



Beatrice Nutrition & Health Sciences
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Comfrey

Therapeutic action: Demulcent, cell proliferant, pectoral, astringent, nutritive, tonic, expectorant, hemostatic, alterative, vulnerary, mucilage, and styptic.

Comfrey is one of the finest healers for the respiratory system, especially where there is hemorrhage of the lungs; it has saved thousands of lives. The root has been used reputedly as both a tonic and a vulnerary from very ancient times up to the present. The root and leaves are most beneficial as a poultice in healing any obstinate or ulcerous wound. Comfrey forms an ingredient in a large number of herbal preparations, and it may be given wherever a mucilaginous or demulcent medicine is required. The chief healing element in comfrey is allantoin, a cell proliferant (promotes granulation and formation of epithelial cells in the roots and leaves).

Medicinal uses: Cough, ulcerated and inflamed lung conditions, bronchitis, hemorrhage, asthma (excessive expectoration), tuberculosis, pleurisy, pneumonia, inflamed stomach or bowels, ulcerated kidneys, soothe gravel, bloody urine, diarrhea, dysentery, bruises, sprains, swellings, fractures, cancers, torn ligaments, ruptures, broken bones, cuts, gout, gangrene, heart problems, ulcerous wounds, hemoptysis, catarrh, scrofula, anemia, leukorrhea, female debility, boils, gum sinusitis, burns and insect bites.

Preparation: Decoction, fluid extract, infusion, powder, and tincture. The comfrey root contains a large amount of mucilage that is best extracted by water.

Decotion: (for the root) Put 1/2 -1 ounce of the root in 1 quart of water. For bowel problems, use milk which has a glue-like action in attaching the healing agent to the inflamed membranes.

Dosage:

Decotion	1 wineglassful 3 times daily
Fluid Extract	1/2 -2 teaspoonfuls
Infusion	1 cupful, 3 times daily
Mucilage	See "Formulas"
Powder	1 teaspoonful
Tincture	1/2 -1 teaspoonful (fluid dram)

Administration: Comfrey may be used in all combinations of fomenting.

Oral

Diarrhea, dysentery, and cough [delicate children]: Give the mucilage sweetened with honey in teaspoonful doses frequently (it strengthens, nourishes, soothes and heals).

Inflamed kidneys: Combine comfrey root with gravel root (*Eupatorium purpureum*) in a decotion.

Hemorrhage of the lungs: Give the mucilage of comfrey often and in large doses or give 1 teaspoonful of the decotion of mucilage (1 mouthful at a time and mix well with saliva). Rest 1 hour, then repeat until all soreness is gone and blood is not in the sputum. If the patient sleeps, awaken and continue with the same dosage for two hours and administer every three hours thereafter. Do not give food for at least twelve hours.

Tuberculosis or consumption: Combine comfrey with garlic (add 1 tablespoonful of fresh garlic juice to every pint of mucilage of comfrey) and stir well.

Ulcerated stomach, intestines, larynx, mouth, tonsils, etc.: Combine comfrey with burdock root (*Arctium lappa*).

Scrofula, anemia, dysentery, diarrhea, leukorrhea, female debility, internal pains and bruises: Give a tea of comfrey decotion or infusion.

Skin

Inflammation, bruises, sprains, swellings, suppuration of boils: Apply a fomentation made from the comfrey root or leaves.

Wounds, bruises, burns, varicose veins, ulcers boils, etc.: Paint the part with pure olive oil to prevent sticking, then saturate a thick layer of cotton with comfrey mucilage and apply to the affected parts. Cover with plastic or waxed paper, bandage, and leave on until nearly dry. Make a fresh application by following the same process. If pus is present, paint the part with oil, internally. This will prevent or stop putrefaction and pus formation, which will hasten the healing process. Give fomentations wrung out of a strong decotion.

Ruptures, burns, bruises, sores, ulcers, white swellings, fresh wounds, sore breasts, fractures, sprains, etc.: Apply a comfrey poultice of the fresh, bruised leaves. It relieves pain in an hour.

Boils: A comfrey fomentation or fresh poultice is excellent when it is necessary to resort to cutting and draining. This will draw and drain the boil.

Skin lotion: Juice or decotion mixed in equal parts with glycerine is an excellent skin lotion and beauty aid (tones, softens, and rejuvenates).

Formulas:

Mucilage of comfrey root:

2 ounces	Comfrey root, cut (<i>Symphytum officinale</i>)
1 quart	D-cell or distilled water
6 ounces	Honey
2 ounces	Glycerine

Preparation: Soak the root in water for 12 hours. Bring to a boil, cover and simmer for 30 minutes. Strain, then filter and squeeze through muslin or linen cloth. Return liquor (liquid) to the cleansed vessel, add the honey and glycerine, simmer for 5 minutes and set aside to cool. Placing in a wide-mouthed bottle and keep in a cool place.

