

Plantain

Botanical Name: *Plantago major* / *Plantago lanceolata*

Family: Plantaginaceae

Energetics: Cooling, demulcent

Taste: Mild, slightly bitter, mucilaginous

Actions: Demulcent, anti-inflammatory, wound healing, respiratory support, digestive aid

Overview

Plantain is a gentle, cooling herb traditionally used to soothe mucous membranes, support wound healing, ease respiratory irritation, and aid digestion. Leaves are commonly used fresh or dried.

Uses

Internal Uses

- Soothes digestive tract irritation
- Supports respiratory system (throat, lungs)
- Mild anti-inflammatory for internal use

External Uses

- Poultices or salves for cuts, bites, and skin irritation
 - Infused oils for skin healing and soothing
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Medication Interactions

- Generally considered safe; monitor if on anticoagulants or anti-inflammatory drugs
 - May slightly slow absorption of other oral medications
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Contraindications

- Pregnancy: generally safe
 - Children: safe in teas or external use
 - Allergy to Plantaginaceae family
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Caution & Safety

- Fresh leaves may cause mild skin irritation in sensitive individuals
 - Moderate internal intake recommended
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Herbal Pairings

Blends Well With

- Calendula (wound healing synergy)
- Comfrey (skin and tissue support)
- Chamomile (anti-inflammatory and soothing)

Avoid Combining With

- Oral medications taken simultaneously without spacing doses
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Possible Side Effects

- Rare allergic reactions
 - Mild digestive upset if overconsumed
 - Rare skin sensitivity when applied externally
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Forms & Dosage

Tea / Infusion

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

Tincture (1:5)

- 2–4 mL, 1–2 times daily

External / Poultice / Infused Oil

- Apply poultices or oils to affected area as needed
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Notes

Plantain is a gentle demulcent and anti-inflammatory herb ideal for internal soothing and external skin healing. Use fresh or dried leaves in teas, tinctures, or poultices.

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