

## QUICK REFERENCE SHEET

# MUSTARD SEED

*Brassica juncea*



Part Utilized:  
Seed



### PROPERTIES:

Diuretic, Emmenagogue

### SYSTEMS AFFECTED:

Nerves, Respiratory, Cardiovascular

### POSSIBLE USES:

prevent illness, relax muscles, fever, inflammatory conditions, respiratory ailments

### INGREDIENT IN:

EW

### GENERAL INFORMATION:

One of my earliest memories of home is being placed in a warm tub to which ground Mustard Seed had been added. The purpose was to induce heavy sweating in order to “break” a fever and release toxins from the body (much as Ginger does in the same application). When used in a tub in this manner, Mustard Seeds also relieve muscle pain, including back pain.

I have learned since then that Mustard Seeds have a wide range of additional medicinal uses in other parts of the world and have been used for these purposes since ancient times. Hippocrates used Mustard Seed for medicinal applications in his day and the first recorded usage of Mustard Seeds is found in Sanskrit scripts that date back thousand of years.

Mustard Seeds contain an incredibly wide range of nutrients, which obviously accounts for their medicinal properties.

Included in Mustard's nutrients are Omega 3 and 6 fatty acids, vitamins A, C, E, K, thiamin, riboflavin, niacin, B6, folate, choline, betaine, and minerals calcium, iron, magnesium, phosphorus, potassium, sulfur, sodium, zinc, copper, manganese, and selenium.

Mustard Seeds contain sulfur which fights infections and also contains some constituents that are being looked at as cancer-fighting agents. Some of Mustard Seed's many other uses include headache, respiratory congestion, disease prevention as the immune system is strengthened and supported, normalization of blood pressure levels, asthma, reducing inflammation, hydrating the skin and hair, and slowing the aging of the skin.