



Plantain – Wound Healer, Mucosal Soother & Boundaries Rebuilder

Botanical Profile

- Latin Name: *Plantago major* / *Plantago lanceolata*
- Alternative Names: Ribwort, Broadleaf Plantain, Waybread
- Plant Family: Plantaginaceae
- Parts Used: Leaves (fresh or dried), seeds (psyllium)
- Origin: Native to Europe and Asia, now naturalised globally

Plantain is a steadfast and humble healer that grows quietly underfoot. Rich in mucilage, antimicrobial compounds, and gentle astringents, Plantain helps knit wounds, soothe irritated tissues, and clear heat and toxins from the body. At Peridotflow Wellness Centre, we honour Plantain as a true guardian of boundaries—restoring integrity wherever the body or soul has been pierced or worn thin.

Accelerates Wound Healing and Draws Out Infection

Plantain leaf is famed for its ability to draw out toxins, reduce infection, and promote skin regeneration. Applied as a poultice or infused oil, it helps clean wounds, insect bites, stings, boils, and minor burns. Its antiseptic and anti-inflammatory qualities ease pain while speeding recovery. In folk medicine, it was often known as ‘nature’s bandage.’

Soothes Mucous Membranes and Internal Irritation

Internally, Plantain offers profound soothing to the respiratory, digestive, and urinary tracts. Its mucilage coats inflamed tissues, easing dry coughs, sore throats, ulcers, and heartburn. It can also help with urinary tract irritation and mild gut inflammation—working wherever the body’s inner lining needs comfort and restoration.

Relieves Dry, Irritated, or Unproductive Coughs

Plantain is a gentle expectorant that moistens and calms the lungs. It helps to shift stubborn or dry coughs while reducing inflammation in the bronchi. Particularly useful for dry, hacking coughs, hoarseness, or throat tickles—especially when linked to dryness or exposure to irritants.

Supports Gut Integrity and Leaky Gut Repair

By toning, moistening, and rebuilding the gut lining, Plantain is a trusted ally in protocols for leaky gut, mild ulcers, and gut-brain inflammation. Its mucilaginous action creates a soothing barrier, while its astringents tone lax tissues and assist in repair.

Acts as a Gentle Detoxifier and Blood Cleanser

Plantain's drawing and cooling qualities support the elimination of waste through the kidneys and skin. It assists the lymphatic system in processing stagnant or toxic materials, particularly when paired with blood-cleansing herbs like Burdock or Cleavers.

Folklore & History

Plantain has a long tradition as a sacred herb of protection and resilience. It was known as 'waybread' for growing along footpaths and healing travellers' injuries. Celtic and Anglo-Saxon herbal texts praised it as one of the nine sacred herbs. It has been carried in pockets as a talisman against poison, snakebite, and spiritual harm—an herb of grounding and repair.

Traditional Usage

Used externally as a poultice or infused oil for wounds, bites, and stings. Internally taken as tea or tincture for digestive, respiratory, and urinary inflammation. Can also be juiced fresh and combined with honey for throat and chest soothing.

Herbal Actions

Vulnerary, Demulcent, Astringent, Anti-inflammatory, Antimicrobial, Expectorant, Mild Diuretic

Energetics & Tissue States

Temperature: Cooling

Moisture: Moistening & Drying (balancing)

Tissue States: Atrophic, Lax, Hot, Excited, Dry

Active Compounds

- Allantoin – promotes tissue regeneration
- Aucubin – antimicrobial, anti-inflammatory
- Mucilage – soothing and protective
- Tannins – astringent and tightening

Dosage & Preparation

- Tincture: 2–5 ml up to 3x daily
- Tea: 1–2 tsp dried leaf per cup, steep 10–15 mins
- Poultice: crush fresh leaves and apply directly
- Infused oil: for skin healing, bites, dry patches

Safety & Contraindications

- Very safe and well-tolerated
- Best fresh for topical use
- No known contraindications when used appropriately

Herbal Pairings

- Marshmallow – amplifies mucosal soothing
- Calendula – for skin healing and lymph
- Yarrow – for wound healing and bleeding
- Licorice – combines well for respiratory support
- Cleavers – supports lymphatic detox

Peridotflow Perspective

Plantain is the gentle healer of the hedgerow—steady, unobtrusive, and always near when needed. She teaches that true healing comes from restoring boundaries, moistening what has dried, and drawing out what does not belong. At Peridotflow, we turn to Plantain when the body has been rubbed raw by life—physically, emotionally, or spiritually—and needs to be seen, soothed, and resealed.