



# THE PAEAN COMPENDIUM

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**D&D SUPPLEMENT**

New options for healing and healers  
for the world's greatest roleplaying game



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# CONCLAVE OF THE HEALER

**H**n elf woman falls, an arrow embedded in her shoulder. Before she has even time to cry out, her compatriot - shrouded in an ever-shifting cloak of the forest - is kneeling next to her, applying herbs and a salve to the wound. It doesn't stop it from hurting when she removes the arrow, but it does stop the bleeding.

A gnomish woman sees one of her companions fall victim to the basilisks gaze - and then another - and then another. She resists the temptation to look herself, to see if it's really as bad as they say, and instead utters a single word. All around her, her friends turn from stone back to flesh and just like that, the tide has been turned.

A goliath man stands passive, seemingly unfazed by the carnage and chaos surrounding him. It's a surprise, then, when he flashes into action, appearing to almost fly to the side of a fallen soldier. He bows over the body and for a moment, it seems helpless - and then the soldier gasps for breath.

Knowledgeable in both the mundane and the arcane forms of healing, rangers in the Conclave of the Healer seek to soothe the pain and mend the wounds of their friends and allies. They are not violent people; violence is, instead, a last resort used to protect those they care about, rather than a first option. They are doctors for the common people, well-versed in the simple, rustic ways of tending to the sick and injured and versatile enough to serve in that capacity even on the confines of a battlefield.

## FIELD MEDIC

Beginning at the 3rd level, you can take the Heal action on your turn. Taking the Heal action requires you to be within 5ft of the ally you are attempting to Heal. When you Heal an ally, both you and the creature you Heal expend an equal number of hit die. The creature being Healed then rolls the total number of hit die expended in their hit die size and regains that many hit points.

## FAVORED ALLY

At the 3rd level, you can choose a race (elf, human, dwarf, etc.) to have a particular specialized knowledge about. When Healing creatures of this race, add your Wisdom proficiency modifier to the amount that you heal.

## BONUS PROFICIENCIES

At the 3rd level, you gain proficiency in Medicine and either the medicine kit or the herbalism kit (your choice). If you have proficiency in the chosen skills already, double your proficiency bonus when making these checks.

## RAPID DEPLOYMENT

Beginning at the 5th level, you can, as a bonus action, double your movement speed until the beginning of your next turn. In addition, your movement does not provoke attacks of opportunity while you have this ability enabled. You can use this feature a number of times equal to your Dexterity modifier. These uses are restored at the end of a long rest.

## PHYSICIAN HEAL THYSELF

At the 7th level, whenever you heal an ally in anyway (through the Heal action or through healing spells) you regain 2d6 hit points yourself, up to your hit point maximum. This increases to 3d6 at level 11 and 4d6 at level 17.

## BATTLEFIELD CURE

At the 11th level, you can, as an action, end one condition afflicting a number of party members equal to your Wisdom modifier, providing it is the same condition afflicting all of them and they are within 60ft of you. After the first use of this feature, you must succeed on a DC10 medicine check for the condition to be successfully ended. The DC increases by 5 after each success. A failed check gives you one level of exhaustion. The DC resets after a long rest.

## SECOND CHANCE

At the 15th level, you can cast *revivify* without expending a spell slot and without requiring the material components. You can do this once per long rest.



# PLAGUE DOMAIN

**H**alfling leaves a shambling home, replacing her long, beaked mask. It seems unfair that the worst of poverty breeds the worst of disease - but perhaps that is why she can shift the balance of power. Maybe some diseases can't be cured, some fates unavoidable, but this one is one she could prevent.

An aasimar snarls in battle, glowing with holy radiance as she calls for pestilence to rain from the sky. When the sky blacks out, she is the only thing that can still be seen. When the light of the sun comes back, boils have erupted on the skin of all the enemies below her. She lands back on the ground, her shield aloft, her grin sharp.

A firbolg woman hums to herself, crushing herbs together with her mortar and pestle. Her shop is simple, direct. The only thing that marks it as a holy place is the banner above the threshold. It is a place of neutrality, of balance, of everything and nothing. There is a calm in the shop, as if this preparation is the only thing that ever happens.

The plague domain is a balancing act: it is life, it is death, it is health, it is disease. Clerics of plague gods are often forced to judge this balancing act on behalf of their god. They are both savior and executioner.

## DOMAIN SPELLS

### Level Spells

1st *entangle, ray of sickness*

3rd *lesser restoration, spike growth*

5th *stinking cloud, speak with plants*

7th *blight, sickening radiance*

9th *wrath of nature, insect plague*

## HERBALIST

At the 1st level, you gain proficiency with herbalism kits. Additionally, you gain proficiency in either the Nature or Survival skill.

## GUIDE OF FATE

At the 1st level, you gain a pool of points equal to your Cleric level. As an action, you can use these points to either cure or inflict a condition on a creature you touch. The table below tells you how many points each condition takes to cause or cure. Expended points are regained after a long rest.