Dosage: Coughs, raw or sore throat, slight hemorrhage: 1 wineglassful every hour until tissues are healed and coughing stops. Hemorrhage of the lungs: see "Administration."

Note: Do not give food for at least twelve hours while the treatment is being administered in order for the mucilage to reach the blood and lungs without interference and loss of energy (it is very nutritive itself).

Lung tonic:

1/2 ounce	Comfrey root (<i>Symphytum officinale</i>)
1/2 ounce	Horehound (<i>Marubium vulgare</i>)
1/2 ounce	Elecampane root (<i>Inula helenium</i>)
1/2 ounce	Ground ivy (<i>Glechoma hederacea</i>)
1/2 ounce	Ginger root (<i>Zingiber officinale</i>)
1/2 ounce	teaspoonful Cayenne (<i>Capsicum minimum</i> ; <i>C. fastigiatum</i>)
1 1/2 pounds	Yellow D sugar

Preparation: Simmer the first 4 herbs slowly in 3 pints of water for 20 minutes. Add the nutmeg, cover and simmer 4 minutes longer. Strain over the ginger and cayenne and add the sugar while hot. Allow to cool and bottle.

Dosage: 1 - 2 tablespoonfulls every 2 hours.

Nervine cough syrup:

1 ounce	Comfrey root (<i>Symphytum officinale</i>)
1 ounce	Turkey rhubarb
1 ounce	Spikenard (<i>aralia racemosa</i>)
1 ounce	Skunk cabbage (<i>Symplocarpus foetida</i>)
1 ounce	Horehound (<i>Marubium vulgare</i>)
2 pounds	Yellow D sugar (honey may be substitute for taste)

Preparation: boil the herbs slowly in 5 pints of water for 30 minutes; add the sugar or honey while hot (and for preserving for any length of time, add 1 ounce of alcohol or glycerine).

Dosage: 1 dessertspoonful, 3 - 4 times daily.

Tuberculosis or consumption remedy:

- 1 pint Mucilage of comfrey (*Symphytum officinale*)
- 1 tablespoonful Garlic, fresh juice (*Allium sativum*)

Preparation: Stir well or shake together.

Dosage: 1 wineglassful - 1 teacupful, every 4 hours

Anemia:

- 1 ounce Comfrey root (*Symphytum officinale*)
- 1 tablespoonful Garlic, fresh juice (*Allium sativum*)

Preparation: Simmer the mixture slowly for 20 minutes in 1 quart of water. Strain, bottle and keep in a cool place.

Dosage: 1 wineglassful, every 4 hours.

Asthma:

- 1 ounce Comfrey root (*Symphytum officinale*)
- 1 ounce Elecampane (*Inula helenium*)
- 1 ounce European angelica (*Angelica archangelica*)
- 1 ounce Spikenard (*Aralia racemosa*)
- 1 ounce Horehound (*marubium vulgare*)

Preparation: Bruise and steep the herbs in 1 pint of honey for 6-8 hours at 125 degree temperature until the mixture is in liquid form.

Use: 1 tablespoonful taken every few minutes until relieved and then several times daily.

Bronchitis:

- 1/2 ounce Comfrey root (*Symphytum officinale*)
- 1/2 ounce Horehound (*Marubium vulgare*)
- 1/2 ounce Boneset (*Eupatorium perfoliatum*)
- 1/2 ounce Coltsfoot (*Tussilago Farfara*)
- 1/4 ounce Elecampane root (*Inula helenium*)
- 1 teaspoonful Ginger root (*Zingiber officinale*)
- 1 teaspoonful Lobelia, acid tincture (*Lobelia inflata*)

Preparation: Simmer the first 5 herbs for 20 minutes in 1 quart of water, strain hot over the ginger and cover closely until cool. This can be made more palatable by adding 1 pound of honey to the decoction of the 5 herbs, bring to a simmer (remove scum), then pour over the ginger and cover closely. Add the acid tincture of lobelia when cool (this will help in removing mucus).

Dosage: 2 tablespoonfuls, every 2-3 hours

Debility:

- 4 ounces Comfrey root (*Symphytum officinale*)
- 2 ounces Elecampane (*Inula helenium*)
- 1 ounce Horehound (*Marubium vulgare*)
- 1/2 ounce Beth root (*Trillium pendulum*, *T. erectum*)

Preparation: Simmer the herbs slowly for 20 minutes in 3 quarts of water. Strain, sweeten, bottle and keep in a cool place. The mixture may be preserved with glycerine or with 1 pint of honey.

