

Mullein Leaf – Lung Ally, Soothing Expectorant & Standing Tall in Breath

Botanical Profile

- Latin Name: *Verbascum thapsus*
- Alternative Names: Great Mullein, Velvet Plant, Lungwort (folk)
- Plant Family: Scrophulariaceae (Figwort family)
- Parts Used: Leaves (also flowers and root in different applications)
- Origin: Native to Europe and Asia; now naturalised in North America and temperate climates worldwide

Mullein Leaf is a beloved respiratory remedy with tall, golden stalks and soft, fuzzy leaves. Known for its soothing, expectorant action on the lungs, it offers gentle yet powerful support in clearing congestion, easing inflammation, and restoring deep breath. At Peridotflow Wellness Centre, Mullein is the herb we lean on when the breath feels constricted—physically or emotionally—helping us stand tall, grounded, and open to life’s flow.

Eases Coughs and Soothes Lung Inflammation

Mullein is a go-to for dry, irritated, or tickly coughs. Its mucilage soothes the respiratory lining while reducing inflammation, making it ideal for bronchitis, lingering colds, and viral lung conditions. It acts gently but reliably to calm spasm and promote healing of the bronchial tissue.

Clears Mucus and Encourages Productive Expectoration

With its balanced moistening and expectorant properties, Mullein helps thin and shift stuck mucus in the lungs. It is helpful in both dry coughs and damp, congested chest patterns, supporting the body’s natural clearing processes.

Strengthens Lung Function and Deep Breathing

Over time, Mullein tones and strengthens respiratory tissues, particularly useful after smoking, pollution exposure, or recurrent infections. It supports deep, relaxed breathing and may help those recovering from long-term lung stress or weakness.

Supports Lymphatic Flow and Glandular Drainage

Mullein leaf subtly supports the lymphatic system, particularly around the neck and chest. It can reduce swollen glands and assist drainage when infections or stagnation linger in the upper respiratory tract.

Eases Muscular and Spinal Tension (via Root)

Though not from the leaf, it's worth noting that Mullein root is traditionally used to support the spine and musculoskeletal alignment. This broader plant spirit offers a sense of uprightness, both physically and energetically.

Folklore & History

Mullein has long been associated with breath, protection, and light. Its tall stalks were used as torches, and the leaves once lined shoes for warmth. In folk tradition, it was believed to ward off evil spirits and was used in lung and ear conditions. Revered by herbalists in both Europe and North America, it has been considered a guardian plant of the lungs and spine.

Traditional Usage

Infused as tea or smoked in herbal blends for coughs and lung congestion. The leaf is decocted or infused, while the flower is used in ear oil. The root is often tinctured for spinal alignment or musculoskeletal use. Commonly used in herbal smoking blends to soothe lung irritation.

Herbal Actions

Demulcent, Expectorant, Anti-inflammatory, Relaxant, Lymphatic, Vulnerary

Energetics & Tissue States

Temperature: Cooling

Moisture: Moistening (mildly)

Tissue States: Dry, Damp-Stagnant, Inflamed, Tense

Active Compounds

- Mucilage – Soothing and coating for tissue healing
- Saponins – Promote expectoration
- Flavonoids – Anti-inflammatory
- Iridoids – Antimicrobial and relaxing

Dosage & Preparation

- Tea: 1–2 tsp dried leaf per cup, steep 10–15 mins; strain well to remove hairs
- Tincture: 2–4 ml up to 3x daily
- Infused oil (flowers): For ear drops in earache
- Smoking blend (with care): Combine with mullein flower/leaf to soothe lungs

Safety & Contraindications

- Very safe and gentle for most individuals
- Fine leaf hairs may irritate throat—strain well before drinking
- Not recommended during acute infection with fever without professional guidance

Herbal Pairings

- Licorice Root – for additional demulcent and adrenal support
- Thyme – for antimicrobial lung clearing
- Elecampane – for deep expectoration and lung toning
- Marshmallow – for strong mucosal soothing
- Calendula – for lymphatic synergy

Peridotflow Perspective

Mullein invites us to breathe fully and deeply—into our bodies, into the moment, into our truth. It lifts us when we are weary and grounds us when we feel unrooted. At Peridotflow, Mullein is the guardian of breath and the lungs' quiet wisdom. It teaches that healing the breath is healing the spirit—softly, gently, and with unwavering strength.