

# Comfrey

**Botanical Name:** *Symphytum officinale*

**Family:** Boraginaceae

**Energetics:** Cooling, moistening

**Taste:** Mild, earthy

**Actions:** Vulnerary, anti-inflammatory, demulcent, cell proliferant

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## Overview

Comfrey is a renowned herb for its ability to support tissue repair and soothe inflammation. Traditionally used externally for wounds, sprains, and bruises, it also has internal applications in controlled doses for digestive and respiratory support.

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## Uses

### Internal Uses

- Soothes the digestive tract (short-term use)
- Supports respiratory mucous membranes
- Anti-inflammatory effects

### External Uses

- Wound healing, bruises, and sprains
- Skin inflammation and eczema
- Poultices, salves, and infused oils

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## Medication Interactions

- Avoid if taking hepatotoxic medications
- Caution with other cell-proliferating therapies

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## Contraindications

- Pregnancy and breastfeeding
- Liver disease or compromised liver function
- Internal use: avoid long-term due to pyrrolizidine alkaloids (PAs)

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## Caution & Safety

- External use is generally safe
- Internal use should be limited and short-term
- Avoid overuse of high-PA comfrey products

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## Herbal Pairings

### Blends Well With

- Calendula (wound healing synergy)
- Plantain (skin and tissue repair)
- Comfrey + Lavender (soothing salves)

### Avoid Combining With

- Other high-PA herbs internally
- Hepatotoxic substances

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## Possible Side Effects

- Liver toxicity if used internally long-term
- Allergic reactions externally in sensitive individuals
- Digestive upset if ingested in high doses

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## Forms & Dosage

### External Use

- Infused oil, salve, or poultice applied 2-3 times daily

### Internal Use (short-term only, PA-free preparations recommended)

- Tea / Infusion: 1-2 tsp dried root per cup, steep 5-10 minutes, occasional use only
- Tincture (PA-free): 1-2 mL, 1-2 times daily

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## Notes

Comfrey is an excellent vulnerary herb, best used externally for tissue repair and inflammation. Internal use is restricted to PA-free products or very short-term medicinal use.

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