



# SOAPWORT

*Saponaria officinalis* (sap-oh-NAIR-ee-ah oh-fiss-ih-NAH-liss)

PERENNIAL | CARYOPHYLLACEAE FAMILY

ZONES: 2-8

EXPOSURE: FULL SUN

MATURE HEIGHT: 1-2 FT | SPREAD 1-2 FT

BLOOM: WHITE/PINK | SUMMER



Medicinal



Pollinators



Resistant



HERB & VINE

— healing plants —

Soapwort gets its name because of the saponins in the plant sap. Create a soap by boiling the whole plant (but especially the root) in water. It is a gentle effective cleaner, especially for delicate fabrics.

- Therapeutic\*: The whole plant, but especially the root, is alterative, antiscrophulatic, cholagogue, depurative, diaphoretic, mildly diuretic, expectorant, purgative, sternutatory and tonic.
- Parts used: leaves, flowers, seeds and root - mildly toxic! Not generally used internally. However, Soapwort's main medicinal use is as an expectorant. Its strongly irritant action within the gut is thought to stimulate the cough reflex and increase the production of a more fluid mucus within the respiratory passages.
- A decoction of the whole plant can be applied externally to treat itchy skin.

Caution: do not use if pregnant or nursing. Never use internally without consulting a doctor.



\*Information is based on research of the historical uses of this herb and does not constitute medical advice. Consult a medical professional before using any herb for therapeutic purposes.



Download PDF  
[www. herb-and-vine.com](http://www herb-and-vine.com)