

Verbascum thapsus (blattaria)
Family: *Scrophulariaceae* - figwort
Parts Used: leaves, flowers, root

There are around 300 different species of mullein throughout the world, but the known species of the United States is *thapsus*.

Properties

Alterative, analgesic, antifungal, anti-inflammatory, antiseptic, antispasmodic, astringent, demulcent, diuretic, emollient, expectorant, germicide hemostatic, nervine, pectoral, vermicide, vulnerary.

Energetics: cooling (root is warming), bitter
Systems Affected: lungs, lymph

Uses

- Respiratory support, use for any type of lung condition including shortness of breath (leaves).
- Calms and strengthens the nerves, digestive and urinary systems.
- Affects the glands and lymphatic system.
- Relieves lung congestion as it can moisten and loosen "stuck" mucus (leaves).
- Eases dry, irritable coughs and sore throat.
- Soothes inflamed mucus membranes throughout the body.
- Glandular imbalances, swollen glands, and lymph congestion (leaf).
- Boils, abscesses, tumors, bruises, insect bites, any kind of swelling and irritation (leaf).
- Pain relief (flowers and root)
- Disinfectant for fighting infection internally and externally.
- Fungal infections
- Earache; pain relief, infection and antiseptic properties (flowers).
- Supports body structure and alignment. Use after a chiropractic adjustment to maintain the benefits (root).
- Improves the health of cartilage in joints and spinal vertebrae (root).
- Aids in healing spinal and nerve injuries (root).
- Soothes joint pain and inflammation (root).
- Hemorrhoids, use both internally and externally.

Herb Preparations

- Tea
- Herbal oil
- Salve, ointment
- Tincture
- Poultice/fomentation
- Capsules
- Bath, steam

Wildcrafting/Harvesting

A biennial found in disturbed areas and poor soils. The first year is a basal rosette of soft, green leaves, not the common stalk with flowers that may be more familiar. The second year the stalk is formed with yellow flowers on spikes. Make sure to only harvest away from roadways and areas where there may be toxins.

- Root: Best harvested the first year while in the rosette stage either in spring or fall. Dig up the entire plant since the leaves can be dried and used as well. Chop root before drying.
- Leaves: Handpick leaves anytime, although the best time would be late spring, early summer.
- Flowers: Mullein flowers slowly over several days so you may need to gather for several days, picking the blossoms while in full bloom or maybe find a “crop” of them growing together. Alternatively, you can cut the entire flowering head off and chop it up before drying or using in preparation.

Safety

Seeds are toxic so do not consume. The fine hairs can be irritating so strain well when making a tea, tincture, or oil.