

# COMFREY

## **What is Comfrey?**

Comfrey is from the Latin word *conferta*, meaning "to grow together"; *Symphytum* has the same meaning in Greek. Comfrey is so named because this plant is used as a herbal remedy to knit bones, mend lacerations, and heal wounds. Typically applied to the skin, comfrey can be a valuable healing tool.

## **The Benefits of Comfrey**

Comfrey has been found to cause cells to divide at an increased rate, thus healing bones and wounds more quickly. Comfrey may be used topically -- as a salve or poultice -- on cuts, bruises, abrasions, and burns. Many Natural Healers promote that comfrey is safe to take internally, but most health regulatory agencies in the Western world have banned the internal use of comfrey due to the pyrrolizidine alkaloids found in this plant, which are known to harm the livers of animals fed diets consisting largely of comfrey leaves. It can be safely used applied to the skin in poultices, oils and teas.

- Leaves or roots applied as a wash, poultice or ointment are used for bruising, sciatica, boils, rheumatism, neuralgia, varicose veins, bed sores, wounds, ulcers, insect bites, tumours, muscular pain, pulled tendons, gangrene, shingles and dermatological conditions
- It acts as an emollient and is very soothing, inhibiting further damage to tissues, stimulating the production of cartilage, tendons and muscles
- Accelerates healing either internally or externally on skin
- Alleviates eczema, may help psoriasis, skin ulcers
- As a poultice, it heals broken bones, or rubbed in as an oil or ointment
- As an ointment it takes away pain

**Caution:** Comfrey leaf or root can be successfully used as a poultice, the leaves in ointments and oils. If you take this internally as a tea or by eating the leaves fresh, it is at your own risk.