

Coltsfoot

-*Tussilago farfara* -

Coltsfoot is a classic respiratory demulcent traditionally used for dry, irritated coughs and inflamed airways. Its flowers appear before the leaves, which is one of its defining traits

Plant Profile

- Family: Asteraceae
- Parts used: Leaf, flower
- Energetics: Cooling, moistening
- Taste: Mildly bitter, mucilaginous
- Affinities: Lungs, throat, bronchi
- Primary actions: Demulcent, expectorant, antitussive, anti-inflammatory

Working With Coltsfoot

- Infusion: short-term for dry cough
- Cold infusion: extra soothing, more mucilage
- Honey syrup: classic cough support
- Blends well with: mullein, marshmallow, plantain, licorice

Safety Note

- Use short-term only
- Avoid during pregnancy
- Traditionally used for acute coughs, not long-term daily use

Traditional uses include:

- Dry hacking cough
- Bronchial irritation
- Laryngitis / hoarseness
- Smoker's cough
- Asthma (supportive, not primary)
- Whooping cough (traditional use)
- Sore throat with dryness
- Post-infection lung irritation

