

Common Herbs to Treat Wounds

HERB	USES	HOW TO USE
ALOE VERA	Soothes and promotes healing of cuts, burns, and scrapes	- Cut a fresh aloe vera leaf. - Squeeze out the gel and apply directly to the wound. - Reapply 2-3 times daily.
CALENDULA	Anti-inflammatory and antimicrobial; speeds up healing	- Crush fresh or dried petals to make a poultice. - Apply directly to the wound. - Alternatively, use calendula-infused oil.
LAVENDER	Antiseptic and anti-inflammatory; reduces pain and prevents infection	- Apply diluted lavender essential oil to the wound. - Use a cotton ball to dab onto the affected area. - Repeat 2-3 times daily.
THYME	Natural antiseptic; prevents infection and promotes healing	- Brew a strong thyme tea. - Use the tea to wash the wound or apply as a compress.
YARROW	Stops bleeding and prevents infection	- Crush fresh leaves into a paste. - Apply directly to the wound. - Alternatively, use dried yarrow powder.
COMFREY	Promotes tissue regeneration; heals bruises, sprains, and wounds	- Crush fresh leaves into a paste or make a poultice. - Apply to the wound and cover with a bandage. - Change dressing daily.
PLANTAIN	Soothes irritation and accelerates wound healing	- Crush fresh leaves into a paste. - Apply directly to the wound. - Cover with a bandage and leave for a few hours.
CHAMOMILE	Anti-inflammatory and soothing; reduces pain and swelling	- Brew a strong tea with fresh or dried flowers. - Use to clean the wound or as a compress.
GARLIC	Natural antibiotic and antimicrobial; prevents infection	- Crush garlic cloves and apply juice to the wound. - Cover with a clean bandage. - Use with caution to avoid irritation.
TURMERIC	Anti-inflammatory and antiseptic; helps heal and prevent infection	- Mix turmeric powder with water or honey to make a paste. - Apply to the wound. - Cover with a bandage; wash off after a few hours.



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