

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



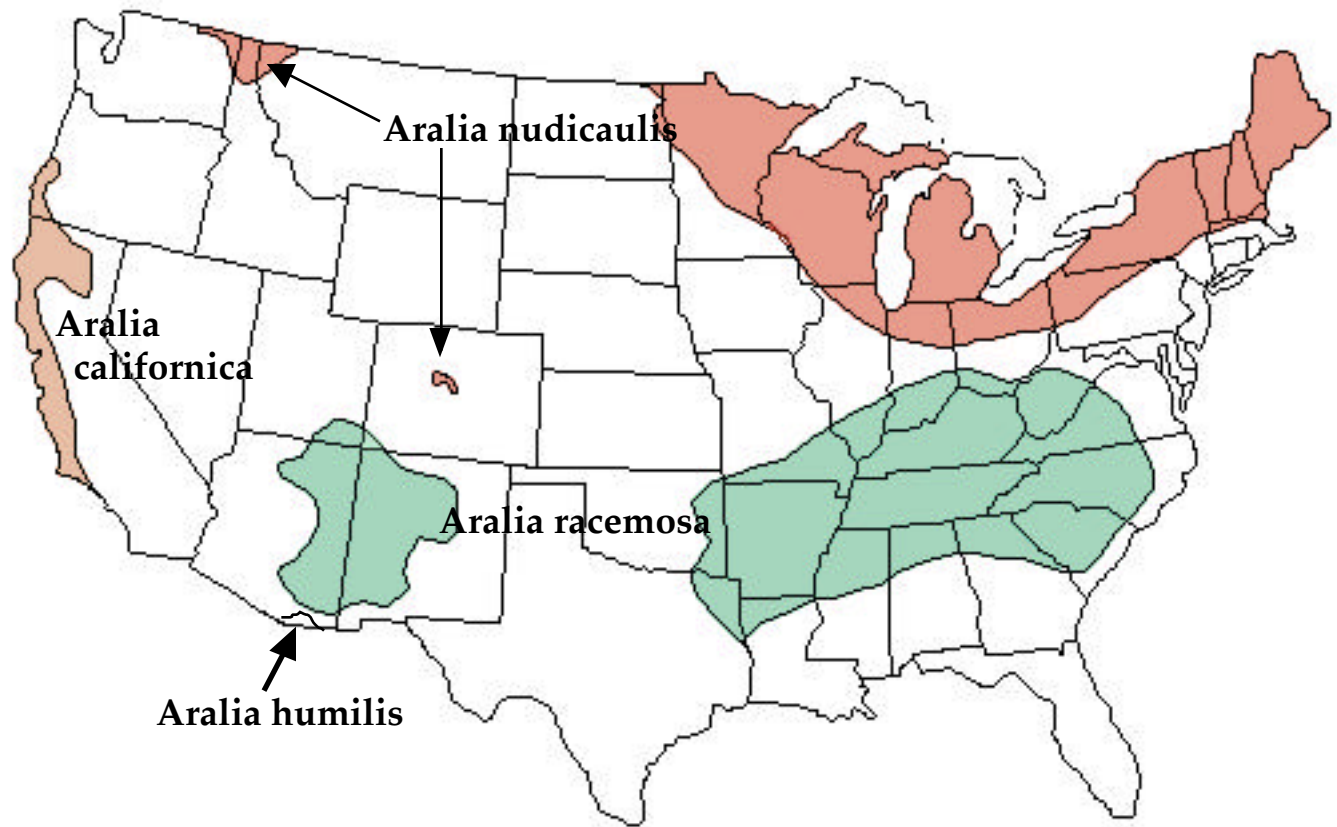
# Aralia Spikenard

Prepared by Michael Moore



*Drawing by Mimi Kamp*

**Aralia californica**  
**California Spikenard**



*Aralia racemosa* • *Aralia californica*  
*Aralia nudicaulis* • *Aralia humilis*

## The North American Spikenards

The Aralia or Ginseng Family (Araliaceæ) is closely related to the Parsley-Carrot Family (Umbelliferæ or Apiaceæ), with the main differences being their solid stems, and succulent berries.

With few exceptions, the Aralia Family grows in the greatest abundance in cold, wet forests, with acidic, humus-rich soil, and fruit that need constant moisture to germinate. This makes them far less abundant or numerous than their more adaptable relatives, the Umbelliferæ.

The Aralia genus tends to form two distinct types of species; those with woody stems, acrid aromatics and spines (such as *Aralia spinosa*) and those with annual, herbaceous growth from somewhat succulent roots, with a soothing, balsamic taste, and generally higher in saponins and aralosides/ginsenosides. The four Aralia that can be loosely lumped together as “Spikenards” are of this latter type.

