

# NZ Native Herbs: Topical Applications



## **AKEAKE (*DODONAEA VISCOSA*)**

**Key Topical Actions:** anti-inflammatory, antimicrobial, astringent.

Akeake is recommended for inflammatory skin conditions including skin rashes, eczema, stings, bites, burns, and cuts and wounds.



## **HOHERIA (*HOHERIA POPULNEA*)**

**Key Topical Actions:** emollient, anti-inflammatory.

Hoheria is a mucilaginous herb useful for inflammatory and infectious conditions including boils, wounds, abscesses, ulcers and burns. Hoheria gel in water was a popular traditional approach to treating sore eyes.



## **HOROPITO (*PSEUDOWINTERA COLORATA; P. AXILLARIS*)**

**Key Topical Actions:** anti-fungal, antibacterial, astringent.

Significant anti-fungal activity has been demonstrated for the peppery constituent found in Horopito, polygodial. It is indicated for fungal infections of the skin and nails. Used for painful bruises, joint discomfort as a counter irritant, wounds, cuts and burns as a poultice.



## **KAWAKAWA (*MACROPIPER EXCELSUM*)**

**Key Topical Actions:** anti-inflammatory, antimicrobial.

The combination of antimicrobial, depurative and anti-inflammatory actions of Kawakawa make it ideal for cuts, boils, abscesses, wounds, and eczema. It was chewed for toothache and used for neuralgia, joint discomfort and insect repellent.



## **KOROMIKO (*HEBE STRICTA*)**

**Key Topical Actions:** antimicrobial, astringent, anti-inflammatory.

Gentle astringent action helps reduce weeping and inflammation in sores, ulcers, nappy rash, mouth ulcers and dental infections.



## **MĀNUKA (*LEPTOSPERMUM SCOPARIUM*)**

**Key Topical Actions:** anti-inflammatory, astringent, antimicrobial, anti-fungal.

Mānuka has broad treatment applications for topical conditions including wounds, cuts, sores, acne, bacterial and fungal infections, haemorrhoids and anal fissures. Also good as a mouthwash for gum disease and mouth ulcers, and skin conditions such as eczema, and slow healing ulcers or sores.



## **POROPORO (*SOLANUM AVICULARE*)**

**Key Topical Actions:** anti-inflammatory, anti-pruritic, anti-bacterial and antiseptic.

Poroporo is used almost exclusively to treat inflammatory skin conditions, such as eczema. It contains steroidal saponins such as solasonine, which is believed to contribute to the powerful anti-inflammatory action of this unique plant.

# NZ Native Herbs for Topical Applications

## THERAPEUTIC ACTIONS

**ANTIBACTERIAL** - Totara, Mānuka, Tanekaha, Koromiko

**ANTIFUNGAL** - Horopito, Mānuka, Poroporo, Harakeke

**ANTI-INFLAMMATORY** - Akeake, Hoheria, Kawakawa, Mānuka, Poroporo

**ANTIMICROBIAL** - Akeake, Kawakawa, Koromiko, Mānuka, Hoheria

**ANTIOXIDANT** - Totara, Mānuka

**ANTIPRURITIC** - Poroporo, Akeake

**ASTRINGENT** - Koromiko, Mānuka, Akeake, Tanekaha

## SUGGESTED NATIVES FOR TOPICAL CONDITIONS

**ACNE & OTHER BACTERIAL COMPLAINTS** - Mānuka, Totara, Akeake

**BOILS, ABSCESESSES** - Kawakawa, Mānuka, Totara, Hoheria

**BRUISES** - Kawakawa, Mānuka, Poroporo, Harakeke

**BURNS** - Akeake, Hoheria, Harakeke

**ECZEMA** - Kawakawa, Poroporo, Akeake, Kumerahou

**FUNGAL INFECTIONS** - Horopito, Mānuka, Harakeke, Akeake

**GUM DISEASE & ORAL HEALTH** - Mānuka, Tanekaha, Akeake, Kawakawa, Koromiko

**HAEMORRHOIDS** - Hoheria, Mānuka, Totara, Harakeke

**LICHEN SCLEROSIS** - Hoheria

**PSORIASIS** - Poroporo, Kawakawa

**ROSACEA** - Mānuka

**SKIN RASHES** - Akeake, Poroporo, Kawakawa

**SWOLLEN JOINTS & RHEUMATIC PAINS** - Akeake, Kawakawa, Mānuka, Horopito

**TOOTHACHE** - Akeake, Kawakawa (chew leaves of both plants)