

Top 30 Medicinal Plants To Learn For Survival

When SHTF, it won't be long before modern medicines are hard to come by, so you need a back-up plan. That's OK though because there's a form of medicine that can be just as effective and has been in use for millennia: herbs and plants.

That's right. Eastern medicine, as well as [Native Americans](#) and many other cultures, used [natural cures](#) long before Western medicine even thought about a pill.

Here's a list of medicinal plants to learn for survival.

1. **Althea**. Grows in well-drained soil in either sun or shade. Great for skin irritations, ulcers and sore throats.
2. **American Ginseng**. This root grows best in cool climates and is used to treat respiratory disorders and reduce fevers. It's used orally, often in a tea.
3. **Barberry**. This grows to as high as a whopping 9 feet tall! Use it to treat skin conditions and diarrhea.
4. **Belladonna**. Great to use as a sleep aid but be extremely careful; too much belladonna will kill.
5. **Billberry**. Grow these berries in full sun. Use them to ease diabetes pain, and to treat kidney disease and eye conditions. Eat the berries.
6. **Borage**. Grows well in full sun and moderate to moist soil. Helps with arthritis, joint pain and skin conditions such as eczema.
7. **Catnip**. Grows well in many soils. Treats cold symptoms, swelling and fever. It also helps stop bleeding when applied topically and soothes gas, migraines and stomach aches when infused.
8. **Cayenne Pepper**. Grows well in moderate to moist soil and full sun to partial shade. Can help prevent heart

attacks and heal ulcers and hemorrhoids.

9. **Cranesbill.** This grows best in warm, semi-dry soil. It helps stop bleeding and diarrhea and is also good for canker sores.
10. **Echinacea.** Grows well in nearly any climate as long as you don't overwater it. Treats colds and the flu.
11. **Fo-Ti.** Grows in sun or shade but doesn't like extreme heat. Treats high cholesterol, erectile dysfunction, constipation and fatigue.
12. **Ginger.** Not only is it delicious, it's also great for migraines, nausea, motion sickness and circulation, including blood clots. Eat it or make it into a tea.
13. **Goldenseal.** Grows best in a shady area in rich, moist soil. Use it to treat bladder and fungal infections as well as sinus congestion. Use it in teas.
14. **Lady Fern.** Grows well in moist soil. Eases the pain of minor cuts, burns and stings.
15. **Licorice Root.** Grows best in rich soil in either sun or shade. Can't take extreme cold. Treats sore throats, ulcers and respiratory issues such as bronchitis.
16. **Marijuana.** Grows well in moderate to moist soil and high sun. Treats glaucoma, depression, anxiety, high blood pressure and nausea. The hemp plant makes great rope as well.

MEDICINAL PLANTS TO LEARN FOR SURVIVAL



Althea



Borage



Milk Thistle



Parsley



Rosemary



Valerian

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17. **Milk Thistle.** Grows best in semi-dry soil in temperate climates. It's a wonderful antioxidant and can be used to treat liver and kidney problems.
18. **Parsley.** Grows well in moist soil with sun or partial shade. Helps cleanse the blood and also helps with kidney stones.
19. **Peppermint.** Grows best in temperate climates in moist soil. Helps treat acid reflux, heart burn, headaches and gallstones.
20. **Rosemary.** Grows well in many different soils and climates and doesn't require much attention. Great for upset stomach and helps with headaches. May even help treat cancer.
21. **Saw Palmetto.** Grows great in full sun with moderately moist soil. Treats bladder infections, stomach problems including nausea and bronchitis.
22. **Skullcap.** Needs well-drained soil and full sun. Used to treat high blood pressure.

23. **St. John's Wort.** Grows well in warm, moist soil and can't tolerate the cold. Works well to treat depression and can also slow the progression of HIV.
24. **Tart Cherries.** Grows on trees in moderate to warm climates. Can't take extreme cold. Helps treat arthritis and diabetes and may help prevent cancer.
25. **Tea Tree Oil.** This is tough to grow so we suggest that you stock up on it. It's a powerful antibacterial, anti-viral and anti-fungal and works wonders to treat athlete's foot, vaginal infections, acne, and many other conditions.
26. **Valerian.** Easy to grow in many moderate to warm climates. Remove the flowering stems as soon as they appear. Great for insomnia and anxiety.
27. **Vinpocetine.** This comes from lesser periwinkle and helps to treat people with stroke, Alzheimer's and vascular dementia.
28. **White Willow.** Grows best in moist soil. It's the mother of modern aspirin and is used to treat fever, inflammation and aches.
29. **Wild Yam Roots.** Native to China, these roots grow best in temperate climates. It's great for rheumatoid arthritis, menstrual cramps and nausea.
30. **Witch hazel.** Grows best in moist, acidic soil and full sun but it isn't too particular. It will even grow in partial shade. It's an antiseptic and also helps make bruises feel better. Also used to treat IBS and other bowel issues.

There are many different medicinal herbs and [plants that can be used for healing](#). Some are more effective than others and [many can be lethal](#) if used in the wrong dosage.

We recommend taking the time to learn about medicinal plants if you plan to use them. Buy a book written by a respected expert.

If you have others that you'd like to share, please do so in

the comments section below.

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*This article has been written by **Theresa Crouse** for [Survivopedia](#).*