - Stimulating
- Reduce smooth muscle spasms

Mucous Membrane Vulneraries

- *Althea officinalis*
- *Plantago spp.*
- *Stellaria media*
- *Glycyrrhiza glabra*
- *Viola spp.*
- *Ulmus spp.*

Mucous Production Regulation

- *Solidago spp.*
- *Trifolium pratense*
- *Hydrastis canadensis (extremely drying)*
- *Sambucus nigra*
- *Trigonella foenum-graecum*
- *Rhus microphylla*

Immune System Support

- *Eupatorium perfoliatum*
- *Astragalus membranaceus*
- *Echinacea spp.*
- *Inula helenium*
- *Eleuthero senticosus*
- *Reishi & Shiitake Mushroom*
- *Gallium aparine* ⁴
- *Ceanothus spp.*

Anti-infective Respiratory Herbs

- *Asclepius tuberosa & asperula*
- *Echinacea*
- *Rosmarinus officinalis*
- *Allium sativa*
- *Inula helenium*
- *Juniperus spp.*
- *Larrea spp.*
- *Hydrastis canadensis/Berberis trifoliolata*
- *Usnea spp.*
- *Commifora molmol*

Spasmolytics

- *Prunus serotina*
- *Grindelia spp.*
- *Scutellaria spp.*
- *Lobelia inflata*
- *Garrya lindheimeri*

Expectorants

– Stimulating

- *Lobelia inflata*
- *Marrubium vulgare*
- *Inula helenium*
- *Hysoppis officinalis*
- *Ligusticum porteri*

– Relaxing

- *Asclepius tuberosa/asperula*
- *Lobelia inflata*
- *Verbascum thapsus*
- *Marrubium vulgare*
- *Usnea thallus*
- *Glycyrrhiza glabra*
- *Plantago spp.*
- *Althea officinalis*
- *Grindelia spp.*

Materia Medica

Plant	Part Used	Energetics of the Herb	Indications → Illness Energetic Paradigm for which this herb would best be used	Examples of disease processes that would fall into this Illness Paradigm and/or Herb Actions	Contraindications
Pleurisy <i>Asclepius tuberosa</i>	Root	Cold, Dry, Relaxing, moistening	Lung heat (hot, dry skin, fever), lung tension (spasmodic coughing)	Bronchial irritation, dry cough, spasmodic coughing & asthma, constricted airways (asthma), pleuritis, dry asthma, acute lung edema, bronchodilator	Pregnancy (uterine stimulant)
Antelope Horns <i>Asclepius asperula</i>	Root	Cold, Dry, Relaxing	Lung heat (hot, dry skin, fever), lung tension (spasmodic coughing)	Bronchial irritation, dry cough, spasmodic coughing & asthma, constricted airways (asthma), pleuritis, dry asthma, acute lung edema, bronchodilator	Pregnancy (uterine stimulant)
Horehound <i>Marrubium vulgare</i>	Aerial Parts	Cool, restoring, relaxing, stimulating, neutral-damp	Lung wind-heat (painful swollen throat, hoarseness, mucous, fever), Lung phlegm-heat/damp (productive coughing, congestive wheezing)	Expectoration, respiratory amphoteric, chronic cough, bronchitis, TB, Sinusitis (head colds, catarrh), fever, laryngitis (dry throat, hoarseness), mucostatic	Caution with excessive doses (huge amounts) – can cause delirium, restlessness, dry mouth, heart palpitations
Wild Cherry <i>Prunus serotina</i>	Bark	Cool, dry, relaxing, restoring	Deficiencies, empty heat, stress- or illness-induced fatigue	Antitussive (any type of cough), respiratory relaxation, spasmodic asthma, whooping cough, convalescence	Use with caution (limited amounts) during pregnancy (teratogenic)
Cedar Elm (Slippery Elm) <i>Ulmus spp.</i>	Bark	Moistening, cooling	Dry heat	Mucosal vulnerary, moistening	None Known
Silktassel <i>Garrya spp.</i>	Whole Plant	Relaxing, restoring	Spasmodic tension (smooth muscle)	Anti-spasmodic, smooth muscle relaxant	Medium Toxicity, use with caution during pregnancy, use short term and in formula only

