



Solomon's seal

Polygonatum biflorum

Liliaceae

Plant description:

Grows very tall. Grows in woodland areas. Can tolerate lots of shade. Easy to propagate using part of the rhizome. Perennial. Flowers hang like little "bells" and eventually turn into dark blue balls. Bees Love it.

Part used: root (rhizome)

Gathered from young plants in autumn or spring.

Energy/flavor: unknown at time of write up. 8/18/2015

Systems: joints

In The Herb Book by John Lust (pags 358-359) he lists 2 other species that may have similar properties of *Polygonatum biflorum*, *Polygonatum multiflorum* - Astringent, emetic, tonic Mostly external use. Poultice for bruises, inflammation

Good wash for skin blemishes and for poison ivy

Polygonatum odoranta - lower's blood sugar

Actions:

Anti-inflammatory

Ligaments that are too tight or too loose.
tendonitis

Indications:

injuries to the musculoskeletal system
broken bones, sprains, injured tendons and ligaments, tendonitis, arthritis, dryness in joints and "slipped"/herniated discs

Personal thoughts:

Growing everywhere in my yard at Saturn Ave. Bumble Bees love it! I first learned of the medicinal quality from jim mcdonald in a video on HerbMentor.com. In searching the research not much is showing up. A few hits about medicinals of American Indian tribes and of the Appalachians. Found some references to the rhizomes used as food too. I've harvested the root before, and put some in vodka to make a tincture. I'm still unsure about how much to use so I never strained it. It's been in the vodka for about 2 years. Nicely preserved!



Constituents:

Small amounts of cardioactive compound convallarin

convallamarin, convallarin, quercitol, vitamin A

Applications:

Tincture: 3-5 drops/day can work up to 30 drops 3x/day.

Teas, with other herbs. May also be taken as a capsule or extract

Avoid when there is nervous stomach or other digestive disorders.



Research:

Native plant species suitable as bioindicators and biomonitors for airborne fluoride
Volume 125, Issue 1, September 2003, Pages 3-11. Environmental Pollution
Leonard H. Weinstein^a, Alan W. Davison^b,

Sources:

- John Lust, Herb Book 358-359
- Mountain rose herbs website, last accessed 8/18/2015 <https://www.mountainroseherbs.com/products/solomons-seal-root/profile>
- WI Master Gardener website, last accessed 8/17/2015. <http://wimastergardener.org/?q=SolomonsSeal>
- Jim mcdonald <http://www.herbcraft.org/solseal.html>
- Checked these sources but found no record:
 - Hoffman not in
 - Tierra not in
 - Not listed in Memorial Kettering Cancer Center website or in University of Maryland Medical Center website
 - Dr. Duke's Phytochemical and Ethnobotanical Databases <http://www.ars-grin.gov/duke/plants.html>



Vitamins:

Vitamin A