



# HOW TO MAKE MULLEIN AND GARLIC OIL FOR EARACHES

*Posted on May 5, 2022 by Amanda Clouse*

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There is nothing worse than seeing your child in pain, and ear pain and infections can be rampant in children. While there's likely a root cause that needs addressing, especially with chronic infections, you can help fight infection and alleviate symptoms with this simple **mullein and garlic oil**. Mullein and garlic are a dynamic duo, used for thousands of years to mitigate the underline causes of ear pain and infection. Let's take a closer look at why that is.

## WHY MULLEIN?

**Mullein herb** can soothe inflamed and irritated nerves and relieve pain. It's also [antimicrobial](#), antiviral, which pairs well with garlic's antiviral and antimicrobial properties. Mullein is excellent for asthma, COPD, coughs, congestion, and inflammation of the respiratory tract. It can be found in the [Allergy & Asthma Support Bundle](#).

[Verbascum thapsus L. or "Mullein"](#) grows wild all across North America on dry, pebble-filled roadsides and wooded lots, clearings, and along the sides of fields. It's very easy to spot as it often grows as tall if not taller than the average person and comprises large velvety leaves and a tall yellow-flowered stalk that slightly resembles corn on the cob. Many common names associated with Mullein give homage to its texture like Adam's flannel, Beggar's blanket, Feltwort, Flannel plant, Flannel leaf, Fluffweed, Hare's Beard, Old man's flannel, Our lady's flannel, Velvet dock, Velvet plant, and Woollen.

It would be best to use caution when harvesting wild Mullein as it likes to grow alongside farm fields, which often get sprayed with toxic pesticides. You really don't want those in your ear oil or your body!

**Related:** [Plant Identification Guide – 400 Wild Plants That You Can Forage For](#) (Video)

It's best to harvest this vivacious herb from areas less likely to be contaminated by these harmful chemicals. You can also easily buy mullein online.

## WHY GARLIC?

Garlic (*Allium sativum*) is not only one of the most well-studied herbs of our modern era, but it's also one of the most used. Most are familiar with this smelly little bulb from Dracula to top chefs around the world. **Garlic Cloves** are used for culinary purposes and medicinally.

Garlic is like the spartan warrior of microbial intrusions. This sulphury herb is high in antioxidants, minerals, and even enzymes and has been [proven](#) time and time again to have antibacterial, antifungal, and antiviral abilities. A [study](#) published in 2004 by the *European Food Research and Technology* found that garlic was highly effective at inhibiting the growth of ten different bacteria strains, including e. coli and Streptococcus pneumoniae, which happens to be responsible for ear

infections. This evidence supports the long-standing therapeutic use of garlic as a natural antibiotic.

Combine garlic with the soothing properties of mullein and olive oil, and you have yourself a knockout ear oil.

## MULLEIN AND GARLIC OIL USE

When combined, mullein and garlic oil may help reduce swelling and congestion within the lymph system, allowing fluid to flow and releasing any build-up in the ears. In addition, the olive oil can help soften the earwax making it easier to remove, and the garlic can neutralize bacteria that may be festering in the ear canal. So, it's easy to understand why so many uses and swear by **mullein and garlic oil for ear infections**.

Ear infections can often come with a significant amount of pain, typically caused by fluid build-up. Fluid retention can be due to any number of things like allergies, common colds, sinus infections, or other illnesses. Some people even report a reduction in tinnitus with this oil; however, there isn't any scientific evidence to support this claim as of yet.

## MAKING HERBAL OILS

Herbal oils are pretty simple to make, especially if you utilize the folk or eyeball method, which we are doing here. There are a few different ways to go about it. The below recipe uses the Sun extraction process, which integrates biophotons into the oil. You wouldn't typically want to put olive oil in the sun as it hydrogenates the oil, but it's alright for **herbal ear oil**.

You can also use a double boiler if you need your ear oil quickly. You can have your mullein and garlic oil done in two to four hours, though it'll be less potent. Be sure to keep the water from splashing into your jar, don't let the temperature of your oil rise above 140 F°, and don't let the water level get too low. You need to keep about two inches of water in your pot.

