

The use of Herbs in treating Lyme infections and post Lyme syndrome

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- Use of herbs in initial stage of infection- is it possible to use them alongside antibiotic therapy?
- Use of herbs for chronic Lyme infection
- Use of herbs for post Lyme syndrome
- Prevention/prophylaxis

Constitutional Approach

- Note herbal medicines are complex substances containing many constituents. This means they may be applicable for several symptoms at the same time. The trick is to select a prescription with large enough quantities of the most applicable herbs

- Support the immune system
- Support the adrenals and body's ability to cope with the disease stress
- Strengthen collagen tissues
- Deal with inflammatory response
- Support the specific organs and tissues affected
- Then explore the possibility of killing off spirochetes? There will be a natural population decline with the above measures

Individualised Treatments

- Listen to the patient's story
- Help them formulate an anti-inflammatory/ immuno-supportive lifestyle and diet
- Formulate a herbal prescription and adjust this regularly to deal with their changing condition

- Gut wall integrity and reducing inflammation
Rosa, Azadirachta, Cinamomum, Allium, Curcuma, Thymus, Eugenia, Inula, Arctium, Achillea, Mentha piperita, Berberis sp., Rubus, Filipendula, Alchemilla, Calendula, Matricaria, Taraxacum, officinale radix, Gentiana lutea

Role of Gut Health in Effective Immune response

- Prebiotics- seaweeds, stewed fruit especially apple and pear, Marshmallow root and other roots, Ulmus falva (Slippery elm), Psyllium husk), Oats Rosa
- Probiotics- lactobacilli, locally produced fermented foods in general (Wild fermentation), kefir, kimchi, cider vinegar, sour dough, live beers and meads, yogurt
- Balancing gut flora-many of the above and brassicas and Foeniculum amongst others

Role of HPA Axis in Effective Immune Response

- Effects of stress on immune system are huge
- Suppressed immune response in long term stress

This means that lifestyle adjustments are really helpful, reducing stress, learning to relax with meditation/visualisation/mindfulness/ exercise/ music/dancing/time in nature

Herbs to Improve Gut Wall Integrity

- *Calendula officinalis* Marigold 25% tincture/tea
- *Matricaria recutita* German Chamomile
- *Achillea millefolium* Yarrow
- *Cinnamomum verum* Cinnamon
- Plantago species *Plantago lanceolata/major* and psyllium
- *Ulmus falva* Slippery Elm
- *Glycyrrhiza glabra* Licorice
- *Malus* Apple
- *Tilia x europea* Linden blossom
- *Filipendula ulmaria* Meadowsweet
- Seaweeds in diet for example carageen, dulse/dilisk, nori, kombu

Efflux Pump inhibiting Herbs (Useful alongside antibiotics)

- *Carduus marianum* Milk thistle
- Berberine containing herbs – *Berberis vulgaris*, *Berberis aquifolium*, (*Hydrastis canadensis*)
- *Rosmarinus officinalis* Rosemary
- *Thymus vulgaris* Thyme
- *Lycopus europeaus* Bugleweed
- *Commiphora* species Myrrh and Guggul
- *Centella asiatica* Gotu Kola
- *Daucus carota* Wild carrot
- *Glycyrrhiza glabra* Licorice
- *Citrus aurantium* fructus Bitter orange
- Green tea

- Proanthocyanidin rich herbs – *Vaccinium/Rosa canina* fruct, *Sambucus nigra* fructus, *Crateagus*, and purple fruits and vegetables
- Hypericum
- *Althea officinalis* root

Immune Modulators

- Most of the adaptogens below; also *Sambucus nigra* fructus; Elderberry (formerly used to treat syphilis), *Echinacea angustifolia*; *Echinacea purpurea* may be more relevant with a prevalence of skin symptoms, *Guaiaacum officinale* (also formerly used to treat syphilis), *Olea europea*, Berberine rich herbs

Adaptogens

- *Astragalus*
- *Bacopa* Brahmi
- *Centella asiatica*
- *Rosmarinus officinalis*
- *Eleuthrococcus senticosus* Siberian ginseng
- *Withania somniferum* Ashwaganda
- *Schisandra*
- *Scutellaria baicalensis* Chinese Skullcap
- *Smilax*
- *Salvia officinalis*
- *Sambucus fructus*

