



Herbal First Aid for Large Groups

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Conditions You Are Likely to Encounter

Allergies
Altitude/Climate adjustments
Animal bites/scratches
Animal/Pet injuries, sickness
Asthma
Bleeding
Burns

Constipation
Contagious diseases
Diarrhea
Drug overdose
Dysentery
Earache
Emotional crises
Eye irritation
Fever/Chills
Food poisoning
Fractures
Headache

Heat exhaustion
Hypochondria
Infections (general)
Injuries
Insect bites/stings
Menstrual disharmonies
Nausea/Vomiting
Pain (in various forms)
Parasites
People who have forgotten their prescription drugs
People "too high"

Plant dermatitises
Rashes
Respiratory impairment
Seizures
Shock
Snake bite
Staph infections
Sunburn
Tick, chiggers, lice, etc.
Toothaches
Wounds

Herbs That Can Be Commonly Gathered

Alfalfa - *Medicago sativa*
Bedstraw, Cleavers - *Galium* spp
Bee balm - *Monarda* spp
Beggarticks - *Bidens* spp
Burdock - *Arctium* spp
Catnip - *Nepeta cataria*
Cattail - *Typha* spp
Chaparral - *Larrea* spp
Chickweed - *Stellaria* spp
Cinquefoil - *Potentilla* spp
Comfrey - *Symphytum* spp
Cow Parsnip - *Heracleum* spp.
Dandelion - *Taraxacum* spp

Docks - *Rumex* spp
Gentian - *Gentiana* spp
Geranium - *Geranium* spp
Goldenrod - *Solidago* spp
Gumweed - *Grindelia* spp
Jewelweed - *Impatiens* spp
Lobelia - *Lobelia* spp
Mallow - *Malva* spp
Meadowsweet - *Spiraea* spp
Mint - *Mentha* spp
Mugwort, Sagebrush - *Artemisia* spp
Mullein - *Verbascum thapsus*
Mustard - *Barbarea/Brasica* spp
Nettles - *Urtica* spp
Oatstraw - *Avena* spp
Oshá - *Ligusticum* spp

Pine - *Pinus* spp
Plantain - *Plantago* spp
Pussytoes - *Antennaria* spp.
Ragweed - *Ambrosia* spp
Raspberry, Blackberry - *Rubus* spp
Red clover - *Trifolium pratense*
Rose - *Rosa* spp
St. Johnswort - *Hypericum perforatum*
Shepherd's purse - *Capsella bursa-pastoris*
Skullcap - *Scutellaria* spp
Sumac - *Rhus* spp
Vervain - *Verbena* spp.
Witch hazel - *Hamamelis virginiana*
Yarrow - *Achillea millefolium*

Kitchen Herbs and Household Remedies

Aloe
Anise
Basil
Black pepper

Cardamom
Cayenne
Cinnamon
Cloves
Coffee
Fennel seed
Garlic
Ginger

Honey
Licorice root
Onions
Salt
Turmeric
Urine

Single Herbs for First Aid

Key: bk-bark; bb-bulb; cap-capsule; lf-leaf; pdr-powder; rt-root; sd-seed

Cascara sagrada, cap - *Rhamnus*
Cayenne pdr - *Capsicum* spp
Chaparral lf - *Larrea* spp
Comfrey lf & rt - *Symphytum* spp
Fennel sd - *Foeniculum vulgare*

Garlic bb - *Allium sativum*
Goldenseal pdr - *Hydrastis canadensis*
Green or Black tea - *Thea sinensis*
Guarana cap - *Paulinia cupana*
Licorice rt & pdr - *Glycyrrhiza uralensis*, *G. glabra*
Ma Huang - *Ephedra sinensis*, *E. spp*
Marshmallow lf & rt - *Althaea officinalis*
Oshá rt - *Ligusticum* spp
Rhatany pdr - *Krameria* spp

Seaweed/Kelp
Slippery elm lf, bk pdr/cap - *Ulmus fulva*
Tobacco leaf - *Nicotiana* spp

Tinctures for First Aid - Single

Aconite - Aconitum columbianum
Ambrosia (Ragweed)- Ambrosia spp
Anemone - Anemone spp
Arnica - Arnica spp
Bayberry - Myrica spp
Betony - Pedicularis spp
Black cohosh - Cimicifuga racemosa
Blackberry root - Rubus spp
Calendula - Calendula officinalis
Cascara sagrada - Rhamnus pershiana
Chamomile - Matricaria chamomilla
Chaparro amargosa - Castela emoryi
Corydalis - Corydalis aurea
Cow parsnip - Heracleum spp
Echinacea - Echinacea spp
Eyebright - Euphrasia spp