### You will need:

- 1 cup of dried mullein (mixture of leaves and flowers)
- A handful of fresh garlic cloves
- Olive Oil—about a cup
- A funnel
- A kitchen mallet or knife to crush the garlic
- 1-pint sized jar
- Cheesecloth
- A rubber band

## Instructions:

Step 1: Place your funnel into the top of your jar and pour in the dried mullein

Step 2: Crush your garlic just a little bit and add them to your jar. You only need to release some of the juices.

Step 3: Add enough olive oil to cover the herbs plus a little more.

Step 4: Give it a quick stir to incorporate all of the ingredients.

Step 5: Place enough cheesecloth on the jar's opening to cover and secure it with a rubber band.

Step 6: Place your jar in a sunny window for about 3-4 weeks.

Step 7: Strain the herb from the oil by running it through the cheesecloth. You may want to use a second cheesecloth to ensure the removal of all sediment. And store it in a cool, dry place.

You may add your tincture to amber or cobalt dropper bottles for easier use if you want to.

## How to Use

**Mullein and garlic oil** is great for kids and adults and can easily be applied by dribbling a few drops of slightly warmed (body temperature) oil into the ear canal with a dropper and letting it rest with the affected side up for ten minutes. It would be good first to test the oil on your wrist to ensure it's not too hot—especially for children. Next, gently plug the ear canal with a cotton ball to catch the oil and any sediment or infection. Continue rest with the afflicted side down for another ten minutes, then remove the soiled cotton ball and throw it away. You can do this every hour if the pain persists; otherwise, two to three times a day should be sufficient to draw out infection and reduce swelling.

## Caution:

Don't take this oil internally. Some people have contracted dermatitis from certain kinds of mullein. Though it isn't clear what caused dermatitis in those cases, it's best to test your final product on a clean patch of skin before using it in the ears.

For severe infection, especially in children, you should consult a physician. Do not use it on children under one year of age.

**You may also like:**

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[You Won't Believe What Hearing Loss Does to Your Brain](#) (Video)

[What Happens if You Smoke Mullein?](#)

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- 1-pint sized jar
- Cheesecloth
- rubber band
- A kitchen mallet or knife to crush the garlic

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## Comments



ric - 2022-05-07 15:20:06

Can't I just buy a bottle of Mullein/Garlic "oil" from a store?



**The Lost Herbs** - 2022-05-06 12:51:51

Hi Julie, Yes, you most definitely can infuse the herbs into coconut oil. But I recommend melting it first to try and keep it from solidifying! Both olive oil and coconut oil have a long shelf-life. If stored in the fridge, will last 6-12 months, otherwise, store it in a cool dark place and it will last for about 3-6 months. Many blessings and good health!



**The Lost Herbs** - 2022-05-06 12:44:29

Hi Tracy D, Thank you for your question. If stored in the fridge, will last 6-12 months, otherwise, store it in a cool dark place and it will last for about 3-6 months. Tips for storage: - Protect the oil from heat and light. - While they can be safely stored at room temperature, the quality will be even better for a longer period if stored in a pantry, refrigerator, or freezer. - Dark-colored bottles will protect the oils from light. Make sure the bottles or jars are clean. Many blessings and good health!



**The Lost Herbs** - 2022-05-06 12:43:22

Hi Marybeth, I am glad to hear about this good timing and that you found what you were looking for. There are two main methods for infusing oils; the solar and double boiler methods. The method used in this recipe was the solar method: "Place your jar in a sunny window for about 3-4 weeks". If you want to use the double-boiler method, leave the jar in the pot of warm water for about 2-3 hours. Many blessings and good health!



**The Lost Herbs** - 2022-05-06 12:33:24

Hi Janna, Thank you for your question. If stored in the fridge, will last 6-12 months, otherwise, store it in a cool dark place and it will last for about 3 months. Many blessings and good health!



**Julie** - 2022-05-05 18:53:38

How long does it last for once made up? Would organic coconut oil be good to use as well, being antiviral and antibacterial?



**Tracy D** - 2022-05-05 18:25:18

How long will this keep



**Marybeth** - 2022-05-05 12:31:43

This came up at a good time but I started having an earache last night...this morning it is a pain that comes and goes and the area is very sore as I do Marma and massage to the ear area. you mentioned double boiler method how long do I boil it and I'm guessing that the jar of herbs/garlic/oil is put in the double boiler to heat!? I have your book but the mullein is only just starting to grow in the North East. thank you for any advice! :)



**Janna** - 2022-05-05 11:30:22

How long will this last, once made up. Thank you SO much for this recipe!