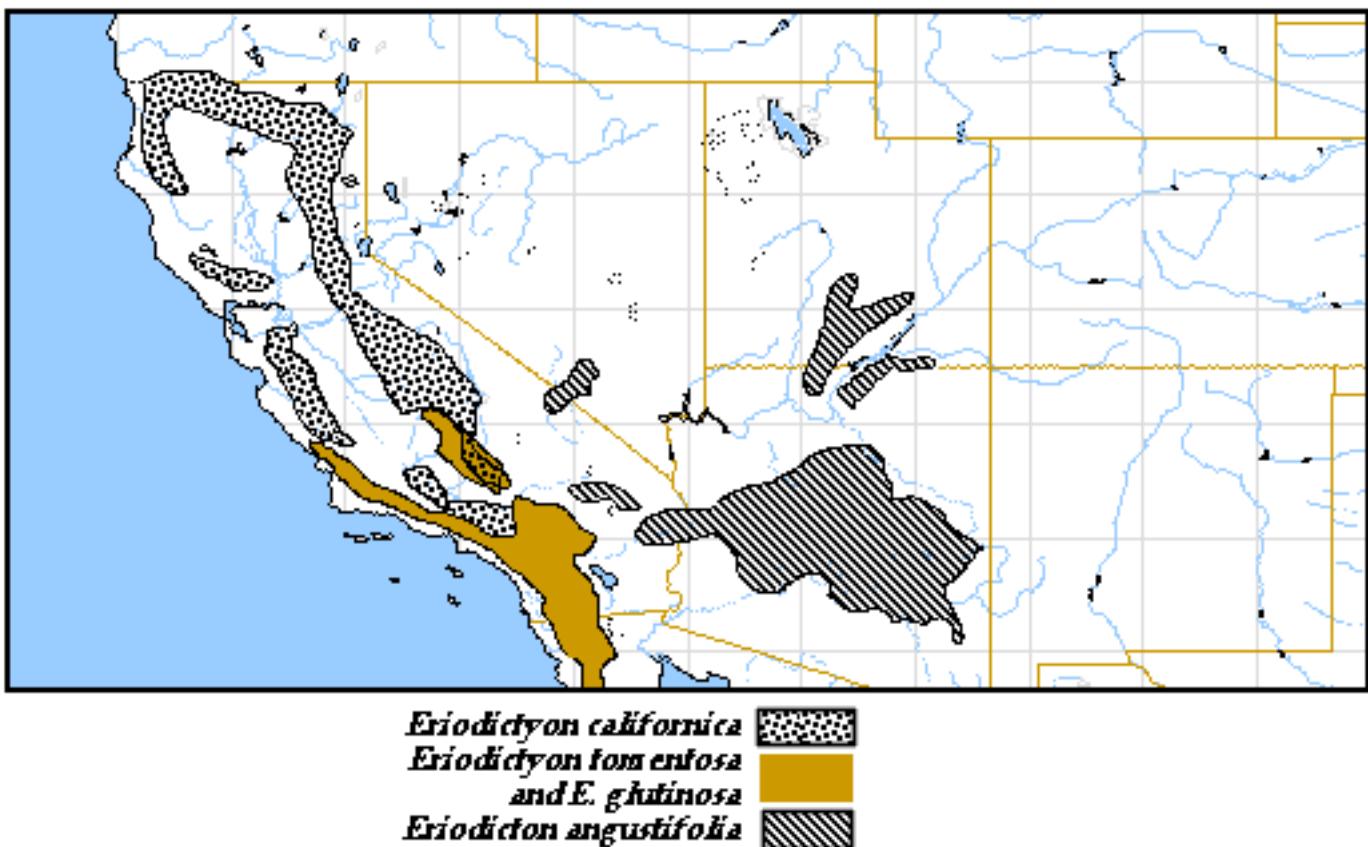


These folios are intended to offer brief and concise information about the preparation and uses of North American botanicals...to encourage the viewing of our herbs as LIVING PLANTS, not merely abstract roughage purchased in commerce, derived from sources mysterious



Eriodictyon Yerba Santa

Prepared by Michael Moore



ERIODICTYON (Yerba Santa)

This small genus of plants in the Hydrophyllaceæ (Water leaf) Family is found in four states of the United States and Northern Baja California in Mexico. Although there are 8-10 species, the above four represent probably 95% of genus biomass.

Eriodictyon californicum was official up until 1956, first in the United States Pharmacopeia and then finally in the National Formulary. All species may be used in the same manner as the official one, but I have observed some subtle differences between them.

- *E. californica* produces stronger stimulation of upper intestinal function, and is a more potent urinary tract medicine (as a tincture), but loses the greatest strength as tea.
- *E. angustifolia* has the highest levels of flavones, and is the best species for helping to heal congested and edematous mucosa in chronic conditions, but is rather feebler in its urinary tract effects (except for chronic cystitis). The tincture, also, is stronger the stronger preparation, but the tea retains more value than the previous.

•*E. glutinosa* and *E. tomentosa* tend to have the strongest anti-secretory effects...in fact, if used in excess can induce a slightly unpleasant dryness in the sinus and bronchial mucosa. They are superior for moist, gagging coughing, and the constituents are the most water soluble of any Yerba Santas. I rarely bother with tincturing these two, instead recommend an infusion. These two species are so similar that they hybridize extensively...I usually combine them when gathering.

•*E. tomentosa* makes a very pleasant addition to any smoking mixture, and, for those that already smoke, produces enough membrane dryness that it was once incorporated into cold and asthma smoking mixtures, marketed for drug stores.



Eriodictyon californica
Yerba Santa, Mountain Balm
Photo by Mimi Kamp

Plant PartLeaves (from current year's growth)

PREPARATION:

- Tincture.....Fresh Herb, 1:2 (**1 part fresh herb by weight, 2 parts 95% ethanol by volume**)
.....Dry Herb, 1:5, 75% alcohol
Dosage..... 20-30 drops, to 5X a day
- Standard Infusion
Dosage..... 2-4 ounces as needed

SUMMARY OF USES:

Bronchitis, bronchorrhea, asthma, or simple coughing, especially accompanied by anorexia, whenever there is abundant humid expectoration.

SPECIFIC INDICATIONS:

Middle ear decongestant.

General decongestant.

Humid bronchial asthma with free expectoration.

Acute cough, moist, persistent; after influenza.

Acute effusive pleurisy.

Acute cystitis/urethritis with mucus in urine.

Chronic cystitis and interstitial cystitis, particularly *E. angustifolia*

Chronic anorexia with extensive hypersecretion of pulmonary, renal, intestinal mucus.

Chronic catarrhal dyspepsia with anorexia.



Eriodictyon glutinososa
Sticky Yerba Santa
Photo by Mimi Kamp



Eriodictyon angustifolia
Narrow-Leaved Yerba Santa
Photo by Elaine Stevens

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