- *Arctium lappa*
- *Inula helenium*
- *Ocimum sanctum*
- *Rosa canina fructus*
- *Taraxacum officinalis radix*
- And many many more

Fever management

- *Mentha x piperita* Peppermint
- *Achillea millefolium* Yarrow
- *Sambucus nigra* flos Elderflower
- *Eupatorium perfoliatum* Boneset
- *Tilia x europea* Linden/Lime blossom
- *Melissa officinalis* Lemon Balm
- *Verbena officinalis* Vervain
- *Calendula officinalis*
- Et al

Collagen support

- *Verbascum thapsus* root Mullein
- *Symphytum officinale* Comfrey (only the leaf and externally permitted in Ireland)
- *Centella asiatica* Gotu kola
- *Pulmonaria officinalis* Lungwort
- *Polygonatum multiflorum* et species
- *Acanthus mollis* Bear's breeches
- Seaweeds containing fucoidan

Anti-inflammatory Herbs

- *Echinacea angustifolia* Purple Cone flower
- *Withania somniferum* Ashwaganda
- *Eleuthrococcus senticosus*
- *Plantago lanceolata/major*
- *Curcuma longa* Turmeric
- Mushrooms
- Proanthocyanidin rich herbs and foods
- Inula helenium
- Silica rich herbs also help- Equisetum, Urtica

- *Curcuma longa* Turmeric
- *Scutellaria baicalensis* Chinese skullcap
- *Guaiacum officinale* Lignum vitae
- *Boswellia carterii* Frankincense
- *Filipendula ulmaria* Meadowsweet
- *Vaccinium myrtillus* (bilberry) and other berries
- *Commiphora* species Myrrh and Guggul
- *Matricaria recutita* German Chamomile
- *Betula pendula* Birch
- *Salix alba* Willow
- *Filipendula ulmaria*

Heart Support

- *Lavandula officinalis/vera/angustifolia*
- *Hypericum perforatum* (nerve inflammation)
- *Capsicum minimum* Chilli
- *Zingiber officinale* Ginger
- *Tanacetum parthenium* Feverfew
- There are lots of others

Support the heart and cardiovascular system addressin specifi symptoms such as palpitations, poor circulation and so on

- Herbs- *Crateagus laevatifiga* flos and fructus; Hawthorn, *Passiflora incarnata* Passionflower, *Achillea millefolium* Yarrow, *Valeriana officinalis* Valerian, *Tilia x europea* linden/lime, *Angelica archangelica*, *Viburnum opulus* Crampbark, *Rosa centifolia* Rose, *Vaccinium, tilia*, Ginkgo, *Olea europea* leaf and oil
- Reishi mushroom and others

- Nourishing and supporting the heart muscle – Crataegus, arginine from dietary sources (oat meal, seeds, nuts, dairy, meat)
- Heart coherence exercises and improvement of parasympathetic tone

Parasympathetic Tone/ Vagal Tone

- Herbs containing cyanogenic glycosides eg *Sambucus nigra* Elder, *Prunus serotina* Wild cherry
- *Achillea millefolium* Yarrow
- *Mentha x piperita* Peppermint
- *Angelica archangelica* Angelica
- *Stachys betonica* Wood betony
- *Citrus aurantium flos* aromatic water Orange blossom water
- Other volatile oil rich herbs
- Omega 3 oils
- Seaweeds

Skin Support

- *Hydrocotyle*
- *Trifolium pratense* Red clover
- *Viola tricolor* Heartsease
- *Calendula officinalis* Marigold
- *Smilax*
- *Stellaria media* Chickweed
- *Plantago lanceolata*
- *Althea officinalis radix* Marshmallow root
- *Curcuma longa*
- *Matricaria recutita*
- And others

Liver

- *Curcuma longa* Tumeric
- *Schisandra chinensis*
- *Taraxacum officinale* Radix Dandelion root
- *Stachys betonica* Wood betony
- *Carduus marianum* Milk thistle
- *Verbena officinalis*
- *Glycyrrhiza glabra*
- *Berberis*
- *Erythrea centaurea*
- *Gentiana lutea*
- Bitter foods such as chicories, endives, artichokes, cocoa
- Olive oil, lemon juice and pith, garlic

Eyes

- *Euphrasia officinalis* Eyebright
- *Vaccinium myrtillus* Bilberry (also anti-inflammatory)
- *Calendula officinalis* Marigold
- *Coleus* (also supports heart)
- *Chrysanthemum*
- *Crocus sativum*
- *Lycium*

