


“How To” Make & Use Herbal Poultices

By Walt Cross, Doctor of Naturopathy

 **Website:** www.themustardseed.us

 **Email:** <https://www.themustardseed.us/contact>

 **Address:** 331 Cosby Hwy, Newport, TN 37821

 **Phone:** (423) 532-5541



"How To" Make & Use Herbal Poultices

For Isaiah had said, "Let them take a lump of figs, and lay it for a plaister (poultice - NKJV) upon the boil, and he shall recover."- Isaiah 38:21 (KJV)

And Isaiah said, "Take a lump of figs. And they took and laid it on the boil, and he recovered." - 2 Kings 20:7 (KJV)

He answered and said, "A man that is called Jesus made clay, and anointed mine eyes, and said unto me, 'Go to the pool of Siloam, and wash': and I went and washed, and I received sight." - John 9:11 (KJV)

And he took him a potsherd to scrape himself withal; and he sat down among the ashes. - Job 2:8 (KJV)

Poultices Can Be Used For:

- Boils
- Burns
- Tumors
- Bites / Stings
- Rashes
- Infections
- Drawing Foreign Objects
- Colds / Flus/ Pneumonia
- Wounds / Ulcers
- Nerve & Muscle Pain

Herbs Which Make Good Poultices:

- Aloe Vera
- Burdock (root)
- Cabbage
- Calendula (flower petals)
- Cayenne
- Chamomile
- Chickweed (leaves and stems)
- Comfrey (leaf)
- Dandelion (leaves)
- Echinacea
- Elderberry
- Ginger
- Golden Seal
- Jewelweed (stems & leaves)
- Lavender
- Mullein (leaves)
- Nettle
- Oats
- Onion (bulb)
- Pau d' Arco (bark)
- Plantain (leaves)
- Poke (root)
- Potato
- Red Clover (blossoms)
- St. John's Wort
- Thyme
- Yarrow

How Do You Use Herbs Topically:

- There are a number of ways to prepare an herb for topical healing:
 - Depending on the plant
 - How quick you need healing
 - How much of a project you want to take on

Types of Herbal Poultices:

1. Fresh Plant Poultice
2. Spit Poultice
3. Hot Herbal Poultices
4. Cold Herbal Poultices

Components of a Basic Poultice:

1. Drawing Material
2. Binder (Optional)
3. Moisture
4. Applied to the Affected Area
5. Wrap (Optional)

Making A “Quick” Fresh Plant Poultice:

- Identify the need
- Determine which herb or herbs you are going to use
- Estimate how much you will need
- Apply the crushed leaf, stem or other parts over the affected area

Making A “Quick” Fresh Plant Poultice:

- Secure with a bandage.
- Leave for up to three hours and reapply, if necessary.

Mud Poultice:

- Bee Stings
- Bug Bites
- Stinging Nettle Rash
- Detoxifies
- Softens Skin
- Drawing

Fig Poultice

- One of the highest plant sources of calcium and fiber
- Split open a fig and soak it in warm water to create a poultice
- Place thin layer of gauze over affected area, then apply fig poultice
- Change every eight hours or twice daily
- Cancer Tumors
- Abnormal Growths
- Boils
- Cysts
- Pain
- Scar Tissues
- Breast Lumps

Aloe Vera Poultice:

- Repairing Damaged Skin
- Treat Wounds
- Reduces Inflammation and Itching
- Promotes Wound Healing
- Redness & Flakiness of Psoriasis
- Frostbite
- Burns

Jewelweed Poultice:

- Poison Ivy
- Poison Oak
- Poison Sumac
- Stinging Nettle Rash
- Eczema
- Insect Bites & Stings

Cabbage Poultice:

- Hemorrhoids
- Relieves Pain
- Insect Bites
- Burns
- Boils
- Varicose Veins

- Speeds Healing
- Draws out Infection
- Bruises

- Lymphedema

Potato Poultice:

- Burns
- Boils
- Swelling
- Mastitis
- Inflammation
- Sty

- Spider Bite
- Infection
- Ear Infection
- Hemorrhoids

Carrot Poultice:

- Draw Toxins from the Body
- Sore Throats
- Colds
- Flu
- Tonsillitis
- Bronchitis
- Swollen Glands
- Cleansing of the Lymph
- Wounds
- Burns
- Boils

- Abscesses
- Chapped Skin
- Cold Sores
- Eczema
- Bruising
- Muscle problems
- Torn Tendons & Ligaments
- Reduce Pain
- Swelling

Spit Poultice:

- Identify the need
- Determine which herb or herbs you are going to use
- Estimate how much you will need
- Just chew up a leaf or two
- Spit it out
- Place it on the affected area
- Secure with a bandage
- Warning: It may not taste good!!!

