

# 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

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## 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.

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## 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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