Further, in herb usage, the “Spikenards” are distinct from the spiny Aralias. The latter act as stimulants and irritants, inducing increased secretions and increased intestinal and liver functions. The Spikenards are tonics, best in long-term use, and further offer the Ginseng-like effects of modifying metabolic and emotional stresses.

*Aralia nudicaulis*

Summer Growth



Blooming Plant



Fall Foliage

*Aralia californica*

Leaf  
Detail



Small Plant



Root Crown



## PREPARATION METHODS:

*Aralia racemosa* and *A. californica* (American Spikenard and California Spikenard)

ROOT. Tincture [Fresh Root,1:2, Recent Dry Root,1:5, 50% alcohol]  
10-30 drops, to 5X a days .

Strong Decoction or Cold Infusion, 2-4 ounces.

LEAVES and RIPE BERRIES Tincture [Fresh Plant, 1:2]

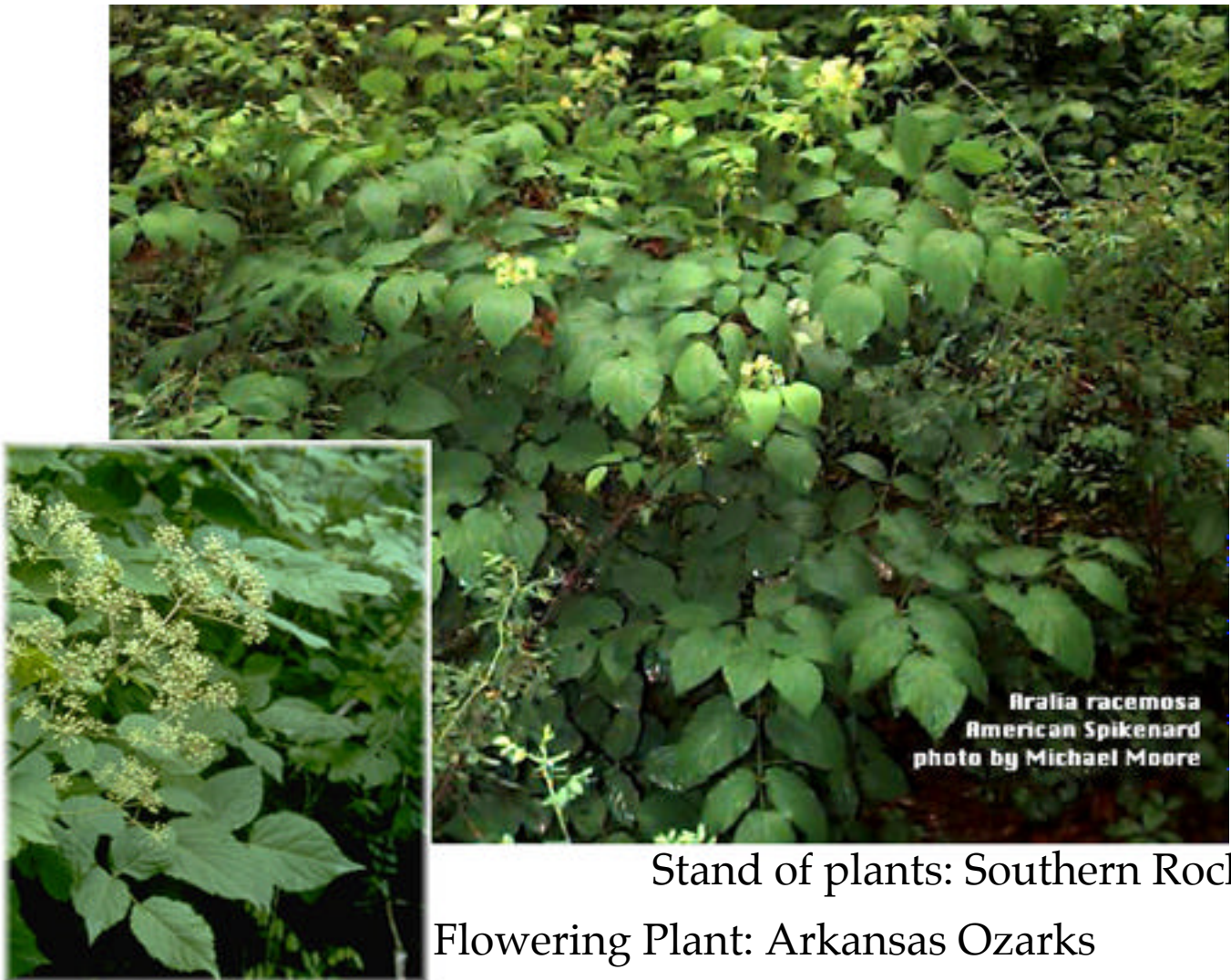
Standard Infusion if recent dried leaves, ad lib

*Aralia nudicaulis* and *A. humilis* (American Sarsaparilla, and Sonora Spikenard)

ROOT. Cold Infusion 2-4 ounces.

