



## Plantain

**Botanical Name:**  
*Plantago lanceolata* L.

**Common Name:**  
Plantain

**Family:** Plantaginaceae

**Part used:** Leaves and

seeds

### Dosage:

(tincture in ml per day)	2-4ml (three times a day)
(dried herb in gram per day)	1-2tsp (three times a day)

### Actions:

- Expectorant
- Anti-catarrhal
- Anti-biotic
- Demulcent
- Diuretic
- Respiratory relaxant
- Respiratory trophorestorative
- Astringent
- Anti-inflammatory
- Analgesic
- Anti-haemorrhagic

### Indications:

Respiratory system:

- Coughs
- Mild Bronchitis
- Tuberculosis
- Asthma
- Upper respiratory tract infections

Gastro-intestinal system:

- Diarrhoea
- Inflammation of the GI tract
- Haemorrhoids

Urinary system:

- Cystitis

Ears, nose and throat:

- Hayfever

Skin:

- Wounds
- Ulcers
- Bites
- Burns
- Skin inflammation
- Infections
- Bleeding

## **Contraindications** (when should the herb not be used):

Safe to use in pregnancy and with children.

**External usage:** wounds, ulcers, bites, burns, skin inflammation, infections, bleeding

**Botanical description:** This is a very dark green, slender perennial, growing much taller than *P. major*. Its leaf-blades rarely reach an inch in breadth, are three to five ribbed, gradually narrowed into the petioles, which are often more than a foot long. The flowerstalks are often more than 2 feet long, terminating in cylindrical blunt, dense spikes, 1/2 to 3 or 4 inches long and 1/3 to 1/2 inch thick. It has the same chemical constituents as *P. major*.

When this Plantain grows amongst the tall grasses of the meadow its leaves are longer, more erect and less harsh, than when we find it by the roadside, or on dry soil. The leaves are often slightly hairy and have at times a silvery appearance from this cause, especially in the roadside specimens. The flower-stalks are longer than the leaves, furrowed and angular and thrown boldly up. The flowerhead varies a good deal in size and form, sometimes being much smaller and more globular than others. The sepals are brown and paper-like in texture and give the head its peculiar rusty look. The corolla is very small and inconspicuous, tubed and having four spreading lobes. The stamens, four in number, are the most noticeable feature, their slender white filaments and pale yellow anthers forming a conspicuous ring around the flower-head.(G)

**Habitat:** Commonly grows on waste ground and along roadsides.

**Range:** Europe and the British Isles.

**Method of collection:** Gathered during flowering throughout the summer. Dry as quickly as possible as the leaves will discolour if dried improperly.

**Conservation/cultivation:** Very common and considered a weed.

## **Traditional uses:**

Traditionally used to treat jaundice, lung ulcers, mouth ulcers, scaldings and burns, joint inflammation, gout and piles.

## **Observation:**

### **What are your experiences of Plantain?**

Growing wild:

Smell, taste and feel (fresh plant)

Smell, taste and feel (dried)

## References:

(G) Mrs Grieve online

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