### Point Cost Conditions

1	Blinded, Deafened, Frightened, Diseased
5	Charmed, Stunned, Paralyzed
10	Petrified, One Level of Exhaustion

## CHANNEL DIVINITY: PANACEA

Beginning at the 2nd level, as an action, you can surround yourself with the healing light of your god. For 1 minute, you have a 30ft radius surrounding you. All friendly creatures within this radius gain resistance to poison damage and advantage on saving throws to resist the Poisoned or Diseased condition.

## HARBRINGER OF DISEASE

Beginning at the 6th level, you can cause a target you can see within 30ft of you to erupt in painful boils. They suffer 1d8 poison damage and must make a Constitution saving throw versus your spell save DC. On a fail, the boils burst and the target is considered Diseased. A Diseased creature suffers 1d8 poison damage at the start of each of their turns and makes attacks at disadvantage. The condition lasts for 10 minutes or until someone ends the condition with a successful Wisdom (Medicine) check versus your spell save DC. Any creature who fails this Medicine check must make a Constitution saving throw or become Diseased, suffering the same effects. You can use this ability a number of times equal to your Wisdom modifier. You regain expended uses after a long rest.



## DIVINE STRIKE

At 8th level, once on each of your turns when you hit a creature with a weapon attack, you can cause the attack to deal an extra 1d8 poison damage to the target. When you reach 14th level, the extra damage increases to 2d8.

## DESTROYING ANGEL

Beginning at 17th level, your ability to call for plagues has expanded. When you use your Harbringer of Disease ability, you can now target 3 creatures instead of 1. When you use the expanded ability, roll a d10 on the wild plague table and apply the corresponding effect.

### WILD PLAGUE TABLE

#### d10 Plague Effect

- 1 All water in the ground in a 60ft radius from you turns into blood. It reverts back to water in 30 days.
- 2 2d10 fist-sized frogs emerge from the shadows and cover the ground.
- 3 A harmless swarm of flies surrounds all three targets of your Harbringer of Disease ability. They fly off after 1d4-1 rounds.
- 4 1d6 Medium or smaller sized beasts appear, hostile to all creatures present and controlled by the DM.
- 5 All beast creatures in a 30ft radius of you must make a Constitution saving throw or fall under the effect of your Harbringer of Disease ability.
- 6 All creatures within a 15ft radius of you must make a Constitution saving throw or fall under the effect of your Harbringer of Disease ability.
- 7 A harmless bolt of lightning flashes above. Following the lightning, all flammable objects not currently being worn or carried within a 30ft radius of you catch fire. 1d4-1 rounds later, the fire is extinguished with a heavy rain that also stops after 1d4-1 rounds.
- 8 One of the targets of your Harbringer of Disease, randomly selected, is subject to the *infestation* cantrip.
- 9 A magical darkness encompasses the area in a 60ft radius surrounding you. The darkness disappears after 3 rounds.
- 10 1d6 hostile creatures must make a Wisdom saving throw or fall unconscious. The effect wears off after 1 minute, when someone uses an action to shake them awake, or they take damage.

### A NEW SPELL

Although controversial, I believe 5E needs a healing cantrip or at least something approaching it. So here's a cantrip with magic band-aids. I would like to suggest that the somatic element be kissing the wound better.

### BOLDURI'S BUTTERFLY BAND-AID

*enchantment cantrip*

**Casting Time:** 1 action

**Range:** Touch

**Components:** V, S, M (a gauze or linen bandage)

**Duration:** Instantaneous

**Classes:** Cleric

Your magic acts as a temporary stop-gap on wounds and soothes momentary pains. A willing creature you touch gains 1d4 + your spellcasting modifier temporary hit points.

At levels 5, 11, and 17, the amount of temporary hit points this grants increases by 1d4.



# DOCTOR

You are a medical professional, trained in the ways of anatomy, physiology, disease, and treatment. You were formally trained - whether by apprenticeship near home or at a far-away university - in the art of healing and helping. You may have had your own practice, established in a village or city, or you may have just come into your own as a physician.

**Skill Proficiencies:** Medicine, Nature

**Tool Proficiencies:** Medicine or Herbalism kit

**Languages:** One of your choice

**Equipment:** A medicine or herbalism kit, a book on healing, a set of sterile clothing, a bundle of flowers or a bag of sweets, and a pouch containing 30gp.

## MEDICAL SPECIALTY

Though you may be able to treat a great deal of ailments and illnesses, you were trained in a particular type of medicine. Work with your DM to determine what you may or may not be able to do based on your level of education. You can select your medical specialty from the Medical Specialty table or roll randomly.

### d6 Medical Specialty

- |   |               |
|---|---------------|
| 1 | Surgeon       |
| 2 | Barber        |
| 3 | Midwife       |
| 4 | Apothecary    |
| 5 | Veterinary    |
| 6 | Plague Doctor |

### FEATURE: PHYSICIAN, HEAL THYSELF

As a trained medical professional, you can, after stabilizing a creature, make a DC 10 Medicine check. On a success, they regain 1d4 hit points. This process takes 10 minutes and can only be done a number of times equal to your Wisdom modifier before you must take a short or long rest to regain expended uses.

