These folios are intended to offer brief and concise information about the preparation and uses of North American botanicals...to encourage the viewing of our herbs as LIVING PLANTS, not merely abstract roughage purchased in commerce, derived from sources mysterious.

Wild Indigo

_Baptisia_

Prepared by Michael Moore

BAPTISIA (Wild or False Indigo)

This is a small genus of North American plants in the Leguminosae or Bean Family, closely related to the _Thermopsis_ genus of Asia and North America (several of which share very similar effects). It is called “False” Indigo simply because it slightly resembles True Indigo (_Indigofera_ spp.), and because all species of Baptisia turn at least somewhat purple-black in the fall.

Generally forming dispersed stands of widespread individuals, at least one species, _Baptisia sphaerocarpa_, forms extensive, root-connected stands.

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Plant Part used, Whole Plant
(The root retains more potency after drying, and should be used for dry tinctures)

PREPARATION:
Tincture of dried root, [1:5, 65% alcohol]; Fresh Tincture of whole plant, [1:2]
Dosage: Both taken 10-25 drops, to 3X a day

USE WITH CARE - Better in smaller doses and for long term use in tonic formulas

SPECIFIC INDICATIONS: Any skin or mucoepithelial infections especially from endogenous bacteria, with immunologic depression and poor, asthenic vital functions; adjunct therapy to antibiotics for mild septicemia.

CONTRAINDICATIONS: Pregnancy, major pathologies in general, and can stimulate the rate of liver breakdown of some drug therapeutics.
SPECIFIC USES:

- Tongue full & deeply red with systemic infection; foul breath with cracked lips and phlegmy mouth.
- Inflamed gums from general immunosuppression.
- Purulent laryngitis with systemic effects.
- Chronic sinusitis with necrotic, foul discharge.
- Chronic tonsillitis with necrosis.
- Cardiovascular edema with vascular stasis and sepsis.
- Septic diarrhea.
- Bacillary dysentery with suppurations (with Echinacea).
- Shigellosis, supportive to primary therapy (with Echinacea).
- Abscess, with septicemia, swellings (with Echinacea).
- Abscess, as moistening agent in a stimulating poultice with Althea powder.
- Skin ulcers with septicemia, edema, fever (with Echinacea).
- Suppuration with necrosis, in weak individuals (with Echinacea, externally).
- Endometritis/metritis, with fever (with Echinacea).
- Septicemia with ulceration, decay, swollen tissue; or with weak immunologic vitality.
- Endogenous infections, in feeble individuals (with Echinacea and Phytolacca).
- Septic fevers (with Echinacea).
- To stimulate innate immunity.
- Extended immunosuppression, with congestion, edema (with Echinacea).
- Lymphadenitis, in chronic debility (with Ceanothus).

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