Gelsemium - Gelsemium sempervirens
Ghost pipe - Monotropa uniflora
Ginseng - Panax quinquefolia
Grindelia - Grindelia spp
Kava Kava - Piper methysticum
Lobelia - Lobelia inflata
Lomatium - Lomatium dissectum
Oshá - Ligusticum porteri
Poke - Phytolacca spp
Poppy - Eschsholtzia spp
Propolis
Shepherdsí purse - Capsella bursa-pastoris
Silk tassel - Garrya spp
Skullcap - Scutellaria spp
Valerian - Valeriana spp
Valerian in veg.glycerin
Wild yam - Dioscorea villosa
Yerba santa - Eriodictyon spp

Essential Oils, Homeopathics and Patent Medicines

Essential Oils

Clove
Eucalyptus
Lavender
Tea Tree
Tiger Balm
Wintergreen

Homeopathic Remedies

Apis Mel.
Arnica
Carbo Veg.
Nux Vomica
Rescue Remedy

Patent Medicines

Curing Pill - Upset stomach, food poisoning
Salonpas plasters - Topical rubifacient
Yin Chiao - Cold and Flu symptoms
Yunnan Paiyao - Hemostatic for internal and external bleeding

Accessories, Store Bought and Non-Herbal Items

Ace bandage
Acidophilus
Alcohol/Antiseptic wipes
Aloe Vera gel
Apple cider vinegar
Aspirin/Ibuprofen
Band-Aids
Batteries
Betadine (Povidone-iodine)
Black tea/Instant coffee
Books/resources
Candles
Castor oil
Charcoal powder ,capsules
Clay
Clean cloth (rags)
Clean applicators
Cloth tea bags
Condoms
Cot (foldable)

Cotton balls
'Disposable' cups
Duct tape
Electrolyte replacement
Eye cup
Five gallon buckets
Flashlight/Headlight
Gauze pads
Gauze strips
Grapefruit seed extract
Honey
Hot water bottle
Hydrogen peroxide
Insect repellent
Instant cold pack
Irrigating syringe
Isopropyl alcohol
Jars to infuse tea
Lanterns
Matches/Lighter
Nail clippers
Non-adhesive dressing
Nuskin
Paper towels

Paper/pens
Plastic bags
Plastic gloves (disposable)
Pots to cook tea
Q-Tips
Razor blades (Lancet)
Scissors
Small containers
Smudge stick
Soap
Spirulina
Stretcher
String/rope
Sun block
Surgical tape
Tampons/Sanitary pads
Tarp
Throat lozenges
Toilet paper
Towel for hot compress
Toys/baubles-for children
Trash bags-heavy duty (medical waste)
Tweezers
Vitamins

Herbal Combinations and Formulas

Tinctures

Acute Tonic - Echinacea, Goldenseal, Oshá, Horseradish, Poke
Antiseptic Wash - Propolis, Myrrh, Goldenseal, Witch hazel
Bitter Tonic - Wormwood, Yarrow, Blessed thistle, Calamus, Southernwood, Dandelion
Cold and Flu - Echinacea, Baptisia, Oshá
Decongestant Aid - Bidens, Lycium
De-Stress - Damiana, Oatstraw, St.Johnswort, Vervain, Rosemary, Lavender, Valerian
Digestive Aid - Fennel seed, Marshmallow, Irish moss, Meadowsweet
Echinacea and Goldenseal
Garlic and Cayenne Vinegar
Good Morning Tincture - Cola, Guarana, Black pepper, Schizandra, Cayenne, Vegetable glycerine
Hormonal Vitality - Raspberry leaf, Dong quai, Vitex, Wild yam, Nettles, Hawthorne, Licorice, Cayenne, Vegetable glycerine
Pain Relief Tincture - Passionflower, Meadowsweet, Valerian, Motherwort, St.Johnswort
Peppermint Spirits - Peppermint essential oil, Alcohol
Respiratory Tonic - Yerba santa, Mullein, Oshá, Grindelia
Staph Dismissed - Chaparral, Licorice, Propolis, Witch hazel
Tooth and Gum Tonic - Yerba manza, Echinacea, Goldenseal, Rhatany, Myrrh, Self-heal, Vegetable glycerine
Un-Headache - Feverfew, Skullcap, Blue vervain, Chamomile, Valerian
Warming Lung - Horehound, Elecampane, Wild cherry, Licorice, Ma huang, Ginger, Cayenne, Vegetable glycerine
Wild Oat and Poppy

