

Viola odorata (many species)
Family: *Violaceae* – violet, pansy
Parts Used: flowers, leaves

There are over 500 species in the viola family, including pansies, all are medicinal. Odorata is a wild variety.

Properties

Antioxidant, antitussive, anticancer, cathartic, emollient, laxative, nervine, nutritive.

Energetics: cooling, pungent
Systems Affected: nervous, lymph, immune

Uses:

- Lymph cleanser and support
- Immune support
- Female breasts and reproductive system support
- Blood cleansing
- Infection of all kinds
- Coughs, sore throat, respiratory issues, sinus infection.
- Mouth, sore, throat infection
- Cools fevers, burns, hot inflammation.
- Lubricates dry membranes, eyes, throat, sinus, digestive tract.
- Cysts, tumors, lumps, mastitis, fibrocystic breasts, boils, carbuncles, etc.
- Shock and trauma
- Skin issues, eczema, acne, sores, burns, rash, wounds, etc.
- Sprains, broken bones, injuries
- Urinary tract infections
- Cancer

Herb Preparations

- Tea
- Gargle, mouthwash (mouth and throat infections)
- Extract
- Honey, syrup
- Herbal oil, salve, balm
- Poultice, compress

- Food; both flower and leaves can be added to culinary dishes, raw or cooked. Flowers can be made into syrups, jams, jellies, and candied. Used as culinary decorations.

Foraging/Harvesting

Found in shady, moist environments, by streams, woodland areas, and parks. Leaves are heart shaped and flowers are generally purple but can also be white or yellow in the wild varieties. Pansies are the cultivated variety that you can plant in your garden.

- Prefers shady, moist conditions.
- A perennial plant that spreads by runners and seeds.
- Gather anytime both leaves and flowers. The more you take, the more will be produced.
- They are more tender and sweet in the spring and get tougher into the summer and fall.