Jewelweed Spit Poultice:

- Poison Ivy
- Poison Oak
- Poison Sumac
- Stinging Nettle Rash
- Eczema
- Insect Bites & Stings

Plantain Spit Poultice:

- Spider Bite
- Bee or Wasp Sting
- Insect Bite
- Animal bite
- Snake bite
- Tick bites

Leaf of Life Spit Poultice:

- Insect Bites
- Bruises
- Mastitis
- Wounds
- Skin ulcers
- Sprains

Hot Herbal Poultice:

- One can use a Hot Poultice for:
 - Relaxing spasms
 - Relieving pain
 - Drawing blood to the skin's surface
 - Increasing circulation
 - Pulling impurities to the surface
 - Relieving congestion
- Identify the need
- Determine which herb(s) you are going to use
- Estimate how much you will need

- Apply
- Secure with a bandage
- One can apply a hot water bottle or heating pad over the poultice
- Replace the poultice as it cools and repeat as needed
- Herbs can be added into a large muslin bag and added to a bath

Mullein Leaf Hot Poultice:

- Cancer Tumors
- Reduce Swelling
- Reduces Pain
- Sprains
- Bruises
- Rheumatic Pains
- Swollen glands
- Inflammation
- Hemorrhoids

Poke Hot Poultice:

- Skin Ulcers
- Sore & Infected Breasts
- Skin Rashes
- Fungal Infections
- Breast Cancer
- Uterine Cancer
- Acne
- Scabies
- Ringworm

Comfrey Hot Poultice:

- Wound Healing
- Skin Irritations
- Muscle Pain
- Joint Pain
- Muscle Relaxer
- Ulcer Treatment
- Eyewash
- Sprains
- Strains
- Broken Bones

Castor Oil Hot Poultice:

- Laxative
- Cancer
- Cysts
- Hair Care
- Libido
- Induces Labor
- Fungal Infections
- Stimulates Lactation
- Eye Care
- Menstrual Disorders
- Bone and Joint Pain
- Moisturizer

Charcoal Hot Poultice:

- Boils
- Cancer
- Infections
- Spider Bites
- Stings
- Gout
- Cysts
- Edema
- Wounds / Ulcers
- Arthritis
- Tooth Infection

Bread Hot Poultice (Milk, Water, EO):

- Scratches
- Cuts
- Wounds
- Skin infections
- Sprains
- Acute Pain
- Acne
- Eczema
- Wood chips under the skin
- Inflammation
- Boils & abscesses

Cold Herbal Poultice:

- One can use a Cold Poultice for:
 - Reducing inflammation
 - Reducing swelling
 - Soothing excess heat that occurs from sunburns, bruises, strains, sprains, swollen glands and mastitis
- Identify the need
- Determine which herb or herbs you are going to use
- Estimate how much you will need
- Apply
- Secure with a bandage

Mustard Cold Poultice:

- Croup
- Pneumonia
- Influenza
- Arthritis
- Painkiller
- Sciatica
- Asthma
- Lung congestion
- Gout

Cayenne Cold Poultice:

- Increase Blood Flow
- Arthritis
- Pain Reliever
- Wound Healing
- Colds
- Congestion
- Flu
- Fever

Oat Cold Poultice:

- Skin Soother
- Itchy Skin
- Sunburn
- Poison Ivy
- Insect bites & stings
- Rashes
- Mange
- Draw toxins from the skin
- Chicken Pox

Combination Cold Poultice:

- Goldenseal
- Myrrh
- Frankincense
- Pinesap
- Aloe Vera

Herbal Fomentation:

- Fomentations can also be prepared with juices (such as carrots, onions, and garlic) and oils (such as castor, wheat germ, and olive)
- Fomentations must be kept wet
- Many herbalists find that alternating their herbal fomentations as hot and cold applications are the most effective
- An effective and easy way to alternate the temperature on a herbal fomentation is to use an ice pack and a hot water bottle
- If one is not alternating the temperature of the fomentation, he/she can:
 - Apply it for several hours and remove it.
- **For longer applications:**
 - Apply it in the morning and leave it on all day
 - Make sure to remove it for a couple of hours in the evening to air it out
 - Apply it again and leave on all night
 - A herbal fomentation can be covered with wax paper or plastic to aide in maintaining its temperature, moisture, and hold it in place

Calendula Fomentation:

- Insect Bites & Stings
- Inflammation
- Wounds
- Acne
- Ulcers
- Bed Sores
- Varicose Veins
- Spider Veins
- Rashes
- Soothe Sore, Inflamed & Itchy Skin Conditions
- Whelps
- Minor Cuts
- Eczema
- Psoriasis
- Dermatitis
- Athlete's Foot
- Diaper Rash
- Sprained Muscles
- Bruises
- Jock Itch
- Ringworm

Goldenseal Fomentation:

- Skin Diseases
- Infections
- Pink Eye
- Athlete's Foot
- Psoriasis
- Eczema
- Acne
- Dry Skin
- Wounds
- Cellulitis
- Tumors

Castor Oil (Pack) Fomentation

- Supports the Liver and Digestive System
- Strained Muscles
- Minor Injuries
- Menstrual Pain and Difficulties
- Diaper Rash
- Skin Dryness
- Rashes
- Hives
- Fungus
- Cysts
- Tumors
- Trauma
- Boils
- Liver Spots (age spots)
- Degenerative Joint Disorder
- Warts