Teas and Powders

Anti-Infection Tea - Chaparral, Thuja, Echinacea, Yerba manza, Yellow dock, Ceanothus, Goldenseal
Composition Powder - Bayberry, Ginger, Cloves, Cayenne
Nervine Tea Blend - Lemon balm, Skullcap, Oatstraw, German chamomile, Passionflower
Nutritive Tea Blend - Nettles, Alfalfa, Red clover, Dandelion leaf, Oatstraw
Tooth powder - Clay, Myrrh, Krameria
Trikatu powder - powdered Black pepper, Long pepper, Ginger
Pre-Asthma Tea - Oshá, Ma huang, Licorice
Urinary Tract Tea - Juniper leaf/berry, Yarrow, Mallow, Uva-ursi

Oils, Balm, Linament and a Syrup

Key: EVOO - Extra Virgin Olive Oil; SSO - Sesame Seed Oil (raw); SAO - Sweet Almond Oil; BW - Bee's Wax
Arnica Oil - EVOO
Arnica/St.Johnswort Oil - EVOO
Big Kitty Balm - SSO, essential oils of Camphor, Tea tree, Eucalyptus, Cajeput, Wintergreen, Cinnamon, BW
Bruise Salve - Arnica, St. Johnswort, Calendula, Vitamin E, EVOO, BW
Dancing Oil - St.Johnswort, Arnica, Valerian, Vitamin E, essential oils of Tea tree and Wintergreen in EVOO
Ear Oil - Mullein flower, Garlic, Vitamin E in EVOO
Garden Salve - St.Johnswort, Calendula, Sage, Cleavers, Chickweed, Nettles, Comfrey, Vitamin E, EVOO, SAO, BW
Healing Linament - Isopropyl alcohol, Myrrh, Goldenseal, Cayenne
Healing Salve - Red clover, Chaparral, Goldenseal, St.Johnswort, Calendula, Sage, Tea tree essential oil, EVOO, BW
Penetrating Massage Oil - Prickly ash, Yerba manza, Arnica, Chaparral, Valerian, Mustard seed, Henbane, Bittersweet nightshade, Lobelia, Cayenne, Wintergreen essential oil, EVOO, SSO
Stimulating Massage Oil - Arnica, White sage, Prickly ash, Henbane, essential oils of Camphor, Wintergreen, Sweet orange, Cinnamon, Ginger and EVOO
We Love Insects (but not too close) - Safflower oil and SAO with essential oils of Citronella, Cedar, Eucalyptus, Rosemary, Sassafras, Pennyroyal, Lavender and Cajeput
Cough Syrup - Elecampane, Horehound, Wild cherry, Lemon, Ginger & Horseradish in a honey base

Selected Remedies

Pain

Aconite
Anti-anxiety agents
Anti-inflammatories
Black cohosh
California poppy
Clove essential oil
Epipactus
Kava-kava
Lavender essential oil
Lobelia
Monatropa uniflora
“Nervine Tea”
Oatstraw
“Pain Relief”
Passionflower
Pedicularis spp
Silk tassel
Skullcap
St. Johnswort
Topical rubefaciants
Valerian

Infections

“Anti-infection Tea”
“Antiseptic Wash”
Chapparal
Charcoal poultice
Clay
Conifer tree resins
Echinacea
Garlic
Goldenseal
Licorice
Myrrh
Oak bark
Osha
Propolis
“Staph Dismissed”
Tea tree oil
Urine
Usnea
Witch hazel
Yarrow
Parasites (internal)
“Anti-Infection tea”
Artemesia spp
Bitters
Black walnut
Chaparro amargosa
Charcoal
Garlic (raw)
Grapefruit seed extract
Slippery elm/ Oatmeal (as tea)
Yarrow

Topical Vulneraries

Aloe
Arnica
Calendula
Plantain
St. John’s Wort
Valerian

Astringents

Blackberry
Docks
Geranium
Krameria
Oak bark
Rose
“Tea” (Thea sp.)
Bites, Stings
Clay with herbs
Echinacea - internal and external
Onion - direct poultice
Oshá - internal and external
Plantain
Remedies for pain
Tobacco - spit poultice
Burns
Aloe vera, fresh
Cold (ice, cold water, snow)
Honey
Lavender essential oil
Monarda
Remedies for pain

