G-Nervine Salve

The nervine herbs, brought right to the skin. Dr. Christopher noted that nervine herbs are good for nerve pain — taking him at his word, we put our General Nervine blend into a salve base, and it has proved a favorite for calming that fiery, throbbing pain of an overused or injured joint.

This Herbal Combination



Skullcap Herb — one of the most trusted nervine herbs, traditionally used to calm nervous tension.



Hops — a gentle sedative herb, traditionally used to ease restlessness and inflammation.



Valerian Root — a classic nervine, traditionally valued for calming irritated nerves and easing pain.



Gentian Root — one of the most bitter herbs in the herbal kingdom, included here to round out the blend.



Black Cohosh — long used to ease nervous tension and support the body through inflammation.

This is the same five-herb blend used in our General Nervine tincture, infused into an extra virgin olive oil and beeswax base — with lavender essential oil as part of the formula. Beyond softening valerian root's strong, earthy smell, lavender is itself traditionally regarded as a nervine and an anti-inflammatory, so it adds to the salve's calming, soothing effect rather than just masking it.

How It Works

The nervine herbs are a valuable natural aid for relieving nerve pain. They're extremely effective for that “fire ball” of pain that can develop over an injured knee or other overused body part. G-Nervine Salve has

proved useful in calming all types of nerve pain — knees, ankles, necks, and more — and has also been used successfully to ease the nerve pain associated with shingles.

Pain from an injured knee can interfere with a good night's sleep as well as prevent good movement and exercise during the day. This salve penetrates into the inflamed nerves, allowing them to calm down and the pain to stop — there's no numbing effect, only an end to the throbbing.

From Dara's Practice

Personally, I've found this salve works quickly during the night, letting me get a good night's rest when a knee or other joint is flaring up.

Once the Pain Settles

Once pain and inflammation are under control, it's time to work on building the injured area back up. Once a joint has been compromised, an aggressive program is needed to clear the injury and rebuild strength and health — this is best done with the BF&C Salve and Extract. Hydrotherapy is also important to healing an injured joint: anytime you have injury or illness, you have blockage, and alternating hot and cold water is all about clearing it. The hot water brings fresh blood to the area, and the cold sends that fresh blood driving through the blockage — like loading and firing a blood bullet. The more dramatic the change between hot and cold, the deeper that blood, with all its healing nutrients, will penetrate.

Pairs Well With

Other useful herbal supports for injured and inflamed joints: our Mullein & Lobelia Salve, excellent support to release a locked-up joint and help remove excess lymph fluid from the area; and BF&C Salve & Extract, which with consistent use supports the body to restore and repair bone, flesh, and cartilage.

Suggested Use

Apply directly to the affected area as needed. As with any herbal salve, use your own best judgment.

This information is provided for educational purposes as part of traditional herbal practice and is not intended to diagnose, treat, cure, or prevent any disease. Always consult a qualified healthcare provider regarding any health condition.

For more on this formula, see my blog post "A Nervine Salve for Fiery Joint Pain" at www.daradietz.me.