

# THE GREEN MAN'S WOT HERBALISM SYSTEM

version 1.1

## CREDITS

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## VERSION HISTORY

### Version 1.0

Original version by the Green Man, posted on the Wizards of the Coasts Forums when they still supported the WoT d20 RPG. It's now available on the following post of the Call of the Horn Forums:

<http://www.callofthehorn.com/forums/showthread.php?t=239>

### Version 1.1

That's the current version, available in the download section of [www.callofthehorn.com](http://www.callofthehorn.com). Changes include: correction of small typos, addition of the quick reference table, setting the missing Heartleaf Tea DC to 0, conversion from 'Grim and Gritty' HP to standard HP, putting a little more details in the descriptions.

If you have questions, spotted some errors, or have ideas to improve the document, join the discussion in the following thread:

<http://www.callofthehorn.com/forums/showthread.php?t=239>

### Future Versions

Plans for future versions would include:

- add the missing herbal formulas that appear in encyclopedia-wot at the following address:  
<http://encyclopaedia-wot.org:8008/items/herbs.html>
- add pictures of the herbs.

If you would like to contribute, come and join the discussion in the Call of the Horn Forums in the following thread:

<http://www.callofthehorn.com/forums/showthread.php?t=239>

## AUTHOR'S NOTE

One of the things that I think is lacking in the standard WoT game is a system for herbalism. Since there has been some interest for a herbalism system recently, I've decided to post mine.

If you wish to use this system, either in its entirety or by modifying it, feel free—but please credit me and place a link to my email address: [The\\_Nym@hotmail.com](mailto:The_Nym@hotmail.com). Please note that there's an underscore between The and Nym: The\_Nym. It's difficult to see with the email address auto formatting.

Whenever possible I have used resources like the Concordance, Encyclopedia WoT, and the original books in order to get a description of the herbs used and how they are prepared. However, when I couldn't find such information, I made up these details based on what seemed to make sense.

The Green Man

# INTRODUCTION

## PREREQUISITE

In order to practice herbalism, a character must have the skill: Craft (herbalism). The Craft (herbalism) skill provides a +2 synergy bonus to Heal and Profession (wisdom) and other equivalent Profession skills. Herbalists specialize in the creation and application of a wide variety of herbal medicines, remedies, and various other concoctions. Most characters who choose the Craft (herbalism) skill are apprentice herbalists and learn how to make herbal compounds from a mentor.

In order to make an herbal compound, an herbalist must know the formula for that compound. Once an herbalist knows the formula, he can attempt to create the compound. In order to successfully make a compound an herbalist must, in addition to having all of the required ingredients, time, and equipment, make a Craft (herbalism) check against the DC of the herbal compound. There are some herbal treatments that have a DC 0. These herbal remedies have such a simple preparation method that anyone, even those without the Craft (herbalism) skill may prepare them. Of course, just because an herbal remedy can be prepared by anyone, that doesn't mean that the remedy is well known. Although the Craft (herbalism) skill is used to create herbal compounds and remedies, a Heal check is still generally required to use a remedy effectively.

## LEARNING NEW HERBAL FORMULAS

There are three ways to learn new herbal formulas; being taught, examining a compound that you have a sample of and attempting to recreate it (also called reverse engineering), and through experimentation.

**Being Taught:** If someone teaches you a formula, you can recreate it as described above with a Craft (herbalism) check against the DC of the herbal compound.

**Reverse Engineering:** It's more difficult, but still possible, to recreate a compound from a sample that you have. So long as an herbalist has access to all of the ingredients and equipment necessary to produce an herbal compound he usually can reproduce it, through trial and error, as long as the formula isn't too difficult. Make a Craft (herbalism) check against 1.5 times the DC of the herbal compound. If you are not aware of all of the compounds ingredients, the DC will be increased accordingly. If you succeed, you can figure out the proper formula in a number of days equal to the DC of the compound times d10%. This assumes that you can test your compound out through trial and error. For example, if you're attempting to make a poultice that accelerates healing, it may take you three days to produce the

compound, as long as you have a wounded person or persons to test it on.

**Experimentation:** The least reliable way to learn or create a new herbal compound is by experimentation and luck. In order to discover new formulas, an herbalist must not only have the time to conduct such experimentation, but also access to a wide variety of ingredients and various apparatus such as a means by which to boil, dry, distill and process different ingredients. Often times, new compounds are more or less discovered by accident. You may be attempting to produce a poultice that numbs pain, but you discover that what you've created fights infection, but does nothing for pain. It should be noted that the discovery of a 'new' compound doesn't necessarily mean that a compound has never been discovered before—it simply means that the herbalist discovers a formula that is new to him. Although an herbalism check is required in order to attempt to discover a new type of compound, the DC for the check as well as the exact time that it will take to discover an unknown compound is up to the discretion of the GM.

