

Spilanthes (Spilanthes acmella , S. oleracea, a.k.a. Paracress)

Family: Asteraceae

Parts commonly used: Whole flowering herb and root.

Properties/energetics: Alterative, strong sialagogue, analgesic, stimulating tonic, immunostimulant, circulatory stimulant, antiseptic, antibacterial, antifungal, antimalarial, antiviral/Warm; spicy.

Systems predominantly affected: Digestive, circulatory, urinary, respiratory, musculoskeletal.

Uses: Spilanthes (“toothache plant”) is an exceptional infection fighter, even in low concentrations. Bacteria, fungus, yeast, and virus, including E. coli, salmonella, Candida albicans, malarial spirochetes, even Borrelia burgdorferi, dispenser of Lyme’s disease fall to Spilanthes’s assault. Yet, the entire plant is nontoxic to humans and other warm-blooded animals. When taken internally, Spilanthes serves as a stimulant to the vascular system, thereby enhancing blood circulation to the extremities. Spilanthes’ cone-shaped flowers taste similar to both Prickly Ash and Echinacea, and cause the buzzing, tingling sensation common to ingesting these plants. These properties indicate that the herb is providing systemic immunomodulating properties that elevate production of leukocytes and antiviral interferon. Spilanthes’ sialagogue effect quickly stimulates the parotid glands, and the mouth becomes awash with antimicrobial saliva that can tone and heal teeth and gums. Concurrently, it stimulates the interrelated lymphatic system. This same sialagogue activity is useful for treating a variety of mouth and throat inflammations, and it improves appetite and digestion (especially after heavy meals taken just prior to bedtime) and any flatulent condition.

Affects on specific body types: Seer-types will appreciate the increased blood flow out to the periphery, stimulating hands and feet, and modifying circulation to the skin. Monarchs will benefit by Spilanthes’s gently stimulating arterial blood flow throughout the body, which can invigorate the generally sluggish organs of this constitutional type.

Preparations/dosage: Tincture: 30 - 40 drops three to five times a day.

By James Green, Herbalist, copyright 2008

For more information please refer to James Green's book, [The Male Herbal, 2nd Edition](#)