### SUGGESTED CHARACTERISTICS

A doctor is above, all, educated. The rest of their upbringing will influence what they do with their education, and how they received their education, but they tend to value the knowledge they have and practice with regardless of other factors.

### d8 Personality Trait

- 1 Because of my education, I often believe myself superior to those around me.
- 2 I am often flippant about topics of importance, like death or mutilation.
- 3 My patience is nearly infinite, but when it snaps, it's a sight to see.
- 4 I have two separate personas: one with patients, and one with non-patients. It's like night and day.
- 5 My days are spent in contemplation of nature and medicine.
- 6 Directly after hurting someone, I treat the wound I inflicted.
- 7 I was intended for a glorious or sacred purpose.
- 8 My handwriting is almost entirely illegible.

### d6 Ideal

- 1 **Peace.** As a doctor, I am a perfect pacifist and will not harm anyone, at great personal risk. (Lawful)
- 2 **Knowledge.** I am constantly pursuing new knowledge of my craft. (Any)
- 3 **Philanthropy.** I never charge for my services or my aid. (Good)
- 4 **Innovation.** I aim to take the medical world by storm with my bold new theories. (Chaotic)
- 5 **Fate.** Some people are destined to die - I can help speed that process up with my skills. (Evil)
- 6 **Stability.** My work provides me a comfortable living, and a safe and secure home. (Neutral)

### d6 Bond

- 1 I am bound and determined to be better than my former teacher.
- 2 Someone else sponsored my education and I am desperate to prove myself worthy of their aid.
- 3 I come from a family of doctors and I want to make them proud.
- 4 A former patient died under my care, and I am still burdened with that guilt.
- 5 I kept all my school books to start my ever-growing library.
- 6 I would do anything for any of my patients while I'm treating them.





## d6 Flaw

- 1 I often go on long, rambling explanations of things no one really asked about.
- 2 I drink too much to deal with the stress of my job, even though it sometimes interferes with the quality of my work.
- 3 I only care about the money.
- 4 I have an incurable sweet tooth, which is where all my lollipops disappear to.
- 5 Life with me moves quickly and everyone else better keep up.
- 6 Sometimes the power of life and death goes to my head.

## VARIANT DOCTOR: PLAGUE DOCTOR

A plague doctor is a different type of doctor, more experimental in nature. They tend to have a different sort of take on medicine, often approaching it from a combination of the mundane and the arcana. You can choose to take proficiency in alchemist tools rather than the medicine or herbalism kit. Instead of sterile clothing, you can instead have a plague doctor mask, and you gain a set of 5 empty vials, plus one vial filled with mysterious liquid.

## VARIANT FEATURE: THE FOUR HUMORS

If your character has a doctor background, you may select this background feature instead of Physician, Heal Thyself.

You are able to diagnose and cure imbalances of the humors. During a long rest, you can spend an hour studying one of the following conditions: frightened, charmed, poisoned, or diseased. Until your next long rest, you can, as an action, grant an ally within 30ft of you advantage on saving throws to resist your chosen humor. You can use this ability a number of times equal to your Wisdom modifier.



# HERBALISM KITS

A character with proficiency with herbalism kits can use that proficiency to heal and bolster their allies or to hurt and hinder their enemies. Herbs are either Common, Uncommon, Rare, Very Rare, or Legendary. Some herbs are magical and some are mundane. Herbs are counted in bundles. A bundle of herbs is exactly enough for 1 dose for Small and Medium creatures. A bundle of herbs is 1/2 a dose for Large creatures.

Basic herbalism kits have 2d10 (or 12) bundles of herbs, half of which are common and half of which are uncommon. Advanced herbalism kits have 3d10 (or 18) bundles of herbs, half of which are common, one fourth of which are uncommon, and one fourth of which are rare. The ratio of magical to mundane herbs in both of these kits are to be determined by the DM based on what the level of magic your setting has.

Your herbalism kit will have more than just the standard clippers, mortar and pestle, pouches, and vials. All herbalism kits will have a base type of oil (**carrier oils**) that are used to infuse and create essential oils, lotions, or salves. The usual carrier oil is olive oil, though jojoba oil may also be used.

**Beeswax** is often used in salves, poltices, and the creation of pastilles. **Apple cider vinegar** is a common menstruum, though others (such as vodka or brandy) may also be used.

**Epsom salts** may be included in some more mundane herbalism kits. For more magically-bent kits, or kits of sacred or divine healers, they may have **sandalwood** to serve as the base of their incense mixtures or other divine offerings. Because herbalism kits tend to function as minor medical kits, they are often stocked with bandages, hot water bottles, and bandage covers.