## FINDING THE RAW INGREDIENTS

Knowing how to use and make herbal compounds doesn't mean that you know where to find all of the raw ingredients. Wilderness Lore can be used to locate herbal ingredients. For more information on using the Wilderness Lore skill to forage for herbal components see the description of the Wilderness Lore skill in Chapter Two: Skills.

## HERBAL COMPOUND

### DESCRIPTION FORMAT

**DC:** The DC to create this herbal compound

**Description:** General description of the compound.

**Effect:** The effect that the compound has on those who are subjected to it.

**Raw Ingredients:** Each of the ingredients required for this compound are listed here.

**Preparation:** The method by which the compound must be prepared is described in this section. For example, an ingredient might need to be dried in the sun for a week, then crushed with a mortar and pestle into a fine powder. The powder must then be brewed in hot water for 10 minutes.

**Special:** Any special notes regarding the compound are listed here. For example, if an herbal compound is a deadly poison frequently used in political assassinations, it may be outlawed in certain regions.

# HERBAL FORMULAS

## ANDILAY ROOT

**DC:** 0

**Description:** When andilay root is consumed, it helps clear the head and dint the burn in tired muscles.

**Effect:** Andilay root temporarily suspends the effects of 2d6 points of subdual damage for one hour. It doesn't heal subdual damage, it simply suspends its effects. After 1 hour, the suspended subdual damage returns at the rate of 1 point per minute. Andilay root also provides a +4 to any endurance related checks.

**Raw Ingredients:** Raw andilay root.

**Preparation:** No special preparation is required, raw andilay root simply needs to be chewed and swallowed.

**Special:** Andilay root is only effective for a maximum of three times in a 24 hour period.

## BLISTERLEAF

**DC:** 0

**Description:** Blisterleaf is a fern-like plant that grows in wet or swampy areas. The plant has from 7 to 13 leaves per branch, giving it a feather-like appearance. Skin exposed to the leaves of the plant blister painfully. Often, the blisters burst, causing then to 'weep'. The weeping dries causing a crusting over the area where the blisters were. Healing generally takes 2-3 weeks.

**Effect:** Being exposed to a small amount of blisterleaf is unpleasant, but doesn't produce any in-game effects. Exposure to larger amounts of the toxic plant, however can make it hard to concentrate on tasks and causes penalties to certain activities. If 20% or more of the body is exposed to blisterleaf, the affected person suffers a -2 circumstance penalty to the following skill checks: Balance, Climb, Concentration, Hide, Jump, Move Silently, Perform, Ride, Sleight of Hand, Ride and Tumble. If 50% or more of the body has been exposed to blisterleaf, the skill check penalty is increased to -4, attack rolls are made at a -2 penalty, and the affected person may not wear heavy or medium armor until the 'weeping' stage of the rash has ended and the blisters have crusted over. This typically occurs 1-2 weeks after exposure.

**Raw Ingredients:** The leaves of the blisterleaf plant.

**Preparation:** Although a powder is sometimes made from blisterleaf by drying and pulverizing the leaves, no special preparation is required—the leaves must touch exposed skin in order for a reaction to occur.

## BLUESPINE TEA

**DC:** 5

**Description:** An Aiel recipe, bluespine tea is a strong tea with a distinctly unpleasant flavor.

**Effect:** Although bluespine tea has no medicinal value, Aiel Wise Ones often use it to cure sullen or sulkiness.

**Raw Ingredients:** The bluespine cactus, native to the

Aiel Waste.

**Preparation:** Bluespine tea is prepared by first dicing and drying out a small, spiney, blue-green cactus native to the Aiel Waste. The dried cactus is then steeped in hot water for at least 3 minutes. The longer the tea is steeped, the more foul it tastes.

**Special:** As previously noted, the bluespine cactus is native to the Waste and this recipe is known only to the Aiel.

## BLUEWORT TEA

**DC:** 5

**Description:** Bluewort tea is commonly used to settle a queasy stomach. Contrary to marshwhite leaves tea, it doesn't have any bitter taste.

**Effect:** Aside from settling an upset stomach, bluewort tea has no other in-game effect.

**Raw Ingredients:** The leaves and stems of the bluewort, a small bushy herb similar in appearance to parsly.

**Preparation:** Raw bluewort leaves and stems can be steeped in hot water for 1-2 minutes to produce a mild, flavorful infusion. Alternately, the leaves and stems can be dried. Dried bluewort tea should be steeped for 8-10 minutes.

## BOILED BLUE GOATFLOWERS

**DC:** 10

**Description:** Boiled blue goatflowers are used, often in conjunction with boneknit, to speed the healing of broken limbs.

