



Herbs and other ingredients found in the wild have long been a staple part of the healer's toolkit. Indeed, herbalism is linked not just with healing, but also with protection, witchcraft, and – of course – poison. Whether applied as a poultice, infused as a incense, drank as a soup or tea, nature's power over the world is undeniable, especially when applied by those skilled in its use.

Herbalism is covered by three skills – Medicine (for healing herbs), Nature (for most other herbs), and Religion (for herbs dealing with the undead and the like). Preparation of an herb is an Intelligence (Nature), Wisdom (Medicine), or Wisdom (Religion) check, and requires proficiency with a herbalism kit, which contains the necessary tools and implements.

Herbs are divided into three types: healing, endowment, and warding.

Healing herbs restore hit points, and help deal with poison and illness.

Endowment herbs grant abilities, including enhanced senses and adrenalin-like 'buffs'.

Warding herbs protect the user from things, including the undead.

This article introduces a small selection of example herbs, along with rules for finding and preparing them. GMs are encouraged to devise their own herbs for their home campaigns.

NATURE'S REMEDY

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Preparing an Herb

A herbalism kit contains various herbs and ingredients; however these need to be prepared before they can be used. Preparing an herb is much like casting a spell. Many herbs have a preparation time of just one action, although some may require one minute or more. Once prepared, an herb must be used within five minutes, or it becomes useless.

To prepare an herb, spend the required time and make the indicated skill check. On a success, the herb is ready for use; application can be performed by the herbalist or her patient or recipient with no further checks, and typically requires a single action.

If the skill check fails, the concoction is ruined. The herbalist may try again.

A creature can only benefit from a given herb once per day.

Finding Herbs

Finding an herb is always a Wisdom (Survival) check, whatever the herb type. The difficulty of the check is the same as the difficulty to prepare it. Finding herbs takes 1 hour to find one dose.

Alternatively, herbs can be purchased for the prices shown in the table below. The price given is the cost for one dose of the herb; the herb still needs to be prepared.

| Herb | Type | Skill Check | Cost | Effect |
|------------------------------|-----------|-------------------|-------|------------------------------|
| Acorn of the Pipemold Flower | Healing | Wis (Medicine) 15 | 100gp | Heals injuries |
| Bulb of the Goldbark Bud | Endowment | Int (Nature) 15 | 75gp | Gain clarity of mind |
| Darkberry | Endowment | Int(Nature) 15 | 50gp | See in the dark |
| Firedrake Petals | Warding | Int (Nature) 20 | 150gp | Protection from fire |
| Gingercloud Leaf | Healing | Wis (Medicine) 15 | 50gp | Poison antidote |
| Root of the Adderwort | Healing | Wis (Medicine) 10 | 25gp | Heals minor cuts and bruises |
| Silver Garlic | Warding | Wis (Religion) 20 | 200gp | Wards off the undead. |
| Spiderbulb | Endowment | Int (Nature) 15 | 75gp | Increased sight and hearing. |
| Swamp Slime | Healing | Wis (Medicine) 20 | 100gp | Cures blindness. |
| Sycamore Petals | Warding | Wis (Medicine) 15 | 25gp | Holy water. |
| Yellow Bark | Healing | Wis (Medicine) 20 | 50gp | Suppresses madness. |

Acorn of the Pipemold Flower [healing]

These acorns are potent indeed. Stored correctly by an experienced herbalist in a vial of vinegar, the acorn becomes brittle and hard. Simply swallowing it is enough to recover 1d6 hit points, although doing so is a fairly unpleasant task and requires the recipient to swallow it whole.

Skill Wisdom (Medicine) 15;
preparation time 1 action

Bulb of the Goldbark Bud [endowment]

Sometimes used by student scholars and apprentice wizards, this foul-tasting bulb can be chewed to gain a degree of mental clarity. For one minute, those who chew the bulb gain advantage on all Intelligence-based checks. Unfortunately, there is a side effect: for one hour afterwards, the recipient suffers disadvantage on those same checks.

