



Botanical name: *Avena sativa*

Family: Poaceae (formerly called Gramineae, grass family such as barley, sorghum, bamboo)

Common name: Oatstraw

Spanish + Nahuatl names: paja de avena

Other names: Groats, Oatmeal, Oat, Herb oats, Oatgrass, Oats, Wild oats

Parts of the plant used: grain, straw + seed

When to harvest: when the oat seeds are at the milky stage + green, and the stalks are still green usually in august to october; harvest and dry everything down to the ground. may be able to get more than 1 yield (weather dependent)

Herbal actions:

nutritive, tonic, nervine, relaxant, stimulant, diuretic, diaphoretic, carminative, antispasmodic, anti-depressant, demulcent (especially as porridge), antidiarrhoeal, vulnerary, emollient, endocrine restorative/trophorestorative, antispasmodic, adrenal tonic, anticholesterolemic, antiseborrheic, antioxidant, antibiotic

Active constituents:

alkaloids, sterols, silicic acid, starch, saponins, gluten, vitamin, mineral, avenanthramides, proteins (such as glutinous avenins, C-glycosyl flavones, avenacosides), saponins, sterols, calcium, magnesium, vitamin E, vitamin B; silicic acid, mucin, calcium. [straw]

Planet: Venus

Energy: Cooling, Moistening

Element: Earth

Taste: Sweet, Cool

Habitat & ecology:

Grows generously from the lands of our oldest ancestor so called Africa to Turtle island, generally in temperate climates in dry wasteland, cultivated ground + meadows, especially on heavier soils. Oats are self-fertile, carrying both male + female organs, + pollinated by the wind.

Ethnobotany (People + the plant ancestor):

- Oat seeds are ancient! They have been found in 4000-year-old remains in Egypt, as weeds rather than a cultivated variety.
- Related to corn, wheat + bamboo, oat is an annual grass grown as a nourishing food for cholesterol support, the blood and fibre for the bowel.
- Commonly used to stuff mattresses before and in place of cotton.
- In the European middle ages oats were used to treat rheumatism, painful muscles as well as for kidney or bladder problems and support brain health.
- In African native cultures, oats have been a primary comrade in maintaining overall health, including tumor + cancer prevention + mitigation as well as to increase libido.
- Widely commercially cultivated in tropical Ethiopia, Kenya, South Africa, Morocco, Algeria and Tunisia.

Plant magick:

→ Centerpiece in harvest

Medicinal uses:

- Affinity to the nervous, cardiovascular + muscular systems



- rituals as well as fertility rites
- Heightens our senses, including mental function + intuition
- Connection to intuition + higher self
- Rejuvenation + vitality
- Invokes inner peace
- Gently brings us to our endurance + fertility
- Calls on our passion
- Supportive to sudden loss, grief, chronic sorrow
- Dried straw can be hung in the kitchen + doorways of your home

Form: dried, ritual bath, flower essence, food!

- Restorative + nourishing to our adrenals, which can support grief, anxiety, depression, insomnia, irritability, + an overstimulated nervous system
 - Can be supportive in addiction recovery (caffeine, nicotine, alcohol, anorexia, bulimia- infusions; opiates -tincture) + in ptsd experiences
 - Increases alpha wave lengths
- Helps to promote healthy skin, hair, nails + teeth
- Soothes our digestive tract
 - As a diuretic + acts as a tonic for a weak bladder + for kidney problems
 - Brings relief for liver and gallbladder problems
 - Mucilaginous compounds as well as crude fiber encourage normal bowel function, reduce bowel transit time, absorb toxins + enhance the efficiency of digestion
- Oatstraw is an excellent herbal source of magnesium, supportive in treating calcium deficiency, urinary tract infections, osteoporosis + nervous imbalances
- Alleviates the frequency + durations of headaches + migraines
- An all for shingles + fatigue/increases stamina
- Replenishes our bodies, especially post degenerative imbalances such as multiple sclerosis + epilepsy
- Eases our heart, especially heart palpitations
 - Helps lower cholesterol [helps build healthy cells] levels in the blood
 - Improves circulatory function, including cerebral blood flow
 - Helps to stabilize blood sugar levels
 - Increases internal heat, dispels internal chill
- Supportive to inflamed + irritated skin conditions/dermatitis, including chicken pox, eczema, psoriasis, frostbite, chilblains + rashes [decoction]
- Improves coordination, bone density, attention span, balance + memory
- Enhances our libido/sensitivity to stimuli
- Caretaker of our genitourinary system, especially during aging
- Soothes rheumatic, pain at the joints, + gouty
- In Ayurveda, oatstraw is known as one of the *Rasayana* herbs, which "rebuild the body-mind, prevent decay, and postpone aging"

*contraindication: safe for long term use. while oats do not have gluten, some people may be sensitive to the avenin they contain

Recipes + Allies

Nourishment: red clover, nettles, alfalfa, chickweed

Nervine: licorice, ashwagandha, lemon balm, skullcap

Grief/sudden loss: peach bark, hawthorn leaf + berry, rose, white peony root

Scalp treatment

- Prepare an oatstraw infusion or porridge

Avena latte

ingredients:

- 3/4 cup oatstraw infusion
- 1 1/2 cups milk of your choice (almond, dairy, soy)
- 2 tablespoons sweetener (honey, maple syrup, molasses, etc)
- 1/2 teaspoon cinnamon



Bone building: alfalfa, nettles, horsetail, skullcap [esp muscular pain]

- Add 7-10 drops of geranium essential oil
- Apply to areas affected

- 1/4 teaspoon brain boosting herbal powder (ex: peppermint, maca, ginseng, etc)
- In a medium sized pot, heat milk + add sweetner + powders
 - Stir constantly till milk runs smooth
 - Add milky mixture to your infusion
 - Cover + shake

Preparation:

Infusion (cold or hot), tincture, elixir, glycerite, seed extract/oil, poultice, capsules, cold compress

Recommended dose:

3-5 ml 3 times each day

infusions: drink 2-3 cups/day 3-4x a week

Photos of the plant ancestor:





created + blessed by xóchicoatl of [la mala yerba](#)
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