

# BONESET

**Common Names:**

Feverwort, Thoroughwort, Sweating plant, Indian sage, Agueweed

**Botanical Name:**

*Eupatorium perfoliatum*

**Parts used:**

Aerial parts

**Active Components:**

Quercetin, Kaempferol, Rutin, Eupatorin, Sesquiterpene, Volatile oil, Pyrrolizidine Alkaloids, Resin

**History:**

Native Americans used boneset as a treatment for a wide range of infectious and fever-related conditions because of its sweat-inducing properties. They introduced it to early colonists, who eventually adopted the use of the plant for conditions such as influenza, cholera, malaria, and typhoid. It was also used by the Native Americans to alleviate arthritis and treat colds, indigestion, constipation, and loss of appetite.

Early herbalists believed that boneset was helpful in setting bones. That is how the plant is said to have gotten its English name.

**Looks like:**

Boneset is a member of the Sunflower Family (Asteracea). Its rough and hairy stem grows 2-5 feet in height; its leaves are rough and taper to a long point; and its flowers are white or rarely purple and bloom July through October.

**Where it's grown:**

Boneset is very common in the eastern parts of North America and can be found growing along streams, swampy areas and in low meadows.

**Use:**

Boneset is an excellent remedy for colds and fever, especially for the flu.

Studies suggest that it helps in effectively treating minor viral and bacterial infections by stimulating white blood cells to destroy disease-causing microorganisms. Studies also suggest that it is mildly anti-inflammatory, which supports its traditional use of treating arthritis. In addition, there is some medical evidence that shows that Boneset also boosts the immune system.