Dosage: 1 tablespoonful, 3 times a day or more.

Burn Paste (burn, sprains, wounds, etc.):

- 3 parts Comfrey root (*Symphytum officinale*)
- 1 part Lobelia, powder (*Lobelia inflata*)
- base Honey and wheat germ oil (equal parts)

Preparation: Mix the base of honey and wheat germ oil in the blender, gradually adding first the comfrey, then the lobelia until reaching a paste consistency. Cover and keep cool. The paste may be preserved by adding a little glycerine but better results are obtained when freshly-made.

Administration: Apply the burn paste externally on the afflicted area. Internally drink a tea of comfrey or pineapple and comfrey.

Pleurisy:

- 3 parts Comfrey root (*Symphytum officinale*)
- 1 ounce Vervain (*Verbena officinalis*, *V. Hastata*)
- 1 ounce Pleurisy root (*Asclepias tuberosa*)
- 1/2 ounce Hyssop (*Hyssopus officinalis*)
- 1 Teaspoonful Cayenne (*Capsicum minimum*, *C. fastigiatum*)

Preparation: Boil the first 4 herbs slowly in 3 pints of water down to 1 1/4 pints. Strain over the cayenne, set aside to cool, bottle and keep in a cool place.

Dosage: 3 Tablespoonfuls every 2-3 house.

Administration: Give slippery elm gruel and also a strong nettle tea (*Urtica dioica*) freely. Relieve any constipation with a catnip (*Nepeta cataria*) injection.

Pneumonia:

- 1 ounce Comfrey root (*Symphytum officinale*)
- 1/2 ounce Pleurisy root (*Asclepias tuberosa*)
- 1/2 ounce Horehound (*Marubium vulgare*)
- 1/4 teaspoonful Cayenne (*Capsicum minimum*, *C. fastigiatum*)

Preparation: Simmer the first 3 herbs for 20 minutes in 1 quart water. Strain the mixture over the cayenne, cover closely until cool, bottle and keep in a cool place.

Dosage: 1 wineglassful, 4 times daily.

Administration: This formula may be used with a vapor bath or cayenne, elder and peppermint tea.

Sprains, swellings [formentation]:

4 ounces	Comfrey root (<i>Symphytum officinale</i>)
1/2 ounce	Pleurisy root (<i>Asclepias tuberosa</i>)
1/2 ounce	Horehound (<i>Marubium vulgare</i>)
1/4 teaspoonful	Cayenne (<i>Capsicum minimum</i> , <i>C. fastigiatum</i>)

Preparation: Boil slowly for 15 minutes in 2 quarts of water, strain.

Administration: Foment for 1 hour 2-3 times daily.

Tuberculosis or consumption:

1 pint	Mucilage of comfrey (<i>Symphytum officinale</i>)
4 ounces	Elecampane root, cut (<i>Inula helenium</i>)
1 tablespoonful	Garlic juice (<i>Allium sativum</i>)
1 1/2 pints	D-cell or distilled water

Preparation: Boil the elecampane root vigorously in the water for 15 minutes. Strain, press and set aside to cool. Mix the cooled elecampane root with the comfrey mucilage and garlic juice (shake well together) and sweeten with honey.

Dosage: 1 teaspoonful, 3-4 times daily.

General nutrient, emollient, healing formula (ulcers, cancer, syphilis, skin diseases):

1 pint	Mucilage of comfrey (<i>Symphytum officinale</i>)
4 ounces	Burdock root (<i>Aretium lappa</i>)
1 quart	D-cell or distilled water

Preparation: Boil the burdock root briskly for 15 minutes in the water. Strain, then simmer and reduce to 1 pint. Set aside to cool and add the comfrey, mucilage. Shake together and sweeten with honey or yellow D sugar when taken in dosage amounts.

Dosage: 1 wineglassful - 1/2 teaspoonful, 3-4 times daily.

External application (cancer, syphilis, skin diseases, etc.):

Saturate lint or cotton with the comfrey healing formula and apply to the affected parts. Keep moist and change often (do not allow to dry before healing).

Congenial combinations:

For ulcerated conditions (internally and externally) comfrey root in combinations with burdock root (*Aretium lappa* is most beneficial to the ulcerated conditions. For an inflamed kidney or urinary condition, comfrey in combination with gravel root (*Eupatorium puupureum*) will relieve the inflamed kidney or urinary condition. **B**

Courtesy: Dr. John Christopher