**Effect:** Broken limbs that are treated with toweling soaked in boiled blue goat flowers heal 25% faster than normal.

**Raw Ingredients:** Blue Goatflowers.

**Preparation:** A large quantity of blue goatflowers is placed in a pot filled with water, one part blue goatflowers to ten of water. The water is heated to a roiling boil that must be maintained until the water takes on an opaque blue hue, and thickens slightly, similar to the consistency of milk. This usually takes at least 1 hour of boiling, although the time varies with the amount of liquid one is trying to produce. Once the solution has cooled down so that it is no longer painful to touch, towels are added to the liquid and soaked for an hour. The towels are then wrapped around the broken limb, and must be changed as soon as they stop steaming. The solution will keep for some time, about 10 days, but toweling should not be soaked in it until just before they are to be used.

**Special:** When combined with boneknit, the two treatments work together twice as fast and twice as strong, healing broken limbs 50% faster than normal.

## BONEKNIT

**DC:** 10

**Description:** Boneknit is a bitter, pale ivory root that, when taken internally, accelerates the healing of broken bones. A limb is then often wrapped in toweling soaked in boiled blue goatflowers.

**Effect:** Boneknit increases the rate at which broken

bones heal. If boneknit is taken daily, broken limbs heal 25% faster than normal.

**Raw Ingredients:** Raw boneknit root.

**Preparation:** A thumb-sized piece of raw boneknit can be eaten daily, or, because the raw boneknit doesn't keep for more than a couple of weeks, the root can be dried into a powder that is often sprinkled on food or mixed with water, or wrapped in small edible leaves and swallowed. In order to be dried into a powder, boneknit must first be ground into a pulp. The pulp is then dried in the sun for 2-3 days, or until all of the moisture has been removed. The pulp is then ground again into a fine powder that keeps for several months.

**Special:** When combined with the treatment of boiled blue goatflowers, described above, the combination of the two treatments is both twice as fast and twice as strong, healing broken limbs 50% faster than normal.

## CHAINLEAF TEA

**DC:** 7

**Description:** Chainleaf tea is often used to settle a queasy stomach. Contrary to marshwhite leaves tea, it doesn't have a bitter taste.

**Effect:** Aside from settling an upset stomach, chainleaf tea has no other in-game effect.

**Raw Ingredients:** The leaves of the chainleaf plant.

**Preparation:** The leaves of the chainleaf plant are spread out in the open air for several hours after being gathered. They are then tossed until they become soft and flaccid. They are then roasted for a few minutes before being dried slowly over a charcoal fire. The leaves are then steeped in hot water for 2-3 minutes.

## CRIMSONTHORN ROOT

**DC:** 15

**Description:** Crimsonthorn root is often used as an effective painkiller, although consuming too high a dose can result in paralysis or even death. It has a distinctly sweet flavor, so it can pass completely unnoticed in sweet tea (whether because of the presence of honey or sugar).

**Effect:** A normal dosage of crimsonthorn root is an extremely effective painkiller; it doesn't have any real in-game effect unless you use house rules about injuries (giving penalties to attack rolls, skill checks and so when hit points are low enough), then it should reduce the injury level from one level. The effects of crimsonthorn root last for d3+1 hours. At high doses it's a dangerous poison, see the special effect below.

**Raw Ingredients:** The root of the crimsonthorn plant.

**Preparation:** Shavings, white in color, are collected from the root of the crimsonthorn plant. These shavings are given to someone in pain, in small quantities. Crimsonthorn root can and has also been used by unsavory individuals to incapacitate their victims. In such cases, the crimsonthorn root shavings are usually dried, then steeped in hot water along with tea, or powdered and added to food or drink.

**Special:** Crimsonthorn root contains a powerful neurotoxin. A small amount of the root desensitizes nerve

endings and deadens pain. Larger doses affect the major muscle groups and paralyze a victim for hours without rendering them unconscious. A character exposed to a large dose of crimsonthorn root must make a Fortitude save, DC 15. Failure means that the character is paralyzed in d10 rounds for d4 hours. If a character fails a second Fortitude save, DC 15, one round after being affected, the neurotoxin begins to affect the internal organs and the character suffers 2d6 Con damage. In cases when this is enough damage to kill the character, death is caused by suffocation, as paralyzed lungs struggle to breathe. In any case, it kills you very very slowly.

**Antidote:** none, although use of some form of Healing might be able to cure the toxin.

## CORENROOT

**DC:** 5

**Description:** Corenroot, a small tapered root with a tough brown skin, stimulates the body to make blood.

**Effect:** Corenroot accelerates the body's ability to replenish lost blood. A character taking corenroot, engaging in light activity, heals wounds inflicted by slashing or piercing weapons at the rate of 1 every 4 hours. A character engaging in more strenuous activity recovers hit points at the rate of 1 every 8 hours. This is in addition to any normal healing from the passage of time, engaging in only light activity, or complete bed rest, and the effect only lasts for one day; after this delay, the healing stops and more corenroot must be taken.

