

# How-To: Herbal Inhalants

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Inhalants are used primarily for loosening and breaking up hardened mucus within the bronchi and lungs. They are also used to stop the lungs and bronchi from going into a spasm, yet they do **NOT stop the expectoration** of mucus, unlike chemical inhalers. Chemical inhalers can lead to chronic obstructive pulmonary disease (C.O.P.D.) and cancer.

Inhalants are simple to use and make. The most popular are tea inhalants. Herbs like pleurisy root, mullein leaf, fenugreek, eucalyptus, and coltsfoot can be boiled like a tea: 1 teaspoon of herb per cup of spring or distilled water (add a little extra water to allow for evaporation). You can also use the [3-Lung Tea](#).

## How to Make an Inhalant Tea:

1. Place one teaspoon of each herb  $3\frac{1}{2}$  cups of spring/distilled water and bring to a boil. More water can be added to allow for evaporation.
2. Let your tea simmer (low heat) for 3 to 5 minutes so the herb will still disperse into the water. This will also allow the steam to rise from your mixture. Take the pot off the stove and put it on a trivet on your kitchen table.
3. Place your head over the pan (not too close as steam can burn!), then cover your head and pan with a towel.
4. Breathe deeply. Alternate breathing through the mouth and nose.

**Notes:**

- You can add lobelia for an antispasmodic effect, if you wish.
- A [castor oil pack](#) with a pinch of cayenne pepper can be applied over the chest area if you wish. This is extremely beneficial at helping to clean out the lungs.
- You may also add lung formulas to the castor oil packs. Taking a lung tincture internally is also advised.
- Oils, such as eucalyptus, peppermint, spearmint, and the like may be added to a steam inhale or castor oil pack (but not a spray inhalant as oils can cause damage to the mucus membranes when applied directly).