Making checks with your herbalism kit differs from what you are attempting to accomplish. When attempting to harvest herbs and plants, this is generally a Wisdom (Survival) check, while attempting to preserve them into bundles for later uses is typically a Wisdom (Nature) check. Preparing them into useable forms requires either Wisom (Medicine) for mundane herbs or Intelligence (Arcana) for magical herbs. Situations may change what check is made; ultimately the choice is left with your DM.

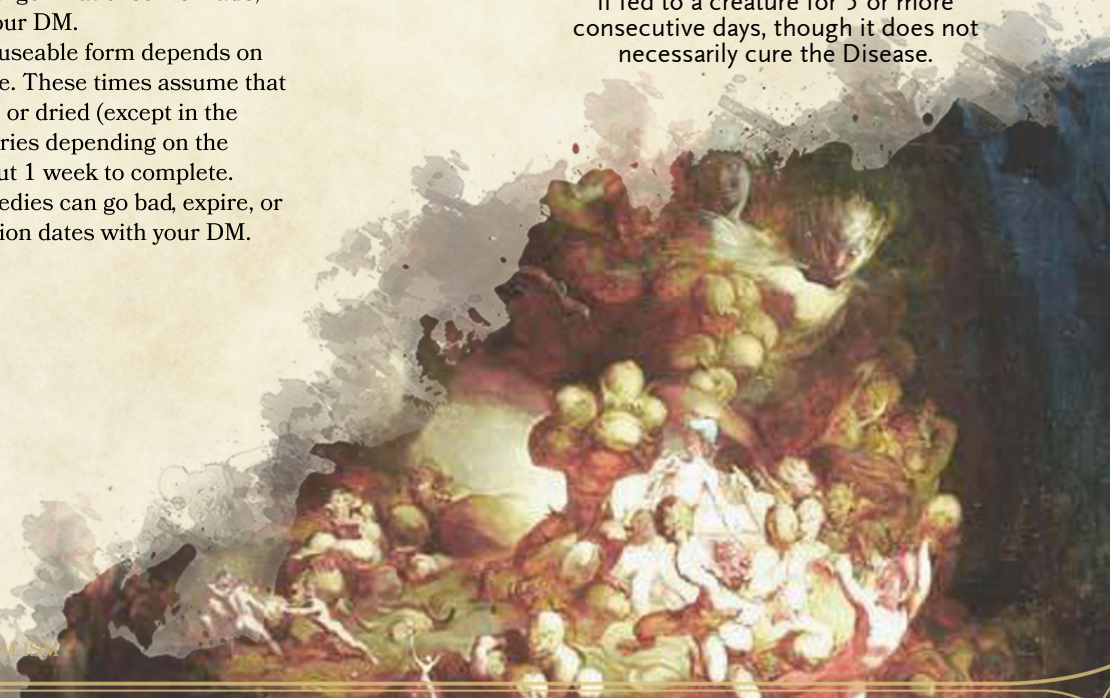
Preparing your herbs into their useable form depends on what you are attempting to prepare. These times assume that the herb has already been pressed or dried (except in the case of oils); the drying process varies depending on the method, but typically will take about 1 week to complete. Remember that these natural remedies can go bad, expire, or lose their potency. Discuss expiration dates with your DM.

Form	Preparation Time
Tea	10 minutes to steep
Oil	2 days to extract/infuse
Poultice or Compress	10 minutes to create
Salve	20 minutes to mix
Pastille	1 day to set
Tincture	2 days to mix
Incense	Ready to be burnt once dried; burning times vary

## Common Mundane d6 Herbs

### Usages

- |                      |                                                                                                                                                                                                                               |
|----------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 1 Activated Charcoal | Used in pastilles; when fed to a willing creature, the Poisoned condition ends if the creature has been Poisoned within the last round.                                                                                       |
| 2 Lavender           | Used in poultices and teas; when fed to a willing creature, they are immune to being magically put to sleep and have advantage on any saving throws involved with magical affects that would effect their sleep for 24 hours. |
| 3 Aloe Vera          | Used in salves; heals half of the fire damage dealt to a creature within the past minute when applied during combat.                                                                                                          |
| 4 Chamomille         | Used in compresses and teas; ends the Frightened condition when fed/applied to a willing creature.                                                                                                                            |
| 5 Peppermint         | Used in compressed and teas; grants advantage on Constitution saving throws for 1 hour in hot environments when fed /applied to a creature.                                                                                   |
| 6 Feverfew           | Used in teas; ends the Diseased condition if fed to a creature for 5 or more consecutive days, though it does not necessarily cure the Disease.                                                                               |





**Common  
Magical  
d6 Herbs**

**Usages**

- 1 Witch Hazel Used in oils or tinctures; when applied to the hands and certain areas of the face, it grants you advantage on all rolls used to cast spells for 1 minute.
- 2 Elderberry Used in oils or as crushed berries; when applied around the eyes of a willing creature, it grants that creature truesight out to 30ft for 10 minutes.
- 3 Datura An ingredient in Drow Poison; when fed to a creature by itself, it takes 1d6 poison damage and must make a DC12 Constitution saving throw or be Poisoned for 6 hours or until the condition is neutralized.
- 4 Sage Used in oils and incense; when applied to the face area or ritually burned around a willing creature for 10 minutes, it grants that creature advantage on saving throws versus undead creatures for 8 hours.
- 5 Bay Laurel Leaves Used in incenses and teas; when fed to a creature or burned around a willing creature for 10 minutes, you gain advantage on the next Wisdom skill check you make.
- 6 Agrimony Used in oils or loose-leaf; anoint or cover an item you suspect to be Cursed. If the item is Cursed, the leaves will shrivel up within 10 minutes; any oils placed on the item will repel and drip back off the item after 10 minutes. If it is not Cursed, nothing will happen.

