

QUICK REFERENCE SHEET

PLEURISY ROOT

Asclepias tuberosa



Part Utilized:
Root



PROPERTIES:

Expectorant, Sudorific, Diaphoretic,
Emmenagogue, Hormone Balancing, Vulnerary,
Pectoral

SYSTEMS AFFECTED:

Circulatory, Integumentary, Immune,
Respiratory

POSSIBLE USES:

circulatory issues, diarrhea, lung issues,
improving lymphatic drainage, varicose veins

INGREDIENT IN:

LCON, PL

GENERAL INFORMATION:

The specific use of Pleurisy Root, as the name implies, is for the relief of pleurisy, but this wonderful herb has other uses. It is useful for conditions of the lung that are hot and dry in nature as well. The root is also taken for chronic diarrhea and dysentery.

While Pleurisy Root is quite a bit less dramatic than some of the other sudorific herbs as a heat producer, it has a very specific action on the lungs and the pleural sac surrounding them. Pleurisy Root assists the expectoration of phlegm from the lungs and bronchial tubes, while relieving inflammation and toning the entire respiratory system.

Pleurisy Root is not a stimulant—in fact, it is considered a cardiovascular depressant, which calms the excitability of the electrical systems of the heart, slowing the heart rate and calming the violence of the heart muscle contractions. Pleurisy Root should not be used by itself when the skin is cold and the pulse is weak unless a stimulating herb is administered with it.