



*Scutellaria lateriflora (galericulata)*

Family: *Lamiaceae* (mint)

Parts Used: leaves and flowers

This plant is indigenous to North America and is best known for its ability to control nervous irritation. For this purpose, it is used in many nervous system formulas including pain and sleep issues.

**Properties:** nervine, antibacterial, antispasmodic, sedative nervine, diuretic, bitter cooling, drying.

#### Uses:

- Supports the nerves, quieting and strengthening the nervous system.
- Nervous tension and exhaustion, calms nerves, restlessness, panic attacks, emotional trauma, etc.
- Tranquilizing, opiate effect.
- Stress induced headaches.
- Pain relief, myalgia, neuralgia, shingles pain, herpes pain, nerve pain.
- Quiet mind and thoughts, aid the body in sleeping.
- Insomnia and anxiety relief.
- Aids in breaking addictions of all kinds, including pornography, and eases problems associated with withdrawal (1/2 cup tea, 2 capsules or 20 drops tincture every hour or two while symptoms subside).
- Muscle twitching, convulsions, tremors, epilepsy.
- Tetanus, rabies, and cholera.

## Methods of Use:

- Tincture (don't use an alcohol tincture if treating for alcohol addiction and withdrawal) 30 drops per dose.
- Tea (1 teaspoon in 8 oz. water, steep for 20-30 minutes)
- Powder, capsules
- Liniment, massage oil

## Care/Harvesting:

Can be found throughout North America in damp places, meadows, ditches, and sides of ponds, although Darcy Williamson says, "I have learned, after wandering through fields and forests searching for skullcap, that this herb is secretive and doesn't play by the rules. Skullcap refuses to live among any prescribed plant community." It can be identified by the "skullcap"-shaped seedpods and purple flowers that grow on only one side of the stem.

You could also try to cultivate this plant, I have gotten seeds from Mountain Rose Herbs but haven't yet tried my hand at cultivation with them. Direct sow the seeds in the autumn or early spring or you can start indoors and transplant early spring. They prefer part shade to full sun.

- Gather leaves and blossoms while in bloom.
- Make a fresh tincture or dry quickly and keep in an airtight container in a cool area since it deteriorates rapidly from age and heat.

## Caution:

Works best taken over a period of time in lower doses. High doses may cause dizziness, mental confusion, or irregular pulse rate. Avoid during pregnancy.