**Uncommon  
Mundane  
d6 Herbs**

**Usages**

- 1 Cayenne Powder Used in poultices; stops any bleeding damage when applied to a wound in combat.
- 2 Tumeric Used in teas, spices to cook with, or pastilles; when fed to a willing creature, they gain 2d6 + your Wisdom modifier temporary hit points for 1 hour or until they have a short rest.
- 3 Ginseng Used in teas and salves; when fed or applied to a willing creature, they have advantage on Constitution saving throws for 10 minutes.
- 4 Rosemary Used to cook with or to make pastilles; when consumed by a willing creature once a day for three days, they gain advantage on saving throws for resisting environmental effects. This effect lasts every day after the third day so long as a full dose is consumed at least once per 24 hours.
- 5 Grapeseed Used in tinctures and oils; when applied to the eyes, it cures the Blinded condition so long as the eyes are unharmed and the condition was started less than 1 minute ago.
- 6 Kava Root Used in teas; when fed to a willing creature, it ends any long-term or short-term Madness effect currently afflicting the creature.





**Uncommon  
Magical  
d6 Herbs**

**Usages**

- 1 Bilberries Used in tinctures and compresses; when applied to the eyes, it grants darkvision out to 60ft for 1 hour.
- 2 Catnip Used in incense and other burnt offerings; when burnt for 10 minutes in an open, wild area, it attracts 1d4 Small or Medium beasts (DM's choice) to where the incense is being burnt. You have advantage on Wisdom (Animal Handling) checks made towards these creatures.
- 3 Dragon's Blood Used in incense and divine sacrifices; when burnt and the ashes are used to anoint a willing creature, that creature uses a base of 12 instead of 10 for their unarmored AC for 1 hour.
- 4 Clover Used in incense and smudging ceremonies; after being burned for an hour in an area, the area in a 30ft radius centering on the point in clover was burned in is considered protected. Undead, fiend, and fey creatures cannot enter this radius for 24 hours following the burning. If this process is repeated every day for a year and a day, it is permanently protected.
- 5 Hyssop Used in tinctures and oils; after anointing a willing creature with a dose of hyssop oil, they have advantage on saving throws for resisting magic effects for 8 hours.
- 6 Mandrake Used in oils; after anointing a creature with mandrake oil, they are immune to possession for 1 hour. If you anoint a creature who is currently possessed with mandrake oil, the possession effect ends.

**Rare  
Mundane  
d6 Herbs**

**Usages**

- 1 Roseroot Used in teas or patilles; when fed to a willing creature with one dose per day for 7 consecutive days, it will end any indefinite Madness effect currently afflicting that creature.
- 2 Daphne Berries An ingredient in Pale Tincture; when fed to a creature by itself, it takes 3d6 poison damage and must make a DC12 Constitution saving throw or be Poisoned for 24 hours or until the condition is neutralized.
- 3 Plantain Leaves Used to heal wounds when dried and applied directly to wounds; each dose of plantain leaves heals a creature 1d6 hit points.
- 4 California Poppy Used as a tea; when fed to a willing creature, the creature will heal from 2 levels of exhaustion rather than 1 after their next long rest, provided they take this long rest within 10 minutes of drinking the tea.
- 5 Golden Chain Used in oils, tinctures, and extracts; when fed or injected to a creature, they must make a DC12 Constitution saving throw or be put to sleep for 8 hours or until they take damage or are shaken awake with an action. This sleep is not considered magical.
- 6 Skullcap Used in oils and salves; when applied to the face, hands, shoulders, spine, hips, and feet of a creature, it ends the Paralyzed condition.

**Rare Magical  
d6 Herbs**

**Usages**

- 1 Belladonna An ingredient in the Midnight Tears' poison; when fed to a creature by itself, it takes 3d6 poison damage and must make a DC12 Constitution saving throw or be Poisoned for 24 hours or until the condition is neutralized.
- 2 Eyebright Used in oils and compresses; when applied to the eyes, it grants you sight into the Ethereal Plane out to 60ft for 6 hours.
- 3 Juniper Used in oils and incense; when applied to the body of a creature who died within the past 10 minutes, it cannot be subject to effects that would make it an undead creature and preserves the body in the state it was in for 1 week.
- 4 Frankincense Used in incense; when burnt for 10 minutes before asking for divine intervention, you gain advantage on the roll.
- 5 Mugwort Used in oils or smudging ceremonies; when applied to the hands and forehead of a willing creature, the next spell they cast from the Divination school that is 3rd level or lower doesn't expend a spell slot, though materially components must be provided as normal.
- 6 Lovage Used in oils or smudging ceremonies; when applied around the eyes, any creature who is subject to a saving throw from a charm effect from the marked creature does so at disadvantage.