Skill Intelligence (Nature) 15; **preparation time** 1 action

Darkberry [endowment]

The darkberry is a small, sweet fruit with the ability to endow darkvision on those who eat it. Upon consuming the berry, the recipient gains darkvision for ten minutes.

Skill Intelligence (Nature) 15;
preparation time 1 action

Firedrake Petals [warding]

Firedrake is a leafy bush, noted for its almost complete imperviousness to fire. Indeed, many craftsmen try to incorporate it into the walls of buildings, but the effects sadly do not last. When crushed and mixed into an ointment, and smeared all over the body, the recipient gains resistance to fire for one hour.

Skill Intelligence (Nature) 20; **preparation time** 5 minutes

Gingercloud Leaf [healing]

The gingercloud tree is known for its use as an effective antidote to many poisons. While it can do little for poison damage already taken, it can help to end or resist a poison in the patient's system. After imbibing the leaf as part of a soup, the recipient gains advantage on all saving throws made to resist or end the effects of a poison for one hour. This is similar to the item described as "antitoxin" in the core rulebooks, although it cannot be stored.

Skill Wisdom (Medicine) 15; **preparation time** 1 minute

Root of the Adderwort [healing]

This herb is the blue-black root of a deep purple flower. While the flower itself can cause sickness, the root has wonderful healing properties when ground into a poultice and applied to a cut or abrasion, restoring one hit point to the recipient as long as he currently has 1 or more hit points.

Skill Wisdom (Medicine) 10; **preparation time** 1 action

Silver garlic [warding]

Silver garlic is a particularly potent form of garlic found near silver mines. It has powerful warding properties against the undead when worn around the neck in the form of a necklace, although the smell can be offputting. Undead



creatures suffer disadvantage to melee attacks against the wearer for ten minutes; however, the wearer suffers disadvantage to all Dexterity (Stealth) checks due to the obvious aroma.

Skill Wisdom (Religion) 20;
preparation time 1 minute

Spiderbulb [endowment]

Spiderbulb grows in the ground, and has a pungent, spicy taste and aroma which can sting the eyes. When carefully sliced and placed under the tongue, it heightens the recipient's senses of sight and hearing for ten minutes, granting advantage on Wisdom (Perception) checks.

Skill Intelligence (Nature) 15;
preparation time 1 minute

Swamp Slime [healing]

A disgusting, foul-smelling ointment smeared across the eyes can cure blindness. Any creature suffering from the blinded condition due to illness, poison, or other effects, but not including situations where vision is merely obscured, has its sight restored for one hour (if the condition lasts less than one hour, it is cured).

Skill Wisdom (Medicine) 20;
preparation time 1 action

Sycamore Petals [warding]

Sycamore petals are divine, holy plants; they can be ground up and mixed into water. The result is the equivalent of a vial of holy water. Unlike actual holy water created by a cleric or paladin using a special ritual, this – like all herbal concoctions – only remains effective for five minutes.

Skill Wisdom (Religion) 15;
preparation time 1 minute

Yellow Bark [healing]

The yellow bark of the yewclaw is a wonderful way to ease the strain of madness on an afflicted person. Burnt as an incense, and deeply inhaled, the resultant smoke calms the mind, suppressing a short-term madness completely, and easing a long-term madness for one hour.

Skill Wisdom (Medicine) 20;
preparation time 1 minute

New Feat: Master Herbalist

You are an expert at locating, preparing, and administering herbs. You gain the following benefits:

- + You have advantage on either (choose one) Intelligence (Nature) or Wisdom (Medicine) checks made to prepare a herbal concoction.
- + You have resistance to non-magical poison damage.
- + When in an outdoor environment, your ability to use your natural surroundings is such that you are always considered to be carrying a healer's kit (but not a herbalism kit).

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I found it near impossible to type "an herb" for American audiences, but I managed it! I drew the line at "an herbalism kit" though!