

Plantain

Plantago lanceolata

Leaves, root, seeds

Nutritive Vulnerary

Blood/Liver/GI/Skin

Astringent Demulcent Alterative



by Prashanti de Jager ©2013
for many more insights into Plantain read
[Aushadhi: Guide to High Himalayan Herbs](#)

As a wound-healing blood-stopping first-aid poultice herb I am sure we used plantain 50,000 years ago with 10,000 year-old evidence of this in Norway. Not to be confused with Plantain the banana, this is a little herb species you see around the world, famous for its ability to suppress coughs as well as to heal wounds. It is also a great herb to alleviate poisoning and munching its roots will mitigate tooth pain like clove does, but watch out as chewing it may also give you an aversion to Tobacco.

Names & Etymology

Plantain: sole of foot (shaped leaves)
Plantago: sole of foot (shaped leaves)
Lanceolata: (leaves are) lance shaped
Jungli Isabgol: wild (seeds are) tiny orbs
Snigdhajira: (the seeds are) mucilaginous

Dosha & Energetics

Rasa (taste): astringent, bitter
Virya (strength): cooling
Vipaka (metabolites): cooling
Dosha (constitutions): V= P= K-
Prabhava (Power) Blood/Poison

PhytoChemistry

Bitter anti-herivore Phenylethanoid iridoid glycosides: aucubin and catalpol; flavonoids such as aspigenin, scutellarin, phenylethanoid glycoside; epidermal growth factors

Actions

Bitter, Astringent, Vulnerary, Styptic, Hemostatic, Demulcent, Analgesic, Deobstruent, Antibacterial, Antivenom, Anti-itch, Antimicrobial, Anti-inflammatory, Anti-histamine

Indications

Bleeding (inside or out), Poison, Wounds, Bruises, Splinters, Bites, Snakebite, Rashes, Itch, Sores, Burns, Pain, Eye Irritation, Inflammation, Fever, Throat, Coughs, Asthma

Which Plantain is Superior?

Himalayan Plantain is a great herb, and as it's a World herb, I recommend you grow/harvest Plantain wherever you are, in your own garden, yard, or forest. People need closer contact to herbs and Plantain, Burdock and Nettle are great to start with.