

BEARD LICHENS

Usnea Barbata



Areas of application

- Respiratory conditions (concurrent)
- cough suppressant
- Loss of appetite
- Gastrointestinal complaints
- Flatulence, digestion
- skin conditions

Family

Pameliceae

Based in

Northern Europe

Plant parts used

The lichen, or rather an extract from the lichen

Ingredients

Usnic acid, other lichen acids, polyphenols, vitamin C, tannins, polysaccharides

Usage/Indications

Beard lichens are a type of lichen found in forests that has traditionally been valued in naturopathy. They contain primarily usnic acid, which is believed to have antimicrobial properties.

Beard lichens are mainly used to treat respiratory tract infections, such as coughs, bronchitis or sore throats. They can be taken as a tea, tincture or applied as an ointment. Externally, it is used for minor wounds, skin inflammations or fungal infections, as it can inhibit the growth of bacteria and fungi.

It can also be used as a supportive treatment for mild gastrointestinal complaints, particularly bacterial diarrhoea, though it plays only a minor role in this context.

Its indications therefore primarily cover bacterial and inflammatory conditions, both internally and externally. In folk medicine, it was also regarded as supportive of the immune system.

Good to know

Beard lichens act as a natural indicator of air quality. They are extremely sensitive to air pollution and are therefore found mainly in regions with clean, unpolluted air. Their presence is thus regarded as an indication of high environmental and air quality.

Side effects/Contraindications

Beard lichens can put a strain on the liver when taken internally, particularly at high doses or with prolonged use. Stomach irritation or allergic reactions may occasionally occur. When used externally, it is generally well tolerated.

It should not be used in cases of liver disease, during pregnancy and breastfeeding, or in children. Caution is also advised when taken alongside medicines that can damage the liver.

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