

Self-Heal, Heal All

Family	Lamiaceae
Botanical	Prunella vulgaris
Parts Used	Aerial parts
USDA Hardiness	4A - 9B
Light	Full Sun to Partial Shade
Soil	Any well drained
Duration	Perennial



Propagation	Wild craft. Soil pH requirements: 6.1 (mildly acidic) to 7.8 (mildly alkaline). By dividing the rootball, herbaceous stem cuttings, from seed and simple layering.
Water	As needed, do not overwater
Growing	Grows in pastures and along roadsides and in wastelands.

Medicinal Uses	Astringent, anti-inflammatory, antipyretic, mild antiseptic, diuretic, detoxifier, hemostatic and vulnerary.
Benefits	Healing to cuts, wounds and skin inflammations and boils. Used to impede bleeding and for sore throats and mouth ulcers. Useful lymphatic herb to help relieve fibrocystic breast tissue.
Preparation	Infusion, tincture, salve, gargle (using the infusion) and poultice. Infusion: Pour a cup of boiling water on 1-2 teaspoons of dried herb and infuse for 10 minutes. Drink 3 times a day or use as a gargle. The infusion may also be applied externally as a lotion to cure open wounds and bruises.

Fines Herbes

Culinary Uses

Great in salads.

Raw self-heal leaves are edible, suitable as a pot herb and have a subtle bitter taste. Although they taste better cooked, a lot of the nutrients are lost in this process. Toss leaves onto a salad, in a soup or stew or once you have mashed potatoes, add them to this.

A cold water infusion of freshly chopped (or dried) leaves makes a nourishing drink. (Boil water to make tea as well.)



Historical Facts

In the ancient times, herbalists recommended self-heal as an astringent owing to the bitterness of the herb. Seventeenth century herbalist and physician Nicholas Culpepper had observed that when applied on open wounds, self-heal not only impedes the flow of the blood from the wounds, but also repairs the affected area by fusing up the lips of the wounds. In addition, the herb was frequently recommended as a gargle to treat sore throats.

Additional Tips

Nutrition Facts

Modern research has discovered that Prunella contains Rutin, Vitamin C and Vitamin K, nutrients known to support blood vessels and other connective tissue.