Skullcap Laura Clifford

Name: Skullcap, Scutellaria Lateriflora (Plant Family Lamiaceae), American Skullcap, Virginia Skullcap, Mad Dog, Madweed, Blue Skullcap, Scullcap, Side-Flowering Skullcap

*Not to be confused with Basic or Chinese Skullcap*

Parts used: Aerial parts

Habitat: Native to North America. Damp areas. Sun or partial shade

Historical Use: Used by Native Americans as emmenagogue, to expel placenta, and relive breast pain. Also used for rabies, epilepsy, schizophrenia, and hysteria.

Uses: Anxiety, Panic Attacks, Headaches, Depression, Stress, Insomnia, Relaxant, Exhaustion, Tension, Strengthen Nervous System, Neuralgia, Menstrual Pain

Actions: Sedative, Nervine Tonic, Antispasmodic, Mild Bitter, Emmenagogue, Antioxidant

Constituents: Flavonoids, Tannins, Volatile Oil, Bitter Iridoids, Scutellarin, Bitter Glycoside, Sugar, Cellulose

Infusion: 3x per day

Tincture: 40 drops 2x per day

Capsules: 200 mg 2x daily

Compress: as needed (Neuralgia)

Harvest: Summer (June) when plants are 3-4 years old and in bloom

Taste: Mild Bitter, Cooling, Mild Astringent

Combines: Hops, Valerian Root, Damiana, Vervain, Wood Bentony, St. John’s Wart, Wild Oat, Lavender, Chamomile, Nettle

Constitution: Humoral: System Hot & Dry or Cold & Dry. Over wrought nerves, depleted, or high strung

Contradictions: Pregnancy, breast feeding, increases side effects of sedating drugs. High doses of the tincture may cause giddiness, stupor, mental confusion, twitching, irregular heartbeat, and seizures

Sources

Encyclopedia of Herbal Medicine, Andrew Chevallier, 1996, 2000

The New Age Herbalist, Richard Mabey, 1988

University of Maryland Medical Center, <http://umm.edu/health/medical/altmed/herb/skullcap>

Alternative Nature Online Herbal, <https://altnature.com/gallery/skullcap.htm>

<https://en.wikipedia.org/wiki/Scutellaria_lateriflora>

Plants for a Future, <http://www.pfaf.org/user/Plant.aspx?LatinName=Scutellaria+lateriflora>