



THE ART OF NATURAL FOREST PRACTICE

Medicinal Herbs found in the woodlands of Wales

(NEW ON WEBSITE - AUG 09)

CREATIVE OBSERVING

MY EXPERIENCE IS BASED ON OBSERVATION MADE FIRST-HAND IN WOODLAND AND FOREST
I HAVE RELIED ON THIS IN ASSESSING THE RELEVANCE OF OTHER INFORMATION SOURCES.

This list provides some indication of the richness and diversity of medicinal herbs found in our woodlands in common use up to 50 to a 100 years ago and forms an intriguing window on how they were much more broadly productive than we realise today.

This is not a guide to the formulation of medicinal herbs and

**YOU SHOULD NOT TO ATTEMPT TO TREAT ANY ILLNESS YOURSELF USING HERBS
BUT RATHER SEEK EXPERT GUIDANCE.**

For information about qualified medical herbalists in your local area,
please contact http://www.nimh.org.uk/find_herbalist

Archangel, Yellow - *Lamium galeobdo*

Used externally. Crushed leaves used to staunch bleeding and to reduce inflammation. Dried leaves made into tea to treat flu type illnesses.

Betony - *Stachys Officinalis*

Crushed leaves made into a poultice to stop bleeding, and to speed up the healing of wounds. Made into a "tea" the herb eased migraine, headaches and indigestion.

Bluebell - *Hyacinthoides Non-SC*

Bulb, dried and powdered, diuretic and stops haemorrhages.

Bramble - *Rubus Fruticosus*

Leaves used as an astringent and tonic. As a treatment for "the runs". Used as a poultice to treat burns, swellings and ulcers. Leaves used as a tea can ease Gout.

Broom - *Cytisus Scoparius*

Mainly used for heart and circulatory complaints. Culpeper recommends it for "dropsy, gout, sciatica and pains of the hips and joints"

Burdock, Lesser - *Arctium Minus*

Dried roots powdered, taken in a drink as a blood purifier, to prevent colds and flu and stimulate perspiration in fevers. Fresh leaves applied externally as a poultice to bruises, ulcers and swelling.

Colt's Foot - *Tussilago farfare*

Used to treat coughs, made into syrup.



Medicinal herbs in summer at Coed Nant Gain

- Daisy** - ***Bellis Perennis***
Used in Ointments to heal wounds and bruises
- Dandelion** ***Taraxacum agg.***
Diuretic
- Dock (Broad Leaved)** ***Rumex obtusifolius***
- Dock (Wood)** ***Rumex sanguineus***
Mainly used to treat skin complaints, liver disorders and respiratory problems. Fresh leaves ease the stinging sensation from nettles
- Fat Hen** - ***Chenopodium Album***
Made into ointment to treat skin complaints
- Figwort** ***Scrophularia nodosa***
Used for piles, applied externally. Used for sores, ulcers, minor wounds and skin infections.
- Foxglove** ***Digitalis purpurea***
Diuretic and Heart Tonic – Use under medical supervision ONLY
- Groundsel** ***Senecio vulgaris***
Poultice to treat inflammation & gout. Juice is strongly diuretic and “should be taken in wine” Culpeper.
- Harebell** ***Campanula rotundifolia***
Roots applied as compress to staunch bleeding
- Ivy** ***Hedera helix***
Used for coughs & colds & whooping cough – Medical supervision ONLY
- Lady's Mantle** ***Alchemilla fillicaulis***
Used for Burns.
- Wood Anemone** - ***Anemone nemorosa***
Juice is used. Mixed with beeswax for the treatment of minor burns and scalds. External use only. Plant is poisonous.
- Wild Angelica** - ***Angelica Sylvestris***
Used as a tonic, for coughs and colds. As a tea to ease digestive problems.
- Wild Basil** - ***Clinopodium Vulgare***
Washed, raw or dried as a tea to treat intestinal complaints, and to soothe the nerves.

REFERENCES:

The herbal references for the historical and traditional uses of herbs mentioned here, are précised from the book "*Brother Cadfael's Herb Garden - an illustrated companion to Medieval Plants and their uses*", by Rob Talbot and Robin Whiteman is published by Little, Brown and Co, London and dedicated to Ellis Peters, the author of the Brother Cadfael books.

THIS LIST IS IN COURSE OF PREPARATION.
THE BENEFIT OF YOUR COMMENTS, EXPERIENCE, OBSERVATIONS AND SUGGESTIONS
WILL THEREFORE BE MOST WELCOME IN DEVELOPING THE IDEA.

A PASSION FOR RESTORING NATURAL FORESTS
This is inspired by the interest of a friend who I sincerely thank
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