

## QUICK REFERENCE SHEET

# YERBA SANTA

*Eriodictyon californicum*



Part Utilized:  
Leaf



### PROPERTIES:

Alterative, Expectorant, Astringent, Stimulant,  
Antioxidant

### SYSTEMS AFFECTED:

Respiratory, Digestive

### POSSIBLE USES:

asthma, colds, coughs, diarrhea, fever, sore  
throat

### INGREDIENT IN:

AL, BRON, LCON, PL, SN

### GENERAL INFORMATION:

The name of this herb means “holy herb” in Spanish. Yerba Santa is an excellent remedy for all things to do with the lungs and the stomach. This herb is a valuable expectorant. The tea is taken for coughs, colds, sore throats, mucus in the throat or bronchials, and for asthma.

The antioxidant properties of Yerba Santa benefit the spleen in particular and are said to counteract fatigue, tone the nervous system, and cleanse the blood.