Tincture [1:5, 60% alc.] 15-30 drops, both to 3X a day.

### *Aralia racemosa*



*Aralia racemosa*  
American Spikenard  
photo by Michael Moore

Stand of plants: Southern Rockies

Flowering Plant: Arkansas Ozarks

## SPECIFIC INDICATIONS

### *Aralia californica*, *Aralia humilis* and *Aralia nudicaulis*

Adrenal cortex hypofunctions.

Blood serum levels: hyperlipidemia, in general.

### *Aralia racemosa*

Chronic coughing with excess secretions; bronchorrhea; subacute cystitis with mucus in urine, no odor; as an adaptogen similar to Panax.

Chronic laryngitis with excess, abundant mucus.

Chronic pharyngitis with thick tenacious mucus.

Chronic bronchitis with profuse secretions and debility.

Acute cough with faucial irritability, wheezing, dry mucus.

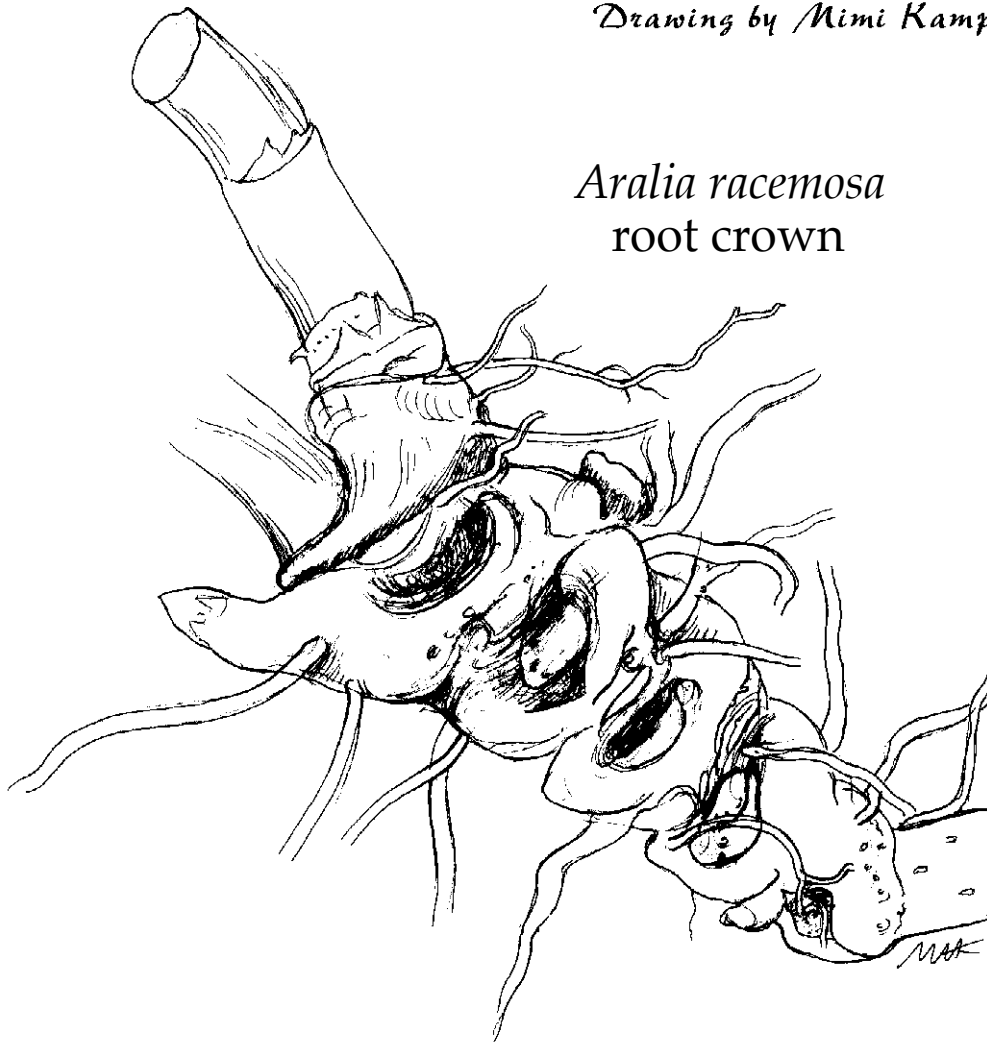
Adrenal cortex hypofunctions.

Primipara, with irritability, distress in last trimester.

- subanemic blood with hypersensitivities.

*Drawing by Mimi Kamp*

*Aralia racemosa*  
root crown



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