

Mullein

Botanical Name: *Verbascum thapsus*

Family: Scrophulariaceae

Energetics: Warming, moistening

Taste: Mild, slightly sweet, demulcent

Actions: Respiratory support, demulcent, anti-inflammatory, expectorant, mild sedative

Overview

Mullein is traditionally used to support respiratory health, soothe mucous membranes, and reduce inflammation in the respiratory tract. It is gentle and often used in teas or infused oils.

Uses

Internal Uses

- Supports respiratory health and eases coughs
- Soothes mucous membranes in the throat and lungs
- Mild anti-inflammatory
- Mild sedative for relaxation

External Uses

- Infused oils for chest rubs or topical respiratory support
 - Poultices for inflammation
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Medication Interactions

- Generally considered safe; may enhance effects of respiratory medications
 - Caution with sedatives if combined
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Contraindications

- Pregnancy: safe in moderate amounts
 - Children: safe in tea form
 - Allergy to Scrophulariaceae family
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Caution & Safety

- Avoid excessive intake
 - Monitor for mild digestive upset in sensitive individuals
 - External applications should be patch-tested for allergies
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Herbal Pairings

Blends Well With

- Horehound (respiratory synergy)
- Thyme (antimicrobial respiratory support)
- Licorice Root (soothing mucous membranes)

Avoid Combining With

- Sedative medications in high doses without guidance
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Possible Side Effects

- Mild digestive upset
 - Rare allergic reactions
 - Mild sedation if combined with other herbs
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Forms & Dosage

Tea / Infusion

- 1–2 tsp dried leaves or flowers per cup water
- Steep 10–15 minutes
- 1–3 cups daily

Tincture (1:5)

- 2–4 mL, 1–2 times daily

External / Infused Oil

- Apply to chest or as poultice as needed
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Notes

Mullein is a gentle respiratory herb ideal for teas, tinctures, and infused oils to support lung and throat health.

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