

Solomon's Seal

Botanical Name: *Polygonatum spp.*

Family: Asparagaceae

Energetics: Cooling, moistening

Taste: Mildly sweet, earthy

Actions: Demulcent, anti-inflammatory, joint and tissue support, nutritive tonic

Overview

Solomon's Seal is traditionally used as a gentle, cooling herb to support joint and connective tissue health, soothe inflammation, and provide nutritive support.

Uses

Internal Uses

- Supports joint and connective tissue health
- Nutritive tonic for overall wellness
- Mild anti-inflammatory

External Uses

- Poultices or infused oils for bruises, joint pain, or skin irritation
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Medication Interactions

- Generally considered safe
 - Monitor if taking anticoagulants or anti-inflammatory medications
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Contraindications

- Pregnancy: use with caution
 - Children: moderate doses safe
 - Allergy to Asparagaceae family
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Caution & Safety

- Avoid high doses internally
 - Monitor for allergic reactions
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Herbal Pairings

Blends Well With

- Comfrey (tissue and joint support)
- Arnica (external bruising and inflammation)
- Calendula (skin healing synergy)

Avoid Combining With

- None specific; use standard precautions
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Possible Side Effects

- Rare allergic reactions
 - Mild digestive upset if overconsumed
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Forms & Dosage

Tea / Infusion

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

Tincture (1:5)

- 2–4 mL, 1–2 times daily

External / Poultice or Infused Oil

- Apply to bruises, joints, or irritated skin as needed
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Notes

Solomon's Seal is a gentle, cooling herb for joint, connective tissue, and skin support. Use in teas, tinctures, and external applications.

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