Ash (Fraxinus excelsior)

Written by Administrator Thursday, 19 May 2011 05:25 -

Decoctions made from the bark and leaves are a gentle laxative. Taken regularly, the ash is said to prevent the recurrence of bouts of malaria and is a substitute for quinine. It is also said to be excellent for treatment of arthritic conditions. The seeds, including their wings, have been used as a carminative.