Lobelia

One of the most powerful and versatile herbs in traditional herbalism. When in doubt, try Lobelia.



Lobelia — traditionally used as a strong antispasmodic and as a bronchial dilator and expectorant — two main actions that make it one of the most relied-upon herbs in traditional practice.

How It Works

As an antispasmodic, Lobelia is traditionally regarded as second to none, working to relax the entire body and its organs. It's also traditionally used for lung and bronchial trouble, helping open the airways and move material out of the lungs. Traditionally reserved for acute, crisis-level need rather than everyday complaints.

Suggested Use

5 to 60 drops, 3 to 4 times daily. In an acute situation, 2 to 5 dropperfuls. An overdose is not dangerous, but may cause sweating and nausea — simply back off if that happens.

Pairs Well With

This is the same herb used in our M&L Salve for topical relief. For the fuller traditional history of this remarkable herb, see our blog.

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 "Lobelia" at www.daradietz.me.