

Avens

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Avens is an astringent herb, used principally for problems affecting the mouth, throat and gastrointestinal tract. It tightens up soft gums, heals canker sores, makes a good gargle for infections for the pharynx and larynx, and reduces irritation of the stomach and gut. It may be taken for peptic ulcers, irritable bowel syndrome, diarrhea, and dysentery. Avens has been used in a lotion or ointment as a soothing remedy for hemorrhoids. The herb may also be used as a douche for treating excessive vaginal discharge. Avens reputedly has a mild quinine-type action in lowering fever.