

The Traditional Use of Herbs

ANISE (Pimpinella anisum) - An important remedy for all digestive ailments including colic. Especially good for young animals.

ARCTIC ROOT (Rhodiola rosea) – Traditional used to improve blood circulation to the muscles and brain, has been known to reduce stress-induced damage to the heart.

BEARBERRY (Arctostaphylos uva-ursi) Also known as Uva Ursi, and closely related to the cranberry and blueberry, it is actually the uva ursi leaves which are known for their effectiveness in treating both acute and chronic infections and inflammation within the urinary tract. Uva ursi has been successfully used to alleviate cystitis (inflammation of the bladder), and is also applied to cases of urinary calculi (stones). The urinary antiseptic properties of uva ursi are attributed to a number of phytochemicals within it, most notably arbutin, which fight bacteria, encourage excretion and reduce inflammation.

BORAGE (Borago officinalis) – Herds are driven far to pasture upon borage because of its tonic properties, used in heart ailments, rickets, and chest ailments.

BILBERRY (Vaccinium myrtillus) – A remedy for all throat ailments and important nerve tonic. The fruits are sought by all wild animals.

BURDOCK (Arctium lappa) – Good blood cleanser, one of the herbalists favourites. Also used for rheumatism and cough.

CELERY (Apium graveolens) – A very good herb which improves fluid circulation, assist in the balance of horses suffering from excess acidity in the tissues.

CHAMOMILE (matricaria recutita) – A famed blood cleanser and pain reducer. Used in female complaints.

CHICKWEED (Stellaria media) – One of the few readily edible herbs containing a richness of copper. It is a highly tonic food for the digestive system, and a remedy for stomach ailments.

CHICORY (Cichorium intybus) – Known as a very powerful nerve aid, is used for liver weakness, jaundice and as a treatment for debility, including weak or failing appetite.

CLEAVERS (Galium aparine) – An excellent blood purifier, is used in the treatment of abscesses and tumours. Can be made into a paste to cure grease in horses.

CLOVER – (Trifolium pratense) – Contains iron and copper salts which makes it a vital blood tonic. Helps improve the bloods haemoglobin levels and the size and number of blood platelets if taken over a period of time.

COMFREY (Symphytum officinale) – Once widely cultivated as a fodder plant.. This herb is famed for its peculiar powers upon the bones and ligaments. Helps with internal haemorrhages, Encourages the natural healing process and the formation of new bone cells.

COUCH GRASS (Agropyrum repens) – One of the most important herbs for the urinary system, increasing flow of urine. A treatment for all Bladder and kidney ailments, gravel and stone.

DANDELION (Taraxacum officinale) – The great Arabian physician and herbalist, Avicenna praised the dandelion highly, The herb is blood cleansing and has an important effect on the hepatic system, used for the treatment of sluggish blood flow, weak arteries and liver complaints.

DEVILS CLAW (Harpagophytum procumbens) – Known for its use as a anti-inflammatory (including the inflammation associated with osteoarthritis and rheumatoid arthritis), is also effective in relieving pain associated with tendonitis. Tests in Germany have shown the painkilling and anti-inflammatory effects to be comparable to cortisone and phenylbutazone.

ECHINACEA (Echinacea angustifolia) – A good antiseptic herb, an excellent remedy for bacterial and viral infections, also known to increase the number of lymphocytes (white blood cells).

ELDER (Sambucus nigra) – Used as a treatment for gastric, hepatic and pulmonary ailments. Juice of the berries, mixed with honey, is a very good cough remedy for humans and horses.

ELM (Ulmus rubra) – Provides a most nutritious gruel which also possesses medicinal properties, acting as a poultice both internally and externally. Used for digestive complaints, including ulcers. Invaluable for cure of scouring.

EYEBRIGHT (Euphrasia officinalis) – The high potassium and sulphur content of the plant makes it valuable treatment of gastric ailments, especially insufficiency of gastric juices. Can be used for weak and inflamed eyes conjunctivitis and ulcers.

FENNEL (*Foeniculum vulgare*) – Treatment for Gastric ailments, including colic and severe inflammation of the bowels, fevers cramps and worms. Seeds (added to teas) cure indigestion.

FENUGREEK (*Trigonella foenum-graecum*) – Assists with cholesterol metabolism. Used to treat fevers, bronchitis and chest disorders acts to dissolve mucous congestion.

FEVERFEW (*Matricaria parthenium*) – treatment for all female irregularities, inflamed or weak uterus and uterine and vaginal ulcers.

GENTIAN (*Gentiana lutea*) – The Arabs value this herb highly in treatment of malaria in cattle. Uses for treatment of digestive weakness, vomiting, nervous ailments. To improve appetite of poor feeders.

GINKO BILOBA (maidenhair leaf) – Helps widen blood vessels, increases blood flow with extra oxygen.

GOLDEN ROD (*Solidago virgaurea*) – A powerful digestive aid, treatment of jaundice, kidney ailments Used externally and internally to induce perspiration. Externally for wounds, to stop bleeding; cleansing gangrenous condition.

HAWTHORN (*crataegus oxycantha*) – Excellent for a weak heart as it is one of the best heart tonics known for its cardiotoxic, sedative and hypotensive activities. It increases the muscular action of the heart.

HOREHOUND (*Marrubium vulgare*) – Highly expectorant used to treat coughs pneumonia, pleurisy, bronchitis, atrophy of the lungs.

HORSETAIL (*Equisetum arvense*) – Is recommended in anaemia and general debility, also know to assist in healing internal wounds of the bowel.