**Very Rare  
Mundane  
d4 Herbs**

**Usages**

- 1 Yarrow Used in teas; when fed to a willing creature, they are healed 5d8 hit points. They can only receive this benefit once per long rest.
- 2 Woad Used in teas, tinctures, and as dried roots and leaves; when consumed by a willing creature, they are immune to the Frightened, Paralyzed, and Diseased conditions for 24 hours.
- 3 Jasmine Used in teas; when fed to one creature, they gain advantage on all Charisma (Persuasion) checks for 8 hours. When fed to eight or fewer creatures (one dose per creature), they are all made friendly towards each other for 8 hours.
- 4 Cypress Used as a salve; when applied to the chest of a willing creature, this creature has advantage on all Constitution saving throws and death saving throws for 24 hours.

**Very Rare  
Magical  
d4 Herbs**

**Usages**

- 1 Calendula Used in oils and tinctures; when a willing creature is anointed around the eyes and hands, that creature is immune to charm effects and has advantage on saving throws versus any effect from Fey creatures.
- 2 Lady's Bedstraw Used in oils and tinctures; when anointed with a dose of oils on the feet and the eyes, the creature anointed can see a faint golden path on the ground that leads where their heart most desires to go. They can see this path for 8 hours before it fades from sight.
- 3 Cinquefoil Used in oils and salves; when applied to the arms, shoulders, hips and legs of a creature, it grants them resistance to all nonmagical damage for 6 hours. If they already had resistance to a form of nonmagical damage, they gain immunity to it.
- 4 Anemone Used in incense; when burned for 6 hours in one spot, with the creature burning the anemone remaining in the circle, meditating, for the full 6 hours, a 10ft radius portal centered on the incense opens to a plane of your choice and remains open for 10 minutes.

**Legendary  
Mundane  
d4 Herbs**

**Usages**

- 1 Mistletoe An ingredient in Baldur's Bane; when the fed to a creature by itself, the juice from a full dose of mistletoe berries deals 5d10 poison damage.
- 2 Cherry Bark Used in tinctures and teas; when consumed by a willing creature, they get the full effects of a long rest.
- 3 Foxglove Used in oils, teas, and smudging ceremonies; when fed to a creature or applied to the face of a creature, they must make a DC 15 Constitution saving throw or be reverted to their true, original form - including reversing the work of True Polymorph.
- 4 Wolfsbane Used in oils, tinctures, or as whole parts; when fed to a creature, deals 8d6 poison damage and the target must succeed on a DC 18 Constitution saving throw or be Poisoned for 24 hours.

**Legendary  
d4 Magical Herbs**

**Usages**

- 1 Valerian Used in oils and salves; when applied on the base of the throat and the chest of a creature who has died within the last 8 hours, they are returned to life 10 minutes later with half their hit point maximum and 1 level of exhaustion. This does not regenerate any missing limbs or body parts.
- 2 Meadowsweet Used in teas; when fed to a creature, they must succeed on a DC 17 Wisdom saving throw or be charmed by the brewer of the tea for 24 hours. This overcomes immunity to charm effects and reduces it to resistance.
- 3 Buchu Used in incense; when a creature burns this incense, provided they take a long rest within 10 minutes of burning the incense, they will have a prophetic dream during that rest.
- 4 White Willow Used in compresses, and as dried strips of bark; when applied to the hands, the next spell of 7th level or lower cast from the creature it was applied to does not expend a spell slot, though material components must be provided.



**Baldur's Bane (Injury).** This poison is made from concentrate of magical mistletoe, berries and leaves, often infused into oils and then used to coat arrows or javelins. A creature subjected to this poison must make a DC 19 Constitution saving throw and take 7d10 + 30 poison damage. On a failed save, they are Poisoned for 8 hours. They take 2d6 poison damage every hour that passes that they remain Poisoned.

## BASIC HERBALISM KIT

*adventuring gear, common*

A standard leather bag with one main opening, 3 outside pouches, and a space containing 4 empty vials, this herbalism kit comes with clippers, mortar and pestle, a jar of olive oil (5 doses' worth), a bar of beeswax (15 doses' worth), a bottle of apple cider vinegar (5 doses' worth), and a small bag of sandalwood (3 doses worth). In addition to this gear, it has 6 bundles of common herbs and 6 bundles of uncommon herbs.

