

Herbal Materia Medica for the Digestive System

Artichoke leaf	<i>Cunara scolymus</i>
Barberry	<i>Berberis vulgaris</i>
Basil	<i>Ocimum basilicum</i>
Calendula	<i>Calendula officinalis</i>
Catnip	<i>Nepeta cataria</i>
Chamomile, German	<i>Matricaria recutita</i>
Cinnamon	<i>Cinnamomum verum</i>
Citrus peel	<i>Citrus</i> spp.
Clove	<i>Syzygium aromaticum</i>
Comfrey	<i>Symphytum officinale</i>
Dandelion root	<i>Taraxacum officinale</i>
Elecampane root	<i>Inula helenium</i>
Fennel	<i>Foeniculum vulgare</i>
Gentian	<i>Gentiana lutea</i> (cultivated or sustainably wildcrafted only, please)
Ginger	<i>Zingiber officinale</i>
Goldenseal root	<i>Hydrastis canadensis</i> (cultivated or sustainably wildcrafted only, please)
Lavender	<i>Lavandula</i> spp.
Licorice	<i>Glycyrrhiza glabra</i>
Marshmallow root	<i>Althaea officinalis</i>
Meadowsweet	<i>Filipendula ulmaria</i>
Mint	<i>Mentha</i> spp.
Mugwort	<i>Artemisia vulgaris</i>
Oregon grape root	<i>Mahonia aquifolium</i>
Plantain	<i>Plantago lanceolata, major</i>
Rosemary	<i>Rosmarinus officinalis</i>
Sage, garden	<i>Salvia officinalis</i>
Slippery elm bark	<i>Ulmus rubra</i>
Thyme	<i>Thymus vulgaris</i>
Turmeric	<i>Cucuruma longa</i>
Wild yam root	<i>Dioscorea villosa</i>
Wormwood	<i>Artemisia absinthium</i>
Yellow dock root	<i>Rumex crispus</i>

Anti-inflammatories

Calendula, chamomile, cinnamon, comfrey, fennel, ginger, turmeric

Demulcents are important anti-inflammatories for heat and inflammation in the GI tract.

Antimicrobials

Barberry, basil, cardamom, chamomile, citrus, clove, fennel, ginger, goldenseal, lavender, mugwort, Oregon grape, peppermint, rosemary, sage, thyme, turmeric, wormwood

Antispasmodics

Catnip, chamomile, fennel seed, ginger, lavender, peppermint, thyme, wild yam root

Astringents

Blackberry root and leaf, black walnut, calendula, plantain, red raspberry leaf, yellow dock root

Bitters

Angelica root, artichoke leaf, chamomile, dandelion root and leaf, elecampane root, gentian, goldenseal, mugwort, Oregon grape root, turmeric, wormwood, yellow dock root

Carminatives

Basil, black pepper, cardamom, chamomile, cinnamon, citrus peel, clove, dill, fennel, ginger, mint, rosemary, thyme, turmeric

Demulcents

Comfrey root and leaf, licorice root, marshmallow root, plantain, slippery elm bark