

consistent antibacterial activity by every member of this genus that they have tested. The acacia in some South American cultures has been considered specific (like echinacea) for venomous stings and bites and has been used in much the same manner: the juice of the chewed bark is swallowed, and the chewed bark is placed as a poultice on the bite area. The main species used historically in Western medicine is *A. catechu*. It is a native of India, though it reportedly grows as far west as Jamaica in the Caribbean. The gums of all the acacias are used medicinally, one species, *A. senegal*, being the source of the well-known gum arabic.

### A Note on the Use of Acacia

Other than Michael Moore, Western herbalists rarely mention Acacia, and it is seldom used. Acacia's common usage among traditional cultures throughout the world and modern research findings showing its medicinal strength supports a broader use among herbalists everywhere.

### Preparation and Dosage

Acacia is generally used as tea, wash, or powder.

**Tea:** For a strong decoction, use 1 ounce (28 g) of plant material in 16 ounces (475 ml) water, boil for 15 to 30 minutes, let stand overnight, strain.

*Use leaves, stems, pods* all powdered. Drink 3 to 12 cups a day for shigella, malaria, dysentery, diarrhea. This decoction is both antimicrobial and anti-inflammatory.

*Use flowers and leaves* as tea for gastrointestinal tract inflammation. Flower tea is sedative.

*Use roots* to make mucilaginous tea that is antibacterial and anti-inflammatory. Helpful for soothing gastrointestinal tract infections (including mouth and throat), as it coats and soothes, reduces inflammation, and attacks microbial infection.

**Wash:** *Use tea of leaves, stems, and pods* to wash recent or infected wounds.

*Use pods* to make wash to treat eyes for conjunctivitis. Add five or six cleaned pods, slightly crushed, to 1 pint (475 ml) water, bring to boil, remove from heat, let steep until it reaches temperature of body heat.