

# Skullcap

(HERB)

Latin Name: *Scutellaria lateriflora*

FAMILY: Lamiaceae (mint family)

PARTS USED: Flower, Leaf, Stems

AGE APPROPRIATE: 16 + years  
(not studied for children)

ENERGETICS: Cooling, Drying, Grounding,  
Restorative

TASTE: Earthy, Slightly Sweet, Mildly  
Bitter

ACTIONS: Anxiolytic, Hypotensive,  
Nervine, Antispasmodic,  
Trophorestorative, Analgesic

USES:

- Aids digestion by stimulating and regulating digestive secretions.
- Grounding (reconnects one with a sense of their body)
- Sleep aid (quiets mental dialogue/ quiets the internal accountant)
- Mild Anxiolytic (quiets mental dialogue)
- Nervine (nourishes and builds nerves)
- Opens up the internal flow of energy and stress, helping it to move and cycle out.
- May help relieve stress-related tension headaches.
- May help break addictions to drugs, alcohol, nicotine, coffee, or medications by assisting the nervous system and helps support one to break repeated, stuck patterns.

Dosage/Serving Size Tincture: 2 drops – 4 ml (depending on age and size of body)  
Tea: 1 tsp dried herb / 8 oz cup boiling water. steep 10-15 min. up to 3x/day  
Syrup: per directions on bottle

SAFETY:

- Avoid during pregnancy and lactation (lack of scientific studies)
- Overdose may result in stupor, confusion, giddiness, and twitching limbs.
- Can potentiate (amplify) sedative medications.
- Obtain from a reputable source as skullcap has been adulterated with germander (a plant that has caused liver damage) in the past.
- This monograph is about American Skullcap and does not pertain to Chinese skullcap.

PREPARATIONS: Tisane (herbal tea), Tincture, Syrup

NOTES +  
RESEARCH:



References:

Hoffmann, David. (2003) Medical Herbalism. Rochester, VT: Healing Arts Press

<http://pennstatehershey.adam.com/content.aspx?productid=107&pid=33&gid=000273>

American Botanical Council: Skullcap

<http://cms.herbalgram.org/herbalgram/issue83/article3434.html>

Skullcap: Potential Medicinal Crop <https://hort.purdue.edu/newcrop/ncnu02/v5-580.html>