**Common herbs.** 1 bundle each of: aloe vera, lavender, fever few, sage, datura, and witch hazel

**Uncommon herbs.** 1 bundle each of: ginseng, rosemary, grapeseed, bilberries, mandrake, and clover

## ADVANCED HERBALISM KIT

*adventuring gear, uncommon*

A standard leather bag with one main opening, 3 outside pouches, and a space containing 5 empty vials, this herbalism kit comes with clippers, mortar and pestle, 2 jars of olive oil (10 doses' worth), a bar of beeswax (15 doses' worth), a bottle of apple cider vinegar (5 doses' worth), and a bag of sandalwood (6 doses' worth). In addition to this gear, it has 9 bundles of common herbs, 5 bundles of uncommon herbs, and 4 bundles of rare herbs.

**Common herbs.** 1 bundle each of: activated charcoal, lavender, aloe vera, peppermint, feverfew, witch hazel, elderberry, sage, and bay laurel leaves.

**Uncommon herbs.** 1 bundle each of: cayenne powder, tumeric, rosemary, catnip, and bilberries.

**Rare herbs.** 1 bundle each of: roseroot, skullcap, mugwort, and lovage.

## PHYSICIAN'S BAG

*Wondrous item, rare/very rare*

A leather satchel with 1 large pocket, 2 outside pouches, 1 inside pouch, and 1 small hidden pouch, as well as a holder for 4 glass vials.

At dawn each day, this bag generates 1d4 common and 1d4 uncommon herb bundles (rare) or 1d6 common, 1d4 uncommon, and 1d4 rare herb bundles (very rare). Additionally, roll a d6. On a 6, one empty vial in the bag fills with one *potion of healing*. If there are no empty vials in the bag, this has no effect.





# DISEASES

There are more ways to contract a disease beyond just poverty and refuse. Combatting creatures of unnatural being, exhausting yourself beyond your limits, and falling under the influence of unwise patrons can all have an impact on you long after the fight - though the normal ways are just as dangerous as they ever are. Some diseases can be cured with a spell or an herbal concoction - some must simply run their course. All are things that are best to be avoided, if you can manage to.

Below is a series of diseases, expanding on the options presented in the Dungeon Master's Guide (pg. 256). They are designed to affect players or NPCs to act as encounters or problems for players to solve, or as plot hooks for them to engage with from a distance.

## DISEASED AS A CONDITION

When a creature is Diseased, they have disadvantage on attack rolls and saving throws. The condition can be ended and the without actually curing the disease.

### ARCANIST'S PLAGUE

For magicians and casters, their magic is a part of them. Like any part of the body, it can be diseased and weakened. Thought to be a curse from a vindictive dragon - or perhaps the gods, depending on who you listen to the story from - the arcanist's plague exhausts the caster's magical core while preserving the body perfectly. The Arcanist's Plague is whispered of with fear in magical communities. The fate it delivers - a magicless life - is often seen as a fate worse than death.

**Conditions to Contract.** Any creature who has the ability to cast at least one spell has the ability to contract the Arcanist's Plague. Coming in physical contact with another spellcaster who is infected with it is sufficient to be at risks. It can spontaneously develop in spellcasters who have depleted their magical resources and have at least 1 level of exhaustion.

**Development.** After coming in contact with an infected creature, the uninfected creature must make a DC16 Constitution saving throw. If the uninfected creature has depleted their magical resources (i.e. is out of spellslots and/or innate spellcasting) they make this throw at disadvantage. On a failed save, they are considered Diseased.

**Symptoms.** An infected creature begins to lose control over their magic. On the first day of infection, they have a 10% chance of any spell they cast failing while still expending the spell slot. For each day that passes, the percentage increases by 10% until it hits 100%. At that point, the infected creature has 5 days to cure the disease entirely or the infected creature will permanently lose their magical abilities. The only way this can be reversed is through the *wish* spell.

**Treatment and Cure.** The disease is cured if the diseased creature is fed a tincture of california poppy and witch hazel for 3 consecutive days. After the first day, their chances of a spell failing reduce to 50%. After the second, it reduces to 25%. After the third day, it reduces back to 0%.

### BONE RATTLINGS

The spirits of the dead who walk the earth are anxious to once again inhabit living, breathing bodies. Their curse extends beyond possession, though. Even after a creature has freed themselves of a malignant specter, they often begin to shake uncontrollably as the sudden emptiness from an unwelcome intrusion quakes in their body and bones. A short lived disease, bone rattlings are not particularly lethal, but they are intense and leave the victim shaken long after the tremors stop.

**Conditions to Contract.** A creature has a chance of developing this illness immediately after being possessed by a ghost.

**Development.** After possession on a creature ends, they must make a DC 14 Constitution saving throw. On a failed save, the creature is considered Diseased.

**Symptoms.** An infected creature has uncontrollable tremors and convulsions. They have disadvantage on all Dexterity checks and must make a DC10 Dexterity saving throw to keep hold of anything they are holding. The check must be made every minute, and the DC increases by 1 after every minute.

**Treatment and Cure.** The disease is naturally cured after a short rest where the diseased creature uses at least 2 hit die. The condition can also be ended if the creature is anointed with a dose of sage oil on their face and hands.