**Raw Ingredients:** Corenroot—the root of a medium-sized, bushy plant.

**Preparation:** Corenroot is most often consumed raw, although it can be dried in order to extend its shelf life.

## DOGWOOD TEA

**DC:** 0

**Description:** Dogwood tea is a foul tasting brew that is generally used to 'cure' moping, sullenness or otherwise used to 'punish' someone behaving foolishly.

**Effect:** Dogwood tea has no medicinal value or in-game effects.

**Raw Ingredients:** The bark from the dogwood tree.

**Preparation:** The bark from the dogwood tree is broken into chunks and infused in hot water for 10-15 minutes. The hot liquid is then strained before being served.

## DOGWORT

**DC:** 12

**Description:** Dogwort is a small plant with thin, stiff ribbon-like leaves that speeds the healing of cuts (wounds inflicted by slashing weapons).

**Effect:** A character who has been wounded by a slashing weapon, attack, or injury heals 6 points of damage after taking a dose of dogwort and getting a full night of rest; a new dose is needed each new day in order for dogwort to continue to have any effect. In case the character doesn't get a full night of rest, he only recovers 3 points after taking at least partial rest, (3 or 4 hours minimum), and a new dose must then be taken in order to get further effect at the next rest. This is in addition



to any normal healing from the passage of time or engaging only in light activity or complete bed rest.

**Raw Ingredients:** The thin, ribbon-like leaves of the dogwort plant.

**Preparation:** Fresh or dried dogwort leaves are placed in a container. The leaves are then covered in oil. Olive oil is usually used due to its abundance, and the fact that it will not go rancid with the passage of time. Just enough oil is added to cover the leaves. The container is then placed in the sun for about 2 weeks. The oil is then filtered through a cloth to remove any and all leave particles. The oil infusion is warmed over low heat and beeswax is added until the mixture thickens enough to be effectively used as a salve.

## FEVERBANE

**DC:** 5

**Description:** Feverbane is the root of a low lying shrub with small triangular seed pods. As the name suggests, it is commonly used to bring down a fever.

**Effect:** Feverbane helps to break a severe fever. It has no other in game effects.

**Raw Ingredients:** The root.

**Preparation:** Feverbane is usually consumed raw, although it can be dried in order to extend its shelf life.

## FLATWORT TEA

**DC:** 10

**Description:** Flatwort tea fights fatigue, clearing the head and dimming muscular pain.

**Effect:** A strong dose of flatwort tea doubles the rate at which subdual damage heals as long as subsequent doses of flatwort tea are taken daily, until the subdual damage had been completely healed.

**Raw Ingredients:** The broad, flat, leaves of the flatwort.

**Preparation:** The leaves of the flatwort are spread out in the open air for several hours after being gathered. They are then tossed until they become soft and flaccid, and are first roasted for a few minutes, then dried slowly over a charcoal fire. The leaves are then steeped in hot water for 2-3 minutes.

## FORKROOT TEA

**DC:** 15

**Description:** Forkroot is so named for the thin yellow root that splits or forks about every three inches. Forkroot tea causes almost immediate grogginess followed by paralysis and unconsciousness. It has a cool, mint aftertaste. It also prevents channeling (see special effects below).

**Effect:** Characters who consume even a few sips of forkroot tea must make a Fortitude save, DC 25 in or to resist its effects. Characters consuming more than a few sips must make a Fortitude save, DC 30. Characters who fail their save begin to feel groggy, find that their limbs feel extremely heavy, and are unable to move. Characters who fail their savings throw also lose consciousness for 30+d10 minutes. Characters who regain consciousness find themselves groggy and disoriented,

and still unable to move. The effects of forkroot tea begin to slowly fade after 50+d20 minutes. Intense stomach cramping occurs when the effects of forkroot wear off, lasting 20+d10 minutes. During this time a character suffers a -2 circumstance penalty to attack rolls and the following skill checks: Balance, Climb, Concentration, Hide, Jump, Move Silently, Perform, Ride, Sleight of Hand, Ride and Tumble.

**Raw Ingredients:** The root of the forkroot plant.

**Preparation:** Forkroot is dried and powdered in a mortar and pestle. The powder is then steeped in hot water for 2-3 minutes.

**Special:** If the Fortitude save is missed, forkroot tea blocks immediately the ability to channel for its entire effective duration. While the True Source can still be felt, it is impossible to draw on it while under the effects of forkroot tea. Before Ronde Macura's discovery and failed attempt to capture Elayne Trakand and Nynaeve al'Maera, this characteristic is only known to a handful of people in the Westlands; after reporting to the Tower, almost all sisters know of its existence, though they try to keep it a fiercely guarded secret. Moghedien and some darkfriends also know of its existence.

