

# 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

---

## Medication Interactions

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

---

## Contraindications

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

---

## Caution & Safety

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

---

## 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

---

## Possible Side Effects

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

---

## 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

---



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

*For educational purposes only; not intended to diagnose, treat, or cure any condition.*

---

© HomesteadGardener.ca | @YourHomesteadGardener