

Violets

-*Viola spp.*-

Violets are gentle, cooling herbs used to soothe heat, dryness, and irritation, especially in the respiratory and lymphatic systems. Their moistening nature makes them helpful for dry coughs, swollen glands, and inflamed tissues. Both leaves and flowers are edible and commonly used in teas, syrups, honey, and oils for their softening, calming qualities.

Plant Profile:

- **Family:** Violaceae
- **Parts used:** Leaf, flower (fresh preferred), occasionally root
- **Leaves edible:** Yes
- **Energetics:** Cooling, moistening, relaxing
- **Taste:** Mild, slightly sweet, mucilaginous
- **Affinities:** Lymphatic system, lungs, skin, throat, urinary tract
- **Primary actions:** Lymphatic, demulcent, anti-inflammatory, expectorant, mild nervine, alterative

Working With Violets:

- **Infusion:** gentle soothing tea for dry cough, lymphatic stagnation, and heat
- **Syrup:** classic preparation for coughs and throat irritation
- **Infused honey:** soothing for sore throats and respiratory dryness
- **Oil infusion:** used for swollen glands, breast tenderness, and skin irritation
- **Vinegar:** mineral-rich and helpful for lymphatic support
- **Blends well with:** marshmallow, mullein, plantain, rose, linden, red clover

Traditional uses include:

- Swollen lymph nodes
- Dry cough and throat irritation
- Bronchial dryness
- Breast tenderness and swelling
- Skin inflammation
- Urinary irritation
- Constipation with dryness
- Headaches associated with heat
- Gentle emotional support