HYDRANGEA (*hydrangea arborescens*) – It is a mild and soothing remedy for urinary ailments, a favourite of the American Cherokee Indian. Treatment of bladder and kidney ailments, for removal of stones.

HYSSOP (*hyssopus officinalis*) – an important herb in pectoral complaints, because it both removes mucus accumulations and also tones up the membranes.

JUNIPER (*Juniperus communis*) – Beneficial for the whole urinary system, kidney, bladder and urinary passages.

LADY'S-MANTLE (*Alchemilla vulgaris*) – Horses, goats and sheep seek out the herb. The plant is tonic, an important fortifier of the blood and the walls of the arteries also known amongst the gypsies as an after tonic in the treatment of colic. Other uses include lack of appetite, weak blood, all weaknesses of the arteries.

LILLY OF THE VALLEY (*Convallaris majalis*) – The flower is used for all heart disorders improving its condition, treatment of cardiac debility, all vulvar heart ailments, high blood pressure, rapid pulse. inflamed bowels and mild fevers.

LICORICE (*Glycyrrhiza glabra*) – the root possess unique pectoral and emollient properties; it is also nutritive and slightly laxative. Used in the treatment of cough, inflamed throat , pneumonia, pleurisy and all catarrhal conditions.

MARSHMALLOW (*Althea officinallis*) – The leaves heal internally, especially inflammation of the stomach and bowels. The roots crushed or pulverised, make an important poultice for relief of all inflammatory conditions and are an acclaimed prevention of mortification.

MARIGOLD (*Calendula officinalis*) – The flowers are a tonic and a good heart medicine. They possess important restorative powers over the arteries and veins, and thus are much fed by the Arabs to their racing horses.

MARJORAM (*Origanium vulgare*) – This plant has the enviable reputation amongst the herbs of assisting all aches and pains. Used as a treatment for colic, catarrh of the stomach and nervous ailments.

MINT (*Mentha piperita*) – It is an important aphrodisiac tonic for male animals, especially effective for bulls and stallions. Is used as a treatment for head pains, gastritis, hyperacidity, vomiting, colic. Inflammation of the liver.

MISTLETOE (*Viscum album*) – This is a parasitical plant.Used for the treatment of nervous ailments, epilepsy, hysteria, chorea. Joint ailments.

NETTLE (*Urtica dioica*) – It is one of the richest sources of chlorophyll in the vegetable kingdom. The herb is excellent forage for horses and cattle being very rich in minerals such as iron, lime, sodium and chlorine. Used in the treatment of wasting disease, poor appetite, blood impurities and heart diseases.

PARSLEY (*Petroselinum crispum*) – The plant yields Apiol, which possesses carminative properties. This substance is important in all

PLANTAIN (*Plantago major*) – Has a soothing and antibacterial effect and is beneficial for all disorders of the respiratory organs.

RASPBERRY (*Rubus idaeus*) – The foliage possess a very active principle called fragrine, which exert a powerful influence on the muscles of the pelvic girdle. Is widely used as a prevention of female ailments, retained afterbirth.

ROSEHIP (*Rosa Canina*) – Known to have a high vitamin C content, as well as a vast array of other minerals and vitamins. A good tonic for stress, promotes strong healthy hoof growth.

RUE (*Ruta graveolens*) – The essential principal of the plant is Rutin, which possesses most potent powers, strengthening weakened blood-vessels, toning the nerves and glands, and imparting hardness to the bones, teeth and nails. It is a highly antiseptic herb.

SAGE (*Salvia officinalis*) – Used for the treatment of nerve debility, paralysis. All gastric ailments, obesity and female ailments.

ST JOHNS WORT (*Hypericum perforatum*) – One of natures best herbs for the whole nervous system and has much medical attention and recognition. It has traditionally been used to treat depression, neuralgia, anxiety, tension, neuralgic pain.

SHEPHERDS PURSE (*Capsella bursa pastoris*) – Possesses important astringent properties. Used in treatment of haemorrhages, internal and external, profuse bleeding of deep wounds, kidney ailments, general debility.

THYME (*Thymus vulgaris*) – The whole herb is highly tonic and antiseptic, is used in treatment of all digestive complaints, including colic, inflammation of the liver, nervous indigestion.

VALERIAN (*Valeriana officinalis*) – The medicinal properties are powerfully nervine and sedative without being narcotic.

VERVAIN (*verbena officinalis*) – Is valuable in all types of fever, also nervous disorders and eye ailments. Renowned as a plague remedy in ancient times.

VIOLET (*Viola odorata*) – The flower and leaves are expectorant and antiseptic; used internally for treatment of tumours, swollen glands, boils, inflammations of the liver.

WATERCRESS (*Nasturtium officinale*) – Very rich in minerals, and provides an effective cure for anaemia. A very good blood herb, and should be made available to all animals.

WILLOW (*Salix alba*) – Contains salicin which makes it effective as a pain killer, a valuable treatment of intestinal inflammations.

WITCH HAZEL (*hamamelis virginica*) – It is another of the sacred herbs of the Red Indians, Is used in cases of stomach and intestinal ulcers, also used externally on wounds, bruises, ulcers.

WOOD BETONY – (*Betonica officinalis*) – The herb is soothing to the animal body, being warming and resolvent, It is of much benefit in the treatment of digestive disturbances and rheumatism. Used in the treatment of gastritis, acidity, glandular deficiency.

WORMWOOD (*Artemisia absinthium*) – The foliage is eaten by horses, cows and sheep. It protects against contagious disease and plagues. Used in the treatment of gastritis, gastric ulcers, acidity.

YARROW (*Achillea millefolium*) – A famed wound herb, for staunching excess bleeding, also known as a febrifuge opening the skin pores and inducing perspiration.