

# Uses

ID	325
Crop ID	Grindelia
Part	Leaf
Use Category	Medicinal
Notes	The leaves and flowering tops are antiphlogistic, antispasmodic, balsamic, demulcent, expectorant, sedative, stomachic and a vascular tonic. The plant is applied externally as a compress on inflamed or irritated areas of the skin.
Metadata ID	7,467