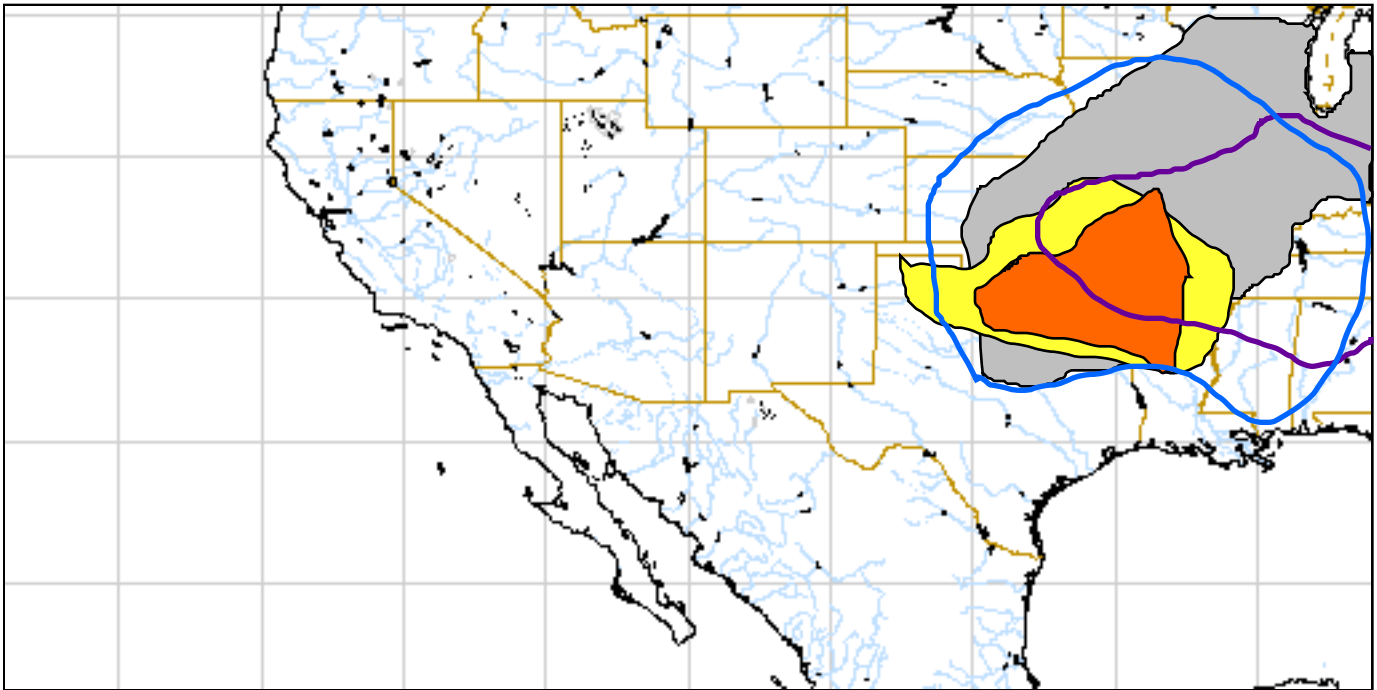







These folios are intended to offer brief and concise information about the preparation and uses of North American botanicals...to encourage the viewing of our herbs as LIVING PLANTS, not merely abstract roughage purchased in commerce, derived from sources mysterious



Wild Indigo *Baptisia*

Prepared by Michael Moore



- Baptisia lactaea* 
- Baptisia sphaerocarpa* 
- Baptisia leucophaea* 
- Baptisia leucantha* 
- Baptisia australis* 
- Baptisia tinctoria*
(off the map, to the east)

BAPTISIA (Wild or False Indigo)

This is a small genus of North American plants in the Leguminosae or Bean Family, closely related to the *Thermopsis* genus of Asia and North America (several of which share very similar effects). It is called "False" Indigo simply because it slightly resembles True Indigo (*Indigofera* spp.), and because all species of *Baptisia* turn at least somewhat purple-black in the fall.

Generally forming dispersed stands of widespread individuals, at least one species, *Baptisia sphaerocarpa*, forms extensive, root-connected stands.

Although *B. tinctoria* was the former official drug plant, all of the species I have gathered (8 to date) can be used, in my opinion, in the same fashion.



Flowering spike



Green pods



Ripe pods

Baptisia leucantha (Photos by Mimi Kamp)



Baptisia leucantha
Typical large flowering plant - Arkansas Ozarks
Photo by Mimi Kamp



Baptisia australis
Photo by Michael Moore



Baptisia leucophaea
Photo by Michael Moore



Baptisia sphaerocarpa
Photo by Kristina Park

Plant Part used, Whole Plant

(The root retains more potency after drying, and should be used for dry tinctures)

PREPARATION:

Tincture of dried root, [1:5, 65% alcohol]; Fresh Tincture of whole plant, [1:2]

Dosage: Both taken 10-25 drops, to 3X a day

USE WITH CARE - Better in smaller doses and for long term use in tonic formulas

SPECIFIC INDICATIONS: Any skin or mucopithelial infections especially from endogenous bacteria, with immunologic depression and poor, asthenic vital functions; adjunct therapy to antibiotics for mild septicemia.

CONTRAINDICATIONS: Pregnancy, major pathologies in general, and can stimulate the rate of liver breakdown of some drug therapeutics.

SPECIFIC USES:

Tongue full & deeply red with systemic infection; foul breath with cracked lips and phlegmy mouth.

Inflamed gums from general immunosuppression.

Purulent laryngitis with systemic effects.

Chronic sinusitis with necrotic, foul discharge.

Chronic tonsillitis with necrosis.

Cardiovascular edema with vascular stasis and sepsis.

Septic diarrhea.

Bacillary dysentery with suppurations (with Echinacea).

Shigellosis, supportive to primary therapy (with Echinacea).

Abscess, with septicemia, swellings (with Echinacea).

Abscess, as moistening agent in a stimulating poultice with Althea powder.

Skin ulcers with septicemia, edema, fever (with Echinacea).

Suppuration with necrosis, in weak individuals (with Echinacea, externally).

Endometritis/metritis, with fever (with Echinacea).

Septicemia with ulceration, decay, swollen tissue; or with weak immunologic vitality.

Endogenous infections, in feeble individuals (with Echinacea and Phytolacca).

Septic fevers (with Echinacea).

To stimulate innate immunity.

Extended immunosuppression, with congestion, edema (with Echinacea).

Lymphadenitis, in chronic debility (with Ceanothus).

Baptisia tinctoria

Photo by Mimi Kamp



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