PERFECT HERBS

Herb Monograph Latin Name: Ligusticum porteri

Common Name: Osha

Primary Action	antimicrobial
Secondary Actions	antiviral, carminative, expectorant
System Affinities	digestive, immune, respiratory
Conditions Treated	chronic and acute respiratory infections
Constituents	alkaloids, essential oils
Tincture Daily Dose	6 mL to 12 mL
Tea Daily Dose	2 g to 6 g
Parts Used	root
Can Be Substituted With	Lomatium dissectum (lomatium), Angelica archangelica (archangelica)
Pairs Well With	Thymus vulgaris and Glycyrrhiza glabra for stubborn coughs



Disclaimer: This information is provided for educational purposes only.