Lymphatic decongestion

- *Galium aparine* Cleavers
- *Calendula officinalis* Marigold
- *Viola odorata* Sweet Violet
- *Trifolium pratense* Red Clover
- *Echinacea*
- *Thuja*

Tension in Musculoskeletal System

- *Valeriana officinalis* Valerian
- *Viburnum opulus* Cramp bark
- *Mentha x piperita* Peppermint
- *Thymus vulgaris* Thyme
- *Citrus aurantium* flower water
- *Passiflora incarnata*

Nervines

- *Stachys betonica* Wood betony
- *Hypericum perforatum* St. John's wort
- *Rosmarinus officinalis* Rosemary
- *Scutellaria lateriflora* Skullcap
- *Gentiana lutea* (Gentian) and other bitter nervines
- *Matricaria recutita* German Chamomile
- *Valeriana officinalis* Valerian
- *Passiflora incarnata* Passionflower
- Et al

Arthrosis

- *Guaiacum officinalis* Lignum vitae
- *Salix album* Willow
- *Filipendula ulmaria* Meadowsweet
- *Harpagophytum procumbens* Devil's claw
- *Menyanthes trifoliata* Bog bean
- *Withania somniferum* Ashwaganda
- *Curcuma longa*

Repairing nerve tissue

- *Rosmarinus*, *Scutellaria lateriflora* et *baicalensis*, *Avena sativum*, *Hypericum perforatum*
- Omega 3 oils – linseed, walnut, hemp seed, Purslane, oregano
- B vitamins
- Proanthocyanidin rich herbs

Nervous system Symptoms

- Brain fog- *Centella*, *Rosmarinus officinalis*, adaptogens in general, *Mentha x piperita*, *Ginkgo*, *Artemisia absinthium*, *Crataegus*, *Savlia*, *Melissa*, *Foeniculum*
- Parasthesia- *Scutellaria lateriflora*, *Hypericum perforatum*, *Stachys betonica*, *Rosmarinus officinalis*
- Tiredness- adaptogens
- Low mood- *Rosmarinus*, bitters, *Hypericum*, *Avena sativa*, *Borago officinalis*, et al

Reducing spirochete population

- Herbs containing artemisin – *Artemisia annua*, *vulgaris*, *absinthium*
- Volatile oil rich herbs *Thymus*, *Oregano*, *Rosmarinus*
- There are probably lots of others
- *Stevia* whole herb

Breaking up Biofilms

- *Allium sativum* (Garlic)
- *Thymus vulgaris* (Thyme) and possibly other phenol rich essential oils
- *Carduus marianum*
- *Rosmarinus*
- *Artemisia*
- Remember that breaking down biofilms must be accompanied by herbs to reduce the spirochete population and deal with endotoxin load

Improving mitochondrial function

- *Geranium robertianum*, *Leonorus*, *Withania*
- There are probably many others

Dealing with Herx reactions; mopping up endotoxins

- *Zingiber*, *Curcuma*, *Cumin*, *Cinnamon*
- *Glycyrrhiza*, *Berberis vulgaris*
- Seaweeds and other mucilage rich herbs including apple pectin, marshmallow root, slippery elm powder
- Clays
- *Boswellia*, *Allium*, *Azadirachta*, *Rheum*, *Piper nigrum*, Nutmeg
- Digest toxins according to Pole-cumin, *Nigella*, *Cyperus*, *Commiphora*

Supporting the Adrenals

- *Codonopsis*, *Withania*, *Schisandra*, *Astragalus*, *Panax*, *rosmarinus*, *Glycyrrhiza*, *Stachys*, *Pinus sylvestris* and *Picea* species oil and herba, *Rehmannia*, *Urtica semen*
- Essential oils of *Geranium*, *Pine*, *Spruce*, *rosemary*

Prevention/Prophylaxis

- *Astragalus*
- *Eleutherooccus*
- *Echinacea*
- Prebiotics and probiotics for maintenance of gut flora (they constitute up to 70% of our immune system)
- Wild foods in diet- rich sources of antioxidants and substances that the plants produce as insect repellents
- Dietary and lifestyle patterns that strengthen the immune system
- Topically applied plant extracts as insect repellents
- Use of Lavender essential oil or similar to remove ticks