

## Uses

ID	1,494
Crop ID	Self-heal
Part	Whole
Use Category	Medicinal
Notes	Self heal has a long history of folk use, especially in the treatment of wounds, ulcers, sores etc. It was also taken internally as a tea in the treatment of fevers, diarrhoea, sore mouth, internal bleeding etc. In Korea it is used to treat oedema, nephritis, scrofula and goitre.
Metadata ID	8,468