### THE MOANING MALADY

Common to adventuring parties, arm encampments, and any other group of people that are prone to exhaustion, the moaning malady is something that can sweep through a camp in less than a week. A group infected with the moaning malady will be a loud, restless group. The uninfected are just as tired as the infected. It is deadly on in it's most extreme cases - very rarely seen - but it's danger comes not from it's lethality, but it's ability to slow even the fastest of armies, to reveal the most stealthed of missions, and to wear down the most formidable of heroes.

**Conditions to Contract.** A creature has a chance of developing this illness if they have at least 1 level of Exhaustion.

**Development.** The first time a creature with at least 1 level of Exhaustion goes to sleep after gaining their level of Exhaustion, they roll a DC 13 Constitution saving throw. On a failure, they are infected and are considered Diseased.

**Symptoms.** A creature infected with the moaning malady will spend their entire night moaning, groaning, and occasionally screaming or shouting. Creatures within hearing range have their sleep disturbed, preventing them from enjoying the effects of a long rest and potentially imposing a level of Exhaustion on them. The infected creature still gets the benefit of a long rest.

**Treatment and Cure.** The disease is naturally cured when the creature's Exhaustion level is reduced to 0. Symptoms can be quieted if the creature is fed a dose of lavender tea before going to sleep.



## THRALL'S NIGHTCAP

### ALSO REFERRED TO AS: VAMPIRE BACKWASH

Those who choose to fight vampires have a twofold danger: not only can they succumb to the lords, ladies, and nobles of the night in combat, they can also succumb to their bites long after the vampire has been fought or fled from. Those who have been fed off of are at a particular risk; the most unlucky souls are transformed into vampires themselves. In the best of cases, the thrall's nightcap is debilitating but recoverable. In the worst of cases, people may be forced to watch their friend waste away, slowly, turned into the creature that they just hunted with little to no way to stop it.

**Conditions to Contract.** A creature has a chance of developing this illness if a vampire has fed off of them in the last 24 hours.

**Development.** Every hour starting at the sundown after being fed off of, a creature who meets the conditions to contract must make a Constitution saving throw. The DC is equal to 10 + the number of hours it's been since sundown. On a failure, they are infected and are considered Diseased.

**Symptoms.** A creature infected with the thrall's nightcap is living a half life. For the first 6 hours of an infected creature, their body temperature drops to 20 degrees below their average, creating a trembling and shaking in the effected creature. They have disadvantage on all Dexterity checks. After the first 6 hours, the creature becomes unnaturally accostumed to the temperature. The disadvantage goes away, and the creature gains Darkvision out to 30ft, stacking with any Darkvision the creature may have naturally. Every hour after the first 6, the infected creature takes 1d10 necrotic damage. This damage is not able to be healed in anyway until the disease is cured.

**Treatment and Cure.** The disease is cured if the diseased creature is fed a tincture created from clover oil and holy water once a day, at dawn, for three consecutive days. Alternatively, a creature subjected to the *greater restoration* spell is cured of this disease. A creature cured of this disease by either way is not healed of the damage they took, though now the damage can begin to be healed.

If a creature dies of this disease, they raise as a vampire at the next sundown. If they die by any other means while infected with this disease, they do not raise as a vampire.

## THE CHANGELING CURSE

Those who associate themselves with the fey do so at their own risk. This is common knowledge; the fey are tricksters who glamor and charm, decieve and steal. One of the most poignant threats is the looming threat of charm aftereffects. Those who have been seduced by a fey creature stand the chance of being pulled back into the feywilds, against their will or even against their knowledge, and being transformed into a fey creature themselves. The Changeling Curse is not lethal in any sense; rather, it gives a long, vivid, terrible life.

**Conditions to Contract.** Any creature who has been subjected to a Charm effect from a fey creature for more than 6 consecutive hours has a chance of developing this disease.

**Development.** Starting at the dawn after the charm effect has been broken, a creature who meets the conditions to contract must make a Constitution saving throw. The DC is equal to 10 + half the CR of the fey creature who produced the Charm effect. Every hour between dawn and midday, they must make this save. If they fail three of these saves, at exactly midday, they become infected and are considered Diseased.

**Symptoms.** An infected creature's eyes are covered by a milky film, rendering them Blinded. They instead gain sight into the location in the Feywilds corresponding to where they currently are. At the midday after the one when they become infected, they are Deafened and can hear the Feywilds surrounding them. At the midday after becoming Deafened, they are rendered incorporeal, caught between the Feywilds and the Material plane. Creatures on either plane can interact with them as an incorporeal creature and they can see both planes melded into one being. At midnight during the next full moon after becoming incorporeal, the infected creature vanishes into the Feywilds, appearing in the court of the fey who Charmed them.

**Treatment and Cure.** The disease is cured if the diseased creature is fed a tincture created from eyebright for 3 consecutive days or a tincture created from calendula for 1 day.

If the infected creature is vanished into the Feywilds and not recovered, they begin to transform into a fey creature.





## ART CREDITS

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