## FOXTAIL AND MARISIN TEA

**DC:** 12

**Description:** Foxtail and marisin tea helps one to fall asleep and wake up approximately 1 hour later feeling refreshed and alert, without feeling groggy at all.

**Effect:** Foxtail and Marisin tea suspends 3d6 points of subdual damage for approximately 4 hours. A character gains a +2 circumstance bonus to Constitution checks made for a forced march and endurance checks for any reason for 8 hours after waking. Additionally, foxtail and marisin tea, along with a 1 hour nap, can also be taken instead of a full night's sleep in order to fight off fatigue and keep one alert. Although one awakens refreshed and alert, foxtail and marisin tea is no substitute for sleep and can only be used for this purpose occasionally.

**Raw Ingredients:** The soft, needle-like leaves of the foxtail plant, so named because the single stalk and green, bushy, needle-like leaves of this short bush resemble a fox's tail, and the leaves and stalk of the marisin plant.

**Preparation:** Foxtail leaves and marisin leaves and stalks are spread out in the open air for several hours after being gathered. They are then tossed until they become soft and flacid, and are roasted for a few minutes over an open fire. The herbs are then dried slowly over a charcoal fire for several hours. The leaves are then steeped in hot water for 2-3 minutes.

**Special:** As stated above, foxtail and marisin tea should be used only occasionally as a substitute for sleep. Since taking the tea is not equivalent to a full nights sleep, characters that consume the tea instead of sleep are often very tired the following night. Taking it multiple times in a week compounds the problem and characters will begin to suffer the normal effects associated with sleep deprivation. The circumstance bonus to endurance and Constitution checks may only be gained once every 48 hours.

## GOOSEMINT

DC: 0

**Description:** Goosemint, a small, leafy, mildly minty herb, is frequently used to treat heartburn or an upset stomach.

**Effect:** Aside from its effective use as a treatment for heartburn or upset stomach, goosemint has no other in-game effect. As it takes quite some time to have any effect, there's no point in chewing and swallowing it fast. The best is to slowly chew them often to prevent the stomach ache from returning.

**Raw Ingredients:** The leaves of the goosemint plant.

**Preparation:** No special preparation is required—fresh, raw goosemint leaves are simply eaten to treat heartburn or an upset stomach.

## GRAY FENNEL

DC: 15

**Description:** Gray fennel is a powerful poison that can either be taken internally, or prepared as a viscous liquid that is used to coat a bladed weapon. It has a mild but distinct flavor, and is therefore usually used in conjunction with a bladed weapon.

**Effect:** When a character is struck with a weapon coated with gray fennel that inflicts at least 1 point of damage, he must make a Fortitude save DC 20. If a character fails, he cannot move anymore and dies in 2 + Constitution mod rounds, unless a channeler uses the proper healing weaves to save him. Characters who make their save suffer 2d6 Con damage over 2 + Constitution mod rounds and are unable to move until they have recovered 2 lost Con points.

**Raw Ingredients:** Gray fennel seeds.

**Preparation:** Gray fennel seeds are crushed in a mortar and pestle, then mixed with oil. The oil is then heated and a small amount of beeswax is added to thicken it slightly for use with weapons. To prepare gray fennel as an ingested poison, the seeds are powdered in a mortar and pestle. The powder can then be added to food or drink.

**Special:** Gray fennel must be handled cautiously as one can easily poison oneself if the poison comes into contact with any mucus membranes or open cuts. A person killed by gray fennel exhibits a tell-tale swelling of the tongue and eyes. Sometimes, Gray fennel is used with Powdered Peach Pit, and the effects are cumulative (one fort save per poison), killing even more surely.

**Antidote:** none, although a channeler knowing the appropriate healing weaves can save someone from grey fennel if acting quickly.

## HEALER'S BALM

DC: 12

**Description:** Healers balm is a greasy ointment that heals bruises and relieves pain.

**Effect:** Healer's Balm accelerates the healing of blunt and subdual damage to twice the normal rate. You must spread the greasy ointment slowly over the bruises, causing sensations of hot and cold. As your fingers gently rub the mixture in, the hot and cold sensations wear

off taking the pain with them. Purple splotches fade to brown, while brown and yellow pale, some disappearing altogether.

**Raw Ingredients:** Ground ivy leaves, five finger leaves, so named because of the five leaflets that make up the compound leaves, and sunburst root, a half inch diameter root with a brown outer skin and a bright yellowish-orange interior.

**Preparation:** Ivy, five finger leaves, and sunburst root are ground with a mortar and pestle and placed in a jar. Enough oil is added to the jar to just cover the herbs, then the jar is placed in the sun. After two weeks, the liquid is then strained through a cloth, then added to a pot. A small amount of beeswax is added until a greasy semisolid forms.

