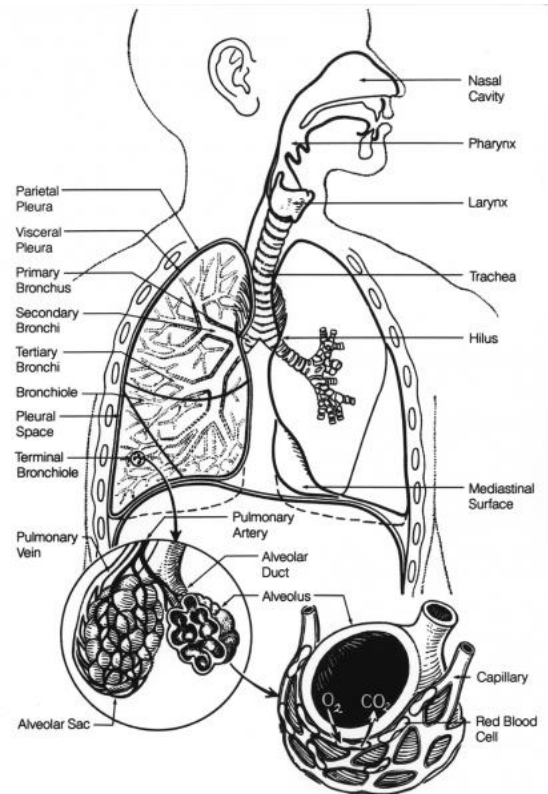


The Respiratory System - Part 1

Kristine Brown - Traditional Community Herbalist

What Does the Respiratory System Consist of?

Nasal cavity	Adenoids
Sinus cavity	Tonsils
Larynx	Bronchi
Trachea	Cilia
Bronchioles	Lungs
Diaphragm	Mouth
Pleural membranes	Nose
Alveoli	Oral cavity
Pulmonary capillaries	Throat



What is the Function of the Respiratory System?

There are three basic functions of the respiratory system: breathing, exchange of respiratory gases and blood transport of oxygen and carbon dioxide. Breathing moves air in and out of the lungs, creating the respiratory cycle (one breath in and one breath out equals one respiratory cycle). Respiratory gases (oxygen and carbon dioxide) are exchanged in the alveoli and the pulmonary capillaries. Oxygen and carbon dioxide are transported between the lungs and body cells through the blood.

Common Acute and Chronic Problems for Respiratory System:

Asthma	Bronchitis
Pneumothorax	Acute respiratory distress syndrome (ARDS)
Allergies	Chronic Obstructive Pulmonary Disease (COPD)
Anaphylaxis	Apnea
Coughs	Colds
Cancer	Catarrh
Laryngitis	Emphysema
Hay fever	Sinusitis
Rhinitis	Shortness of breath
SIDS	Sneezing
Sore throat	Pleurisy
Pertussis	Hiccoughs
Influenza	Pneumonia
Pulmonary embolism	Respiratory failure
Tuberculosis	Wheezing
Tonsillitis	Hypoxia

Rales	Cyanosis
Tachypnea	Pulmonary edema
Interstitial lung disease	Cystic fibrosis
Pneumoconiosis	Pleural effusion

Herbal Applications for the Respiratory System:

Extracts	Plasters
Compresses	Teas
Salves	Ointments
Stems	Cough drops/lozenges
Gargle	Nasal wash
Smoking blends/Smudge	

Ways to Maintain Respiratory System Health:

- ~ Identify the allergens and remove them if possible
- ~ Breathe in fresh air as often as possible
- ~ Decrease stress and increase stress reducing activities such as meditation, yoga, walking
- ~ Get adequate sleep
- ~ Practice 4-7-8 breathing (see resource links)
- ~ Let go of grief
- ~ Tone the immune system response using long term herbs such as Astragalus
- ~ Cleanse the liver
- ~ Supplements to support the respiratory system: Omega 3's with a high EPA to DHA ratio, vitamins A, B complex, C, D3 and E, selenium, zinc, alpha lipoic acid, and magnesium citrate

Recommended Herbal Books (*indicates available through library loan system):

General Body System Information

- ~ The Gift of Healing Herbs : Plant Medicines and Home Remedies for a Vibrantly Healthy Life by Robin Rose Bennett*
- ~ The Herbal Handbook: A User's Guide to Medical Herbalism by David Hoffmann
- ~ Herbal Medicine From the Heart of the Earth by Sharon Tilgner, N.D.
- ~ The Authentic Herbal Healer by Holly Bellebuono
- ~ Holistic Anatomy by Pip Waller
- ~The Encyclopedia of Medicinal Plants by Andrew Chevallier*
- ~The Complete Medicinal Herbal by Penelope Ody*
- ~The Holistic Herbal by David Hoffmann*

Respiratory System Specific

- ~ Rogers' School of Herbal Medicine Volume 4 - The Respiratory System by Robert Dale Rogers

Herbs for the Respiratory System:*Adaptogens*

Ashwagandha (*Withania somnifera*)
 Astragalus (*Astragalus membranaceus*)
 Reishi (*Ganoderma lucidum*)

Antihistamines

Feverfew (*Tanacetum chrysanthemum*)
 Goldenrod (*Solidago spp.*)
 Nettles (*Urtica dioica*)
 Osha (*Ligusticum porteri*)

