

## QUICK REFERENCE SHEET

# SKULLCAP

*Scutellaria lateriflora*



Part Utilized:  
Aerial Portion



### PROPERTIES:

Sedative, Nervine, Tonic (nerve), Antispasmodic, Sudorific, Analgesic, Convalescent

### SYSTEMS AFFECTED:

Nervous, Reproductive

### POSSIBLE USES:

convulsions, anxiety, hysteria, pain, depression, nerve issues

### INGREDIENT IN:

ABF, APL, ASP, BBL, BHM, BHM Salve, BHM Plus Salve, MS, NS, NT, NV

### GENERAL INFORMATION:

Native Americans used Skullcap to stimulate menstruation, relieve breast pain, and encourage expulsion of the placenta after birth. Skullcap has been recognized since early in the 19th century as a nervine and was said to have a "deeper" action than other nervine herbs. It was used for hysteria, epilepsy, convulsions, and rabies, as well as to calm patients who had serious mental disorders.

Today Skullcap is used mainly as a nervine herb and is considered to be far more than a basic relaxant and pain killer. Skullcap supports and nourishes the nervous system, calms and relieves stress and anxiety, and is used for depression.

Skullcap, while added to many formulas for its nervine properties, is a main ingredient of my favorite nerve and pain remedy, BBL. This formula is especially beneficial as a pain reliever and nerve rebuilder for nerve-rich areas such as fingers, toes, hands, and feet.

Notable among the nutrients found in Skullcap are calcium, magnesium, and potassium, all of which are extremely nourishing to the nerves.