Juniper <i>Juniperus spp.</i>	Berries, Needles	Heating, astringing	Damp or toxic heat	Anti-microbial, anti-bacterial, bronchodilator, excreted through lungs	May exacerbate kidney infection or illness (especially certain species – <i>communis</i> species is probably the safest and mildest of all)
Passion Flower <i>Passiflora spp.</i>	Aerial Parts	Relaxing, softening	Spasmodic tension	Smooth muscle relaxant	Contraindicated during pregnancy. May exacerbate blood thinners, short term and formula use only.
Prickly Pear <i>Opuntia spp.</i>	Flowers	Moistening, softening	Dry, heat	Superb Mucosal vulnerary	None Known
Mullein <i>Verbascum thapsus</i>	Leaf (for respiratory)	Moistening, softening, drying	Wind/Damp/Dry	Respiratory amphoteric	None Known
Stillingia <i>Stillingia texana</i>	Root	Cool, dry, stimulating, softening	Wind/damp - both altering and draining	Immune/Lymph stimulant, bronchitis, cough, laryngitis	Contraindicated during pregnancy, medium toxicity. Short-term use only, preferably in formula
Mallows <i>Althea off., Malva spp.</i>	Root	Moistening, softening, cooling	Heat, Wind, Dryness	Mucosal vulnerary, mucogenic	None Known
<i>Sida spp</i>	Whole Plant	Moist, cool, relaxing	Toxic and dry heat	Bacterial respiratory infections – bronchitis to pneumonia, Bronchitis with wheezing, Bronchial irritation, dry cough, spasmodic coughing, constricted airways (asthma)	Contains some (small) amounts of ephedrine in roots, should be cautious about giving along with pharmaceuticals that have same effect. Hypoglycemic and might affect medications for diabetes – monitor blood sugar levels

Huisache/Mesquite <i>Acacia farnesiana</i> <i>Gladulosa prosopis</i>	Root bark (mucilaginous) Leaf (astringent)	Cool, moist Astringent		Mucosal vulnerary	None Known
Licorice <i>Glycyrrhiza glabra</i>	Root	Neutral, moist, restoring, nourishing, relaxing, calming	Lung dryness, phlegm dryness, nutrient deficiency/absorption	Moisten mucous membrane, revitalize, respiratory cough with infections, non-productive coughs, convalescence/fatigue	Avoid in adrenal-related hypertension, water retention, DGL for those with hypersensitivity to licorice
Lobelia <i>Lobelia inflata</i>	Aerial Parts/Seeds	Warm, also cooling potential, relaxing, regulating, stimulating, restoring	Both excess and deficient conditions	Relaxing and stimulating expectorant, anti-microbial, lymph stimulating, spasmodic coughing, smooth muscle relaxant, pneumonia, bronchitis with dry, harsh cough	Watch for signs of overdose – nausea, mental confusion, weakness, salivation, diarrhea
Grindelia <i>Grindelia spp.</i>	Aerial Parts	Stimulating, relaxing, decongesting, cool, moist	Dry heat (wind heat) – dry cough, respiratory infections	Wheezing, harsh/dry, spasmodic coughing, asthma, bronchitis, whooping cough, nonproductive cough, draining diuretic, bronchodilator and expectorant	Best used in formula. Caution with kidney weakness or kidney disease
Plantain <i>Plantago spp.</i>	Leaves	Restoring, drawing, astringing	Dry or wet heat	URI, productive or non- productive cough, mucosal vulnerary	None Known
Elecampane <i>Inula helenium</i>	Root	Stimulating, drying	Damp or toxic heat	Wet cough, URI	Pregnancy
Prickly Ash <i>Zanthoxylum spp.</i>	Berries, bark, root bark	Stimulating, hot, dispersing, restoring	Damp Cold, Weakness, Obstruction	Mouth, throat, sinus, infections, viral or bacterial upper respiratory infection, Carrier herb & lymph mover, TB	Heat conditions
Salvia/Monarda <i>Monarda fistulosa</i>	Aerial parts	Cool, Dry, Relaxing, Restoring	Wet heat, phlegm-damp (continuous sputum and congestive wheezing)	Mouth, throat, sinus infections, viral or bacterial upper respiratory infection, wheezing	Use with caution during pregnancy