Allergic Responses and Asthma

Ambrosia tincture
Anti-anxiety remedies
Echinacea
Eucalyptus essential oil (steam)
Eyebright
Grindelia
Lobelia tincture
Ma Huang tea
Nettles tea
Oshá tea and tincture
“Pre-Asthma tea”
Anti-inflammatories
Arnica
Beggars’ ticks
Birch
Black cohosh
Licorice
Mallows
Meadowsweet
Poplar
Spiraea
Willow
Wintergreen

Cuts & Wounds

Antibacterials
Anti-infectives
“Antiseptic Wash”
Arnica/St. John’s Wort oil
Astringents
Charcoal poultice
Comfrey (Avoid putting comfrey powder or salve into deep wounds)
Echinacea
“Garden Salve”
Goldenseal
“Healing Linament”
“Healing Salve”
Hemostatics
“Pain Relief”
Propolis (wound adhesive)
Remedies for pain
Topical vulneraries
“Tooth & Gum Tonic”
Witch hazel
Yarrow
Digestive Upsets
Acidophilus, Yogurt
Bitters
Charcoal
Clay
“Curing Pill”
“Digestive Aid”
Honey
Peppermint Spirits in Water
Trikatu
Tea of: Fennel, Licorice, Ginger, Slippery elm, Mallow, Catnip, Chamomile and/or “Nervine Tea”
Hemostatics
Cayenne
Shepherd’s Purse
Yarrow
Yunan paiyao

Poison Ivy and other Rhus dermatitises

1. Grindelia tincture - 40% tincture, internal and external
2. Yerba santa (Eriodictyon spp) 40% tincture
3. Slippery elm poultice
4. Clay (can add: Sea salt, Peppermint essential oil, Grindelia extract and/or water)
5. Jewelweed (Impatiens spp.) poultice
6. Avoid fatty and spicy foods
7. Nervine teas and tinctures

Considerations

1. Use disposable plastic/latex gloves, especially when encountering blood, mucous, saliva, pus or any open wounds.
2. Take care of yourself - take rest and immune strengthening herbs
3. Legalities - be aware of possible legal implications
4. Label everything clearly and carefully
5. Be cautious using remedies with infants, children and with pregnant and nursing women
6. Know your limits
7. Learn emergency phone numbers, the closest radio or telephone and nearby health care practitioners and doctors.
8. Know herbs for pain
9. Avoid powdered herbs in deep cuts
10. Learn to identify and use common first aid plants
11. Improvise as needed - Be inventive, but note #6
12. Cleanliness - Wash your hands often with soap and water. Have a separate bag for medical waste (use red tape to make a red cross on it). Check sanitary conditions of patients. Have just a few people administer the medicine so that messy hands are kept to a minimum (especially with salves and oils). Sterilize equipment
13. Be instructive, but not condescending with patients, and teach prevention. Help them help themselves. Education is key
14. Organization of medicine saves a lot of time and frustration
15. Don't forget to bring your own personal medications
16. Check first aid bag occasionally, to replenish empty medicines and check freshness
17. Learn how to take charge when needed and practice calmness. These two together promote a healing atmosphere
18. Have stimulant herbs on hand (ie; Guarana, Cola, Black and Green Tea, Coffee) for all-nighters
19. Learn to 'volunteer' people
20. Check for allergies, sensitivities and current medications before administering any treatments
21. Discriminate between acute and chronic disorders
22. Have plenty of good fresh water available
23. Rehydration fluid - 1 quart water, 1/2 tsp sugar, pinch of salt
24. Learn some triage skills
25. In a firm but friendly manner, let people know if they have communicable or contagious vectors (ie; staph, lice). Make efforts to minimize these problems spreading as early as possible
26. Know your fellow health care workers. Learn each others strengths. Work cooperatively
27. Before administering any internal medicines, initially check patients for any reactions by trying very small amounts

Books and Resources

Emergency First Aid books
Herbal Repertory in Clinical Practice, by Michael Moore
Identification guides for Poisonous Insects and Reptiles
National Dispensatory
Natural Remedies for Bites and Stings, by Peter Bigfoot
Plant field guides
Where There is No Doctor, by D. Werner
Wilderness medicine guides
Wilderness Medicine, edited by Paul Averbach
Your favorite Herb books