

Prunella(Prunella Vulgaris)

Common Names: All-heal, heal-all, self-heal, xia ku cao.

Location: Native to Asia and Europe, Prunella grows in meadows and along roadsides, thriving in sunny areas. When imported to North America and Australia, it quickly became naturalized.

Description: Prunella is a creeping perennial in the mint family. The plant bears pointed oval leaves and blue or pink flowers. The above ground parts of the plant are harvested in summer, when the plant is in bloom.

Properties: Prunella is a potent herbal antiviral agent.

Uses: Prunella aids in the healing of wounds and bruises, and helps to reduce scarring. Prunella's gentle

astringency helps to decrease bleeding. It also reduces lymphatic congestion and eases irritated eyes, mouth, throat, swollen glands, and inflammation. Traditional Chinese medicine (TCM) considers prunella a liver and gallbladder stimulant, and uses it to treat symptoms associated with an unbalanced liver, such as hypertension and conjunctivitis. Benefits of prunella for specific health conditions include treatment of herpes virus infection and HIV/AIDS.

Doses: Prunella is best taken as a tea.

Warnings: Do not use this herb if you have diarrhea, nausea, stomachache, or vomiting. This herb could potentially interfere with the actions of prescription blood thinners.