

The use of Mullein leaf, (and flower).



“Ever since I was a child, and especially when living on a farm, I can remember seeing the stalks of Mullein along the roadside and in fields. I have always admired Mulleins long stalks dotted with yellow flowers.

Since the early 1970’s Mullein (*Verbascum thapsus*) has always been one of my favorite herbal medicines. I recommend it frequently to my patients for two conditions; generalized pain and soreness, and bronchial and lung congestion. Its anti-inflammatory properties reduce inflammation and its anodyne properties relieves pain.

Mullein makes a pleasant tasting tea (*honey or raw sugar may be added*). When used for pain, soreness, inflammation, or a dry cough I suggest 3 cups of Mullein tea per day and spread out during the day.

When I am teaching herbal medicine at the Academy a question that I ask my students is, “Why would you think or believe that the herbal medicines that are provided by God and through nature would be less effective than the manmade synthetic drugs manufactured by drug companies?” Mullein is as, or more effective, than over the counter pain relievers and many prescription drugs, and Mullein can be used to treat pain without the risk of addiction.

Medicinal Properties and Uses: Mullein's properties include mucilage, gum, a trace of volatile oil, resin, saponins, the flavonoids hesperidin and verbascoside, bitter glycosides, and tannins. Mullein is a valuable remedy for most conditions affecting the respiratory system. As Mullein has a tonic effect on the lungs, Mullein tea relieves lung congestion and a raspy, hacking cough and swollen glands. It calms and relaxes the mucous membranes, making it an excellent remedy for dry, chronic coughs such as bronchitis, and asthma.”

**This Article was Written by,
Dr. Gregory Lawton.
My Teacher at the [BHA](#)**



Mullein Benefits



There are many impressive benefits to using mullein leaves, particularly for respiratory ailments, cardiovascular health, and various infections, among others.

Bursitis: Using the leaves or flowers topically on the knees to calm bursitis

Ear infection: Crushing mullein leaves into a paste to alleviate ear infections

Disinfectant: *Brewing the leaves into a tea or tincture can be used as a disinfectant*

Respiratory health: *Soothing respiratory ailments, such as asthma, sore throat, and dry cough*

Chest infections: *Speeding up recovery from bronchitis, chest infections, and tuberculosis*

Wounds: *Antiseptic, antiviral, and antibacterial agent for topical inflammation and wounds*

Hair care: *Stimulating hair growth and protect against dry scalp*

Inflammation: *Soothing inflammation from gout and migraines*

Heart health: *Aiding in heart health by reducing inflammation of blood vessels*

Stomach upset: *Treating stomach upset, constipation, and diarrhea*

Mullein Side Effects

Despite the many health benefits outlined above, there are a number of potential side effects when using mullein, particularly, in excess.

If you are pregnant or breastfeeding, be sure to speak with your doctor before using this herb in any form, due to its many active ingredients.

Some people also experience contact dermatitis or the symptoms of a skin allergy when using this herb topically.

To avoid these side effects, it is best to apply a small amount of a topical remedy on a patch of skin and wait for 12-24 hours to see if there is any inflammation or redness. This allergy check is particularly important to try before ingesting or smoking these leaves, as that could result in far more unpleasant side effects.



Neuromuscular Wellness

Health + Life + Balance