

# 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

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## 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.

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## 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.

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

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