Anti-inflammatories

Balloon Flower (*Platycodon grandiflorum*)
 Elder (*Sambucus nigra*)
 Ginkgo (*Ginkgo biloba*)

Antimicrobials

Echinacea (*E. purpurea*, *E. angustifolia*)
 Eucalyptus (*Eucalyptus globulus*)
 Garlic (*Allium sativum*)
 Osha (*Ligusticum porteri*)
 Usnea (*Usnea spp.*)

Antispasmodics

Boneset (*Eupatorium perfoliatum*)
 Calamus (*Calamus acorus*)
 Lobelia (*L. inflata*, *L. siphilitica*)*
 Thyme (*Thymus vulgaris*)
 Wild Cherry (*Prunus serotina*)
 Wild Lettuce (*Lactuca virosa*)

Antitussives

Coltsfoot (*Tussilago farfara*)
 Horehound (*Marrubium vulgare*)
 Mullein (*Verbascum spp.*)
 Skunk Cabbage (*Symplocarpus foetidus*)
 Wild Cherry (*Prunus serotina*)

Bronchodilators

Chocolate (*Theobroma cacao*)
 Coffee (*Coffea arabica*)
 Ephedra (*Ephedra sinica*)*
 Ginkgo (*Ginkgo biloba*)
 Horseradish (*Armoracia rusticana*)
 Jimsonweed (*Datura stramonium*)*
 New England Aster (*Symphyotrichum novae-angliae*)
 Rosemary (*Rosmarinus officinalis*)

Decongestants

Eucalyptus (*Eucalyptus globulus*)
 Fire Cider
 New England Aster (*Symphyotrichum novae-angliae*)
 Rosemary (*Rosmarinus officinalis*)
 Thyme (*Thymus vulgaris*)

Demulcents

Marshmallow (*Althea*)
 Plantain (*Plantago spp.*)

Expectorants

Black Pepper (*Piper nigrum*)
 Boneset (*Eupatorium perfoliatum*)
 Sweet Flag (*Calamus acorus*)
 Easter Lily (*Lilium longiflorum*)
 Elecampane (*Inula helenium*)
 Horehound (*Marrubium vulgare*)
 New England Aster (*Symphyotrichum novae-angliae*)
 Osha (*Ligusticum porteri*)
 Pleurisy root (*Asclepias tuberosa*)
 Skunk Cabbage (*Symplocarpus foetidus*)
 Thyme (*Thymus vulgaris*)
 Wild Cherry (*Prunus serotina*)

Herbs for Sinuses

Black Pepper (*Piper nigrum*)
 Calamus (*Calamus acorus*)
 Feverfew (*Tanacetum chrysanthemum*)
 Goldenrod (*Solidago spp.*)
 Horseradish (*Armoracia rusticana*)
 Mullein (*Verbascum thapsus*)
 Plantain (*Plantago spp.*)
 Skunk Cabbage (*Symplocarpus foetidus*)
 Yerba Mansa (*Anemopsis californica*)

Herbs for Allergies

Goldenrod (*Solidago spp.*)
 New England Aster (*Symphyotrichum novae-angliae*)
 Plantain (*Plantago spp.*)
 Ragweed (*Ambrosia spp.*)

Herbs for Asthma

New England Aster (*Symphyotrichum novae-angliae*)
 Osha (*Ligusticum porteri*)
 Star Anise (*Illicium verum*)

*Use only under the care of a qualified herbalist

Online Resources

Rosalee de la Foret: <http://www.herbalremediesadvice.org/respiratory-system.html>

Guido Mase on the Respiratory system:

<http://www.vtherbcenter.org/wp-content/uploads/2012/04/Herbs-for-Respiratory.pdf>

David Hoffmann on the Respiratory system:

http://www.healthy.net/Health/Article/The_Lower_Respiratory_System/1338/2

<http://www.healthy.net/scr/Article.aspx?Id=1612>

http://www.healthy.net/Health/Article/Tonics_for_the_Upper_Respiratory_System/1601

7song on the Respiratory system: <http://7song.com/files/Herbalist%20View-Repiratory.pdf>

Allergies

Guido Mase: <http://w.grianherbs.com/classes/allergies.pdf>

Rosalee de la Foret: <http://www.herbalremediesadvice.org/organic-allergy-relief.html>

Asthma

David Winston: [https://www.herbalstudies.net/media/resources/library/EclecticProtocols-Asthma\(1\).pdf](https://www.herbalstudies.net/media/resources/library/EclecticProtocols-Asthma(1).pdf)

David Hoffmann: <http://www.healthy.net/scr/article.aspx?Id=1266>

Bronchitis

MedHerb article compilation: http://www.medherb.com/Therapeutics/Respiratory_-_Bronchitis_Recipes_And_Formulae.htm#_VPID_93

David Hoffmann, Acute: http://www.healthy.net/Health/Article/Bronchitis_Acute/1333/2

David Hoffmann, Chronic: http://www.healthy.net/Health/Article/Bronchitis_Chronic/1335

Sinusitis

jim mcdonald: <http://herbcraft.org/sinusitis.html>

Todd Caldecott: <http://toddcaldcott.com/conditions/sinusitis/>

Misc.

Herbal support for tobacco cessation: <http://www.vtherbcenter.org/wp-content/uploads/2012/04/Tobacco-cessation.pdf>

Tieraona Low Dog teaches 4-7-8 breathing:

<http://drlowdog.com/omm-meditation>