



Botanical name: *Taraxacum officinale*

Family: Compositae/Asteraceae [in the aster/Sunflower family, includes asters, thistle, chicory, safflower, yarrow, zinnias, mugworts]

Common name: Dandelion

More names: ewe yarin/efo yanrin [Yoruba], 蒲公英/Pú Gōng Yīng [dialect of Chinese] diente de león [Spanish], chicoria, chinita, priest's crown, monk's head, irish daisy, lion's tooth, blowball, cankerwort, puffball, white Endive, wild endive

Parts of the plant used: whole plant, including roots, leaves, flowers

When to harvest: roots can be harvested with consent in the fall to early spring; young leaves are harvested in the spring for salads + foods

Herbal actions:

nutritive, tonic, alterative, cholagogue, urinary tonic, choleric, alkalizing, laxative, diuretic, astringent, anti-inflammatory, galactagogue, aperient (appetite stimulant), digestive stimulant, venotonic, antioxidant, anti-cancer, anti-bacterial, anti-viral, emetic

Active constituents:

bitter glycosides, triterpenoids, tannins, volatile oils, inulin, vitamins A, B complex, C, calcium, fiber, iron, magnesium, manganese, phosphorus, potassium, protein, selenium, silicon, sodium, taraxin, zinc

Habitat + ecology:

Ewe yarin are native to Eurasia. In modern times they can be found in North America, South America down to New Zealand. Dandelions are perennial, herbaceous plants that grow best in moist, sunny areas found in all parts of the northern temperate zone. They go grow year round and go dormant in areas that experience a cold winter. Their taproot can penetrate the soil up to 10 to 15 feet.

Planet: Jupiter

Energy: Cold

Element: Air

Taste: Bitter, Sweet, Salty

Meridians/Organs affected:

bladder, liver, muscles, bones

Ethnobotany (People + the plant ancestor):

- Traditional Chinese Medicine has an ancient history working closely with pú gōng under the category 'Herbs that clear Heat and relieve Toxicity.' Specifically in expelling heat + fire toxicity, dispelling damp-heat in the lower burner, increases lactation, + treating all kinds of inflammations.
- Turtle Island native communities have adopted this plant ancestor to support ulcers [Aleut], gastrointestinal imbalances, as blood medicine, including purification + anemia [Algonquin], as a laxative [Chippewa], + even to support with pain [Iroquois; roots]. The roots have been used as an emetic [induce vomiting] during physical or spiritually poisonous situations.
- Turtle Island native practices of working with dandelion were expanded by african slave medicine, which worked with dandelion root to reduce fevers + scurvy.
- Mexica cultures take *diente de leon* to "purify the blood," particularly during the spring. They are also known as a spring tonic.
- Specially indicated with people with a "mapped or geographical tongue," a tongue covered with a white film; feels raw' comes off in patches, leaving red + sensitive spots

Plant magick:

Medicinal uses:



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

2020

- Comrade to the solar plexus [center of our perceptions of our self, source of power + confidence]
- Connection to child; healing childhood wounds
- Brings sun to our thoughts + perspectives
- Encourages a sunnier disposition
- Promote psychic abilities
- Facilitates astral projections
- Deepens awareness of one's interconnection
- Blown to send a message to a loved one
- Calls on wishes to come true/ancestorfestation
- Courage + bravery
- Added to love medicine [Iroquois]
- Added to anti-witch medicine [Iroquois]
- Associated with planet Jupiter, Orisha Yemaya [Ocean], Goddess Hecate + solar deities
 - Jupiter: knowledge, growth, expansion + prosperity
 - Yemaya: issues of fertility, inspiration, acquiring ancient wisdom, blessings, compassion, inspiration + power
- Nourishing + restorative to the skin, lymph, liver, kidneys, digestive, immune, musculoskeletal + genitourinary health
- Supportive in eliminating "thickened humors" such as those with symptoms of a sluggish kidneys, bile build up in the liver or gallbladder
 - Relieves liver, gallbladder, jaundice, constipation, anemia caused by bile build up
- An ally to indigestion, gas, stomach imbalances, relieves inflammation in the digestive tract
- Supportive in waste elimination through fluids [most notable in leaves]
- Proven to be a comrade in preventing + fighting off cancers, including melanoma + leukemia¹, as well as pancreatic + colorectal or cancers that are testosterone dominant
- Infusion of root [Meskwaki]
- Stimulates sluggish mental activity or lethargy
- Supportive to
 - Heartburn [Ojibwe]
 - Muscular pain, swelling, heat
 - Infections in bones
 - Menstrual discomfort [due to high estrogen; particularly young leaves say the Kiowa or blossoms say the Papago]
 - Bronchitis
 - Diabetes, type II, hypoglycemia
 - insomnia states, depression
- Cares for the skin, acts as a tonifer, can be applied externally for bruises/sores/wounds, internally addresses ulcers
- Wines + juices can be taken as a tonic
- In TCM,
 - Associated with the phlegm fire; heat bakes down fluids until thickened, which block their fluidity + escape of the heat. This is common in the deeper tissues [muscles, bones] → Thin fluids, reduce heat
 - For hepatitis and/or symptoms of jaundice caused by Damp Heat combine dandelions with virgate wormwood (Yin Chen).
 - For hypertension combine dandelions with honeysuckle flowers (Jin Yin Hua) and chrysanthemum flowers (Ju Hua).
 - For external application on hardened breast sores combine dandelions with honeycomb (Feng Fang) and forsythia fruits (Lian Qiao).

Form: spirit, incense, roots/leaves, essential oil*

***Contraindications:** May prohibit the absorption of antibiotics. Caution if currently present the danger of gallstones.



Recipes + Allies

Gastrointestinal support:

To nourish: chickweed, alfalfa,
burdock, nettles, yellow dock;

Digestive tonic: anise, cardamon,
chamomile, garlic, ginger, lemon
balm, mints!

Digestive support: blue vervain, hops,
motherwort, turmeric, wormwood,
docks;

Constipation; aloe juice, burdock,
senna;

Diarrhea: agrimony, oak bark, witch
hazel, yarrow;

Appetite: garlic, ginger, nettles,
yarrow;

Skin love: burdock, yellow dock,
comfrey, nettles, oastrow, rose, red
clover, mugwort, sassafras bark,
sarsaparilla, dandelion root, yellow
dock, licorice, red clover, buckthorn,
American ginseng, poleroot,
echinacea

Anticancer: wormwood, green tea,
dong quai, ginseng, astragalus

Preparation:

food, decoction, tincture, vinegar, oil,
wine

Photos of the plant ancestor:

Invoking Yemaya

*Yemaya, Blessed Mother of the Seas, Let
Your Sacred Waters wash over me.*

*Mother, embrace me, Your humble child.
Cleanse me, Nurture me, Sustain me.*

Yemaya, Beautiful One.

*You Who wears the Seven Skirts of the
Seven Seas,*

*Swirl around me and create a flow of
energy*

that can wash away all bane.

Yemaya, Mistress of the Moon,

Shine Your light onto me,

And fill me with your magic.

Help me to accomplish my goals

Yemaya, Healing Ocean Mother

*I ask You to fill me with Your Healing
Energy*

*Let Your Cleansing Waters wash over
me*

Heal me with Your Regenerative Powers.