## HEALALL OINTMENT

DC: 5

**Description:** Healall ointment accelerates the healing of cuts and fights infection.

**Effect:** When healall ointment is applied to a wound that has broken the skin, such as a slashing or piercing wound, a character heals at a rate of 3 hit points per day for three days. This is in addition to any normal healing from the passage of time, engaging in only light activity, or complete bed rest.

**Raw Ingredients:** The gelatinous substance from inside the stalks of the healall plant.

**Preparation:** Stalks of healall are gathered and a clear, jelly-like substance is squeezed out from the stalks.

## HEARTLEAF TEA

DC: 0

**Description:** Heartleaf tea is commonly used as a contraceptive for women.

**Effect:** Heartleaf tea releases hormones into the body that essentially fool the body into thinking that it's pregnant so that a woman doesn't ovulate.

**Raw Ingredients:** The heart-shaped leaves from the heartleaf plant.

**Preparation:** Fresh heartleaves must be steeped in hot water for 8-10 minutes and must be consumed within 4 hours of intimacy in order to be effective.

## ITCHWEED

DC: 0

**Description:** Itchweed is commonly used by pranksters in order to annoy or get even with an individual.

**Effect:** Being exposed to a small amount of itchweed is certainly annoying, but doesn't produce any in-game effects. Exposure to larger amounts, however can make it hard to concentrate on tasks and cause penalties to certain activities. If 20% or more of the body is exposed to itchweed, the affected person suffers a -2 circumstance penalty to the following skill checks: Balance, Climb, Concentration, Hide, Jump, Move Silently, Perform, Ride, Sleight of Hand, Ride and Tumble. If 50% or more of the body has been exposed to itchweed, the skill check penalty is increased to -4, and attack rolls are made at a -2 penalty. The effects of itchweed usually

wear off 24-48 hours after exposure.

**Raw Ingredients:** The leaves of the itchweed plant.

**Preparation:** Often times itchweed leaves are simply left in a place where they will contact a victim's skin before they notice that the leaves are present such as a sleeping bag, bed, or boots. Alternatively, sometimes the leaves are slowly roasted over charcoal until completely dry and brittle. The leaves are then ground into a fine powder that can more easily be placed without notice in clothing, bedrolls, or other places where a victim is likely to come into contact with it.

## HONEY

**DC:** 0

**Description:** Raw honey is an excellent antibacterial agent and is frequently used to fight and prevent infection in wounds.

**Effect:** Treating a wound with raw honey reduces the risk of infection by 99%. Raw honey can also be used to treat a wound that has become infected.

**Raw Ingredients:** Raw honey.

**Preparation:** Raw honey must be applied to a wound, then covered with bandages or towings. The dressing (and honey), must be changed daily.

## MARDROOT-OIL LINIMENT

**DC:** 8

**Description:** Mardroot-oil liniment is commonly used on bruises and stiff joints and muscles.

**Effect:** Mardroot-oil liniment converts 2d6 points of bludgeoning damage to subdual damage, and suspends the effects of d6+4 points of subdual damage for 4-6 hours when rubbed into the skin. This subdual damage heals normally during the time that it is temporarily suspended. The effects of mardroot-oil liniment can only be gained once in a 24-hour period.

**Raw Ingredients:** Mardroot, the tuberous root of a thin stemmed, 3-foot high plant with long, narrow leaves.

**Preparation:** Mardroot is mashed into a pulpy mass that is wrapped in a cloth and pressed. The oily substance that passes through the cloth is, mardroot-oil, is kept while the pulp is discarded.

## MARSHWHITE LEAF TEA

**DC:** 5

**Description:** Marshwhite leaf tea, made from the leaves of a tall flowering plant common in wetland regions, helps to settle a queasy stomach. Contrary to chainleaf tea or bluewort tea, it has a distinct bite.

**Effect:** Aside from settling an upset stomach, chainleaf tea has no other in-game effect.

**Raw Ingredients:** The leaves from the marshwhite plant, a tall plant with a long stalk adorned with small white flowers.

**Preparation:** Marshwhite tea is prepared in a similar fashion to other teas. Marshwhite leaves are spread out in the open air for several hours after being gathered. They are then tossed until they become soft and flacid, roasted for a few minutes over an open fire, then dried

slowly over a charcoal fire. The leaves are then steeped in hot water for 2-3 minutes.

## POKELEAF

**DC:** 0

**Description:** Used to wash out something, usually hair, that white henpepper has been used to dye.

**Effect:** Pokeleaf isn't an herbal remedy, per se. It is used, however, to wash out white henpepper (see the "white henpepper" entry) that has been used to dye hair, clothing, or other fibrous material black.

