

St. John's Wort

Hypericum perforatum

Energetics—anti-inflammatory, astringent, vulnerary (heals wounds), sedative, nervine, expectorant

Part Used—top 4-5inches of FRESH flowering plant (flowers in late June)—it's ineffective if dried

+tincture fresh herb at 1:2 (herb:alcohol)

Uses

+potent anti-inflammatory (topical or internal)

+painful conditions, including neuralgia, fibrositis, sciatica, rheumatism, chronic fatigue syndrome, migraine

+anxiety, tension, menopausal irritability

+external application for wound healing, bruises, varicose veins and mild burns—sunburn (SJW oil)

+may be useful for bladder problems, bedwetting in children

Contraindications—marked depression, not to be taken concurrently with pharmaceutical drugs (especially anti-depressants and serious pain killers—see WebMD), pregnancy, bipolar disorder, schizophrenia, may cause photosensitivity

Sources—A Modern Herbal (Maude Grieve, vol. 2), Plant Medicine (Richo Cech), the New Holistic Herbal (David Hoffman), WebMD