				and constricted chest, excessive sweating, mucolytic expectorant, mucosal vulnerary	
Echinacea <i>Echinacea augustifolia, purpurea</i>	Whole plant	Stimulating, cool, dry	Toxic heat, Damp Heat, fluid congestion (lymph)	Mouth, throat, sinus infections, viral or bacterial upper respiratory infection, immune stimulant	Very stimulating – can (rarely) cause minor dizziness, nausea, gastric upset, minor throat pain in people who are overly sensitive to it.
Spilanthes <i>Spilanthes acmella</i>	Aerial parts	Warm, Stimulating, Drying	Damp Cold,	Mouth, throat, sinus, lymph infections, viral or bacterial upper respiratory infection	
Bugleweed <i>Lycopus americanus</i>	Aerial parts	Cool, Dry, Relaxing	Empty heat (hot spells, fever, irritability, insomnia)	Chronic cough, dry cough, blood-tinged sputum, hyperthyroid heat, TB, fatigue, low-grade fever, irritability, anxiety, asthma	Hypothyroidism, avoid during pregnancy & lactation
Butterbur <i>Petasites hybridus</i>	Root	Eliminating, Dry, Warm, Stimulating, Relaxing	Spasmodic tension, damp, cold	Bronchitis (acute and chronic), tight chest, asthma,	Contraindicated during pregnancy and breastfeeding, use in formula preferred (or dropwise if alone), don't use continuously more than 3 or 4 weeks w/o a break
Ginger <i>Zingiber officinalis</i>	Root	Heating, Stimulating, Drying, eliminating	Cold, Damp	Acute bronchitis, acute, intermittent muscle aches & pains, expectorating whitish sputum	Use with care in hot/dry conditions, use with care in early pregnancy (ok for morning sickness if careful)
Chamomile <i>Matricaria recutita</i>	Flower	Cooling, Relaxing, Drying	Hot, tense, damp, respiratory, phlegm-heat	Acute rhinitis, asthma, bronchitis	Use with care if by itself during pregnancy

Hops <i>Humulus lupulus</i>	Flower	Cooling, Relaxing, Drying	Hot, tense, damp	Nervous, irritable cough, spasmodic cough, asthma, wheezing, anxiety, insomnia	Use with care and preferably in a formula during pregnancy. Don't combine with sedatives (pharmaceutical). Use with care with anyone who is dealing with depression.
Elder (flower) <i>Sambucus spp.</i> (esp. <i>nigra</i>)	Flower, Berry, Bark, Root, Leaf	Cooling, stimulating, decongesting, softening, dissolving	Phlegm heat, mucous (esp. colored), damp or dry	Rutin & Quercetin (allergy & inflammation), Acute upper and lower respiratory infections with heat (fever), catarrh (mucostatic), bronchial congestion, bronchitis, bronchial asthma, rhinitis, sinusitis, wheezing, full cough	None Known
Goldenseal <i>Hydrastis canadensis</i>	Root	Decongesting, astringing, drying, tonifying	Wet phlegm, phlegm heat, mucous	Rhinitis, over-mucousy	Pregnancy, hypertension
Yerba Mansa <i>Anemopsis californica</i>	Root	Decongesting, astringing, drying, tonifying	Wet phlegm, phlegm heat, mucous	Rhinitis, over-mucousy, cough	None Known
Yerba Santa <i>Eriodictyon californicum</i>	Aerial Parts	Decongesting, warming, drying,	Wet phlegm, phlegm cold, mucous	Shortness of breath & dyspnea, rhinitis, wet cough, rhinitis	None Known