**Raw Ingredients:** The firm, triangular leaves of the pokeleaf plant.

**Preparation:** A large quantity of raw pokeleaves are boiled in water for 1-2 hours until the leaves become soft and pliable, and begin to break apart. The liquid can then be combined with an equal part of water, and the resulting solution can be used to rinse out material dyed black from white henpepper.

**Special:** White henpepper is difficult to remove (see the "white henpepper" entry). Often, one must repeatedly wash, rinse, and soak material dyed with white henpepper in a pokeleaf solution in order to remove all of the coloring.

## POWDERED PEACH PIT

**DC:** 15

**Description:** Powdered peach pit is sometimes used by certain lawless individuals in order to poison a victim. It can either be taken internally, usually mixed with food, or prepared as a viscous liquid that is used to coat any variety of bladed weapons.

**Effect:** When powdered peach pit is ingested it makes its victim nauseas, but generally doesn't kill. Victims make a Fortitude save against DC 15. Any character making his save feels somewhat queasy and suffers stomach cramps, but no in game effects. Those failing their saves are sick for a number of days equal to the amount by which they failed their save. During this time, a character is nearly incapacitated and unable to engage in strenuous activity. Characters who fail their save by 10 or more are also sick, as described above however, during each day that a character is sick, he must make a Fortitude save against DC 15. Failure means that the character's condition takes a turn for the worse and suffers d4 Con damage.

When used to coat a blade, powdered peach pit can be much more lethal. When a character is struck with a weapon coated with powdered peach pit that does at least 1 point of damage, he must make a Fortitude save DC 20. If a character fails, he suffers 2d6 Con damage.

**Raw Ingredients:** Peach pits.

**Preparation:** Peach pits are ground in a mortar and pestle. This powder can be added to food. If it is to be used in conjunction with a weapon, it is mixed with an oil in order to adhere to a bladed.

**Special:** Powdered peach pits must be handled cautiously as one can easily poison oneself if the poison comes into contact with any mucus membranes or open cuts. Sometimes, Gray fennel is used with Powdered



Peach Pit, and the effects are cumulative (one fort save per poison), killing even more surely.

**Antidote:** none, although some form of Healing may have some effects.

## RAW SHEEPSTONGUE ROOT

**DC:** 0

**Description:** Sheepstongue root, named because of its unusual shape, is often used for practical jokes or as a foul tasting placebo for a particularly annoying companion. The taste this root elicits is extremely strong and foul tasting, and its flavor lingers for hours. It's certainly the worst-tasting natural beverage.

**Effect:** Raw sheepstongue root has no real medicinal value or in-game effects. It does ease a small eye pain, though.

**Raw Ingredients:** Raw sheepstongue root.

**Preparation:** No special preparation is required, although the root must be chewed in order for its full flavor to be released.

## SHEEPSTONGUE ROOT TEA

**DC:** 0

**Description:** Sheepstongue root tea perks one up slightly, but tastes extremely foul, although not quite as foul as raw sheepstongue root.

**Effect:** Raw sheepstongue root has no medicinal value or in-game effects.

**Raw Ingredients:** Sheepstongue root.

**Preparation:** To produce a foul tasting tea, raw sheepstongue root is boiled in water for approximately 15 minutes.

**Special:** Although sheepstongue root tea is said to perk one up, this effect is primarily due to the extremely foul taste that often catches those who drink the tea off guard.

## SLEEPWELL ROOT

**DC:** 5

**Description:** Sleepwell root is used to relieve headache and to make one slightly drowsy. It is usually taken before going to bed in order to make falling asleep easier.

**Effect:** Besides relieving a minor headache and making one slightly drowsy, sleepwell root has no other in game effects.

**Raw Ingredients:** Sleepwell root.

**Preparation:** Sleepwell root can be consumed raw or dried and made into a weak tea.

**Special:** There is a commonly held misconception by those unfamiliar with herbalism that sleepwell root will put someone to sleep. If you were hit unconscious and then given sleepwell, you'll in fact recover much quickly from the hitting, as it will clear the headache.

## TIMSIN ROOT AND SILVERLEAF TEA

**DC:** 5

**Description:** Timsin root and silverleaf tea are an Aiel recipe helps to relieve a headache.

**Effect:** Aside with easing a headache, timsin root and silverleaf tea has no other in game effects.

**Raw Ingredients:** The pale, ivory root of the timsin plant and the leaves from the silverleaf plant, so named because the underside of the plant's broad, triangular leaves has a distinctly silver hue.

**Preparation:** Timsin root is dried, then powdered with a mortar and pestle. Dried or fresh silverleaf leaves and powdered timsin root are added to boiling water and steeped for several minutes.

