

## **Arrowleaf Balsamroot (*Balsamorhiza sagittata*)**

Written by Administrator

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The root of the plant is sometimes used as an expectorant and mild immunostimulant. Native Americans used the sticky sap as a topical antiseptic for minor wounds. Medicinally, the Indians used the large coarse Balsamroot leaves as a poultice for burns. The roots were boiled and the solution was applied as a poultice for wounds, cuts and bruises. Indians also drank a tea from the roots for tuberculosis and whooping cough. As an antibacterial the tincture may be applied to infections and hard to heal wounds. The tincture of the root and bark may be used internally or externally for bacterial problems. Perhaps the most common use for arrowleaf balsamroot is as an immune system enhancer. Use the tincture as you would Echinacea, taking 1 tsp. twice daily to strengthen the immune system.