

Scutellaria lateriflora
Family: *Lamiaceae* - mint
Parts Used: aerial parts, leaves, blossoms

Skullcap is indigenous to North America and is best known for its ability to control nervous irritation. For this purpose, it is used in many nervous system formulas including pain and sleep issues.

Properties

Antibacterial, analgesic, antifungal, antiviral, anti-inflammatory, antispasmodic, antitumor, antioxidant, antimicrobial, decongestant, diuretic, febrifuge, nervine, sedative.

Energetics: cooling, drying, bitter
Systems Affected: nervous

Uses

- Supports and strengthens the nervous system; nervous tension, neuralgia
- Calming for insomnia, sleeplessness, mind racing, stress and anxiety.
- Convulsions, tremors, muscle twitching, cholera, epilepsy.
- Tranquilizing, opiate-like effect.
- Quiets mind and thoughts.
- Fatigue and exhaustion.
- Tetanus and rabies.
- Joint pain and inflammation.
- Helps breaks addictions and ease issues associated with withdrawal. (1/2 cup of tea every hour to two until symptoms subside).
- Cold, fever, and flu.
- Detoxes while reducing swellings.
- Painful urination and dysfunction.
- Shortness of breath, palpitations, cardiac pain.
- Digestive concerns, improves appetite, diarrhea, dysentery.

Herb Preparations

Tea (steep for 20-30 minutes)
Extract, liniment
Powder, capsules

Care/Harvesting

Can start from seed indoors a few weeks before the last frost. Transplant outdoors after the last frost in well drained, moist soil. Likes full sun to part shade. Harvest leaves just before the plant begins to flower. Can also harvest after it has bloomed, but leaves are most potent before.

Safety

Works best taken over a period of time in lower doses. High doses may cause dizziness, mental confusion or irregular pulse rate. Avoid during pregnancy.