## WHITEFENNEL

**DC:** 10

**Description:** Whitefennel is often used to induce labor during a difficult childbirth.

**Effect:** Whitefennel aids with child birth, but has no other in game effects.

**Raw Ingredients:** The thin, hard kernal-like seeds of the white fennel plant.

**Preparation:** Whitefennel seeds are ground into a powder with a mortar and pestle. Although this powder can be used to make a tea, it is most effectively used when wrapped in small leaves and swallowed.

## WHITE HENPEPPER

**DC:** 10

**Description:** White henpepper is most commonly used topically to treat tooth or other mouth pain. However, it can also be used to dye material, including hair, jet black.

**Effect:** A topical application of white henpepper paste relieves minor mouth pain, especially tooth ache. A more watery solution of white henpepper paste can also be used to dye materials, including hair, jet black.

**Raw Ingredients:** The small, round berries from the white henpepper plant.

**Preparation:** The berries of the white henpepper plant, which are white when ripe, are harvested at maturity. The henpeppers are then dropped into boiling water for 10 minutes, which separates the white outer skin from the black center of the henpepper. The white skins are skimmed off the top of the water and discarded. The remaining center of the henpepper is then dried in the sun for several days. The henpepper are then ground to a fine powder,

**Special:** Hair, and other material dyed with white henpepper can be 'washed out' using a solution made from pokeleaf, as described above. Otherwise, the dye is permanent.

## WILLOWBARK TEA

**DC:** 0

**Description:** Willowbark tea is used to help settle a queasy stomach.

**Effect:** Other than settling an upset stomach, willowbark has no other in game effects.

**Raw Ingredients:** Willowbark—the bark from the willow tree.

**Preparation:** Willowbark is first cleaned, then broken up into small chunks. Chunks of willowbark are steeped in water for 8-10 minutes.

## WORRYNOT ROOT

**DC:** 0

**Description:** Helps with a headache or other minor pain and fever, not unlike aspirin.

**Effect:** Worrynot root is very commonly used across the westlands to treat minor pain, including headache, and fever. It has no other in-game effects.

**Raw Ingredients:** Worrynot root.

**Preparation:** Worrynot root is consumed raw.

# QUICK REFERENCE TABLE

Name	DC	Effect
Andilay Root	0	Suspends 2d6 subdual damage for 1 hour +4 bonus to endurance checks
Blisterleaf	0	Causes nasty effects on contact
Bluespine Tea	5	Aiel remedy for sullenness or sulkiness
Bluewort Tea	5	Settles an upset stomach
Boiled Blue Goatflowers	10	Helps heal broken limbs 25% faster
Boneknit	10	Helps heal broken bones 25% faster
Chainleaf Tea	7	Settles an upset stomach
Crimsonthorn Root	15	Decreases the injury level by 1 for d3+1 hours Toxic at high doses (2d6 Con damage if two DC 15 fort saves are missed)
Corenroot	5	Heals slashing or piercing damage by 1 hp/4 hours of full rest
Dogwood Tea	0	Foul tasting tea to “cure” moping, sullenness, and foolish behavior
Dogwort	12	Heals slashing damage or injuries by 6 hp/full night of rest.
Feverbane	5	Helps to break a severe fever
Flatwort Tea	10	Doubles the subdual damage recovery rate
Forkroot Tea	15	Causes powerful headaches that prevent channeling
Foxtail and Marisin Tea	12	Suspends 3d6 subdual damage for 4 hours +2 bonus to endurance checks Fights fatigue (allows to sleep only 1 hour once)
Goosemint	0	Settles an upset stomach
Gray Fennel	15	Very deadly poison that kills near instantly
Healer’s Balm	12	Doubles the blunt and subdual damage recovery rate
Healall Ointment	5	Heals slashing or piercing damage by 3hp/day of full rest for 3 days
Heartleaf Tea	0	Acts as a contraceptive for women
Itchweed	0	Causes annoying itches
Honey	0	Reduces the risks that a wound becomes infected
Mardroot-oil Liniment	8	Converts 2d6 bludgeoning damage to subdual damage Suspends 1d6+4 subdual damage for 4-6 hours
Marshwhite Leaf Tea	5	Settles an upset stomach
Poleleaf	0	Helps removing white henpepper (see below)
Powdered Peach Pit	15	Causes nausea on eating
Raw Sheepestongue Root	0	Foul tasting placebo
Sheepestongue Root Tea	0	Foul tasting tea
Sleepwell Root	5	Helps relieving minor headaches but makes slightly drowsy
Timsin Root and Silverleaf Tea	5	Helps relieving headaches
Whitefennel	10	Aids with childbirth
White Henpepper	10	Relieves minor pains like toothache Allows to dye materials like hair or jet black
Willowbark	0	Settles an upset stomach
Worrynot Root	0	Relieves minor pains like headache and fever