



Plantain

Parts Used: Leaf, Seeds and Root

Medicinal Preparations: Tea, tincture, infused oil, salve, broth, compress, poultice, sitz baths and yoni steams

Herbal Actions:

- Antibacterial
- Anticarcinoma
- Antiseptic
- Antiviral
- Astringent
- Demulcent
- Diuretic
- Drawing Agent
- Inflammation Modulator
- Local Immunostimulant
- Moistening Expectorant
- Vulnerary (promotes wound healing)