

QUICK REFERENCE SHEET

OSHA

Ligusticum porteri



Part Utilized:
Root

PROPERTIES:

Antibacterial, Antiviral, Sudorific/Antipyretic,
Stimulant (pulmonary)

SYSTEMS AFFECTED:

Digestive, Glandular, Respiratory, Circulatory

POSSIBLE USES:

sore throat, sinus infection, cough, bronchitis,
fever



INGREDIENT IN:

BP, BRON, CF, SN, SS

GENERAL INFORMATION:

Osha is an herb native to the Rocky Mountain range of North America—right where I live. However, Osha likes altitudes quite a bit higher than mine. Osha is a member of the Umbelliferae family which is by far the most confusing of plants to identify in the wild because they so closely resemble each other. This family contains some of the most medicinal plants on the earth and also a couple of the most poisonous (like Water Hemlock, for example). Why do I tell you this? To encourage you to “play safe” in the woods, especially with plants of this family.

Osha is best known for its ability to soothe a sore throat, combat a sinus infection, treat a cough, and relieve inflammation in the bronchial tubes. Osha, like Echinacea, is best when used in the early stages of a cold or the flu—take it just as soon as you suspect that you might be getting sick. Osha, taken internally, promotes the type of healing sweat that brings down a fever when it has been too high for too long. Fevers kill “critters” but Osha seems to know how high a fever can safely get, control it, yet leave enough heat to continue to eradicate the infection.

Osha increases blood circulation to the lungs, and also increases gas exchange in the alveoli. Deeper breathing and better gas exchange puts additional oxygen into the blood giving every cell of the body better oxygenation.