

Oats

(HERB)

Latin Name: *Avena sativa*

FAMILY: Poaceae (grass family)

PARTS USED: Milky oat tops, stems

AGE APPROPRIATE: 1+ years

ENERGETICS: Cooling, Moistening, Sweet, Warming

TASTE: Slightly Sweet, lightly grassy, Refreshing

ACTIONS: Antidepressant, Anxiolytic, Cardiotonic, Demulcent, Emollient, Immunomodulant, Nervine, Reproductive tonic, Trophorestorative



USES: Nutritive (food medicine): rich in minerals and trace nutrients including silica, magnesium, phosphorus, chromium, iron, calcium, alkaloids, protein, vitamin B complex, and vitamin A, C, E, and K.
Soothes and Strengthens Nervous system: can help with nervous disorders such as depression, emotional trauma, stress, and sleeplessness.
Supports heart health, lowers cholesterol, and improves circulation.
May soothe menopausal symptoms by easing hot flashes, calms depression and mood swings, and can help reduce night sweats.
Can help build strong bones and combat osteoporosis due to high levels of minerals of magnesium, calcium, and silica.
Combats arteriosclerosis by elasticizing veins and arteries.

Dosage/Serving Size: Tea: 1 – 4 cups oatstraw infusion /day (1oz in 1qt boiling water, steep 4 hrs.)

SAFETY:

- Care must be taken in the case of celiac disease due to possible contamination at the processing plants

PREPARATIONS: Tisane (herbal tea), Tincture, Herbal Bath Soak

NOTES + RESEARCH: OATS BENEFITS: GETTING TO KNOW AVENA SATIVA
<https://theherbalacademy.com/oats-benefits-getting-to-know-avena-sativa/>

Avena-A Monograph on Oats as Medicine <http://7song.com/avena-a-monograph-on-oats-as-medicine/>

References:

German Commission E: Oat Straw.

<http://cms.herbalgram.org/commissione/Monographs/Monograph0271.html>

Hoffmann, D. (2003). Medical herbalism. Rochester, VT: Healing Arts Press

Can Oat Straw Extract Improve Your Health? <https://www.healthline.com/nutrition/oat-straw-extract>

Berger, J. (1998). Herbal rituals. New York, NY: St. Martin's Press. p. 73

Wood, M (2008) The Earthwise Herbal Vol 1. Berkeley, CA: North Atlantic Books p. 124