EMMENAGOGUES

SQUAW VINE (Partridge Berry)	**TANSY**	**PENNYROYAL**
BLESSED THISTLE	**CRAMP BARK**	**MOTHERWORT**
BLUE COHOSH	**RUE**	**FEVERFEW**
PARSLEY	**YARROW**	**ROSEMARY**
SAGE	**HOREHOUND**	**MUGWORT**

Other: Ginger

Emmenagogue herbs stimulate blood flow in the pelvic area and uterus; some stimulate menstruation.
Female organs are divided into two groups: internal and external.
The internal organs are the parts found within the pelvis: ovaries, fallopian tubes, uterus.
The external organs are grouped under name "vulva": mons veneris, Labium majus, Labium minus, clitorus, vestibule, hymen, urinary meatus.

The uterus is a fixed organ but suspended within the pelvic cavity by ligaments so when the bladder is full, the uterus is pushed backward and when the rectum is enlarged, it is pushed forward. A change of posture affects the position of the uterus and in pregnancy it becomes raised somewhat into the abdominal cavity. Normal is the upper round portion of the uterus or fundus, inclined slightly forward and the external orifice (or uteri) downward and slightly backward. The uterus is divided into three portions:

- **fundus: upper and broad portion**
- **body: middle and gradually narrowing portion**
- **cervix (or neck): the constricted or contracted part that extends to the vagina**

The orifice or opening communicating the uterus with the mucous membrane that is continuous with that of the vagina, while the outer surface of the fundus and the body is covered with peritoneum.

For MENSTRUAL OBSTRUCTION resulting in the absence, delay, retardation or suppression of menstruation (AMENORRHEA), the use of herbs such as crampbark, blue Cohosh, black Cohosh etc. and formulas such as those found under crampbark, pleurisy root etc. will be effective.

Where there is RETENTION OF MENSES AT PUBERTY or (CHLOROSIS) (also known as green sickness), resulting in failure to menstruate with accompanying symptoms of sallow skin, loss of appetite, lumbar pains, stomach acidity, constipation, nervous upset, and general constitutional derangement, the digestion must be improved, the whole system build up and the obstruction must be removed - the formulas found under pennyroyal, blessed thistle, catnip etc. are good for this problem.

For PROFUSE MENSTRUATION (MENORRHAGIA), resulting from too frequent or too excessive menstrual flow, or continuing longer than normal, with accompanying symptoms of lumbar pains, bearing down in the abdomen, possible nervous irritation, constipation frequently etc. the female corrective formulas under Red Raspberry, True Unicorn will be beneficial.

PAINFUL MENSTRUATION (DYSMENORRHEA) a condition of weakness in the generative organs from colds and general body weakness with accompanying severe pains at the time of menstruation in the abdomen, loins and back, calls for equalization of the circulation with herbal remedies such as warm composition tea, pennyroyal, etc. or the corrective formulas given under squawvine, crampbark, pleurisy root etc. which will be found very serviceable.

For INFLAMMATION OF THE WOMB or UTERUS (eg. Pelvic inflammatory disease) which is due to colds, adhesions, blows etc. and the person suffers pains in the womb and across the back and an irritated nervous system, the pains may be alleviated with repeated hot fomentations across the affected area, making a decoction of chamomile flowers (2 oz) and poppy heads (6) simmered for 10 minutes in 3 quarts of water, and using internal teas of the healing formulas found under Red Raspberry, White Pond Lily etc.

WHITES (LEUCORRHEA) which is often accompanied by inflammation of the uterus, itching of the outer genital organs, a whitish to creamy discharge, pains in the small of the back and loins, headache, constipation, irritated nervous system etc. is both disagreeable and weakening to the system, and for this complaint the vaginal injections of herbs such as witch hazel and the formulas given under Red Raspberry, White Pond Lily etc. are excellent.

There are some 150 botanical herbs that are classed as promoting menstrual normalcy. Knowing that there is a menstrual difficulty is not enough because the cure is achieved largely through eliminating the cause. Where there has been a recent cold which has resulted in congested, a relaxing diaphoretic may be all that is required and often only a few doses of composition powder are needed to remove a cold and the resultant congestion.

General weakness may be the source of chronic suppression. These organs may be built up by tonics and stimulating diaphoretics until the balance and harmony for vibrant health is restored. However, it is unwise at any time to administer drastic cathartic or strong purgative agents whenever there is menstrual difficulty; this may greatly complicate and worsen the condition, whereas the natural remedies that we provide in the lower Bowel Tonic will always be beneficial and easy to take.

Emmenagogues are herbal agents that are female correctives, and which provoke, stimulate, and promote the menstrual flow and discharge. Properly used, emmenagogues will readjust the entire genital areas, so that the menstrual flow and discharge will be at the normal minimum, instead of excessive or lacking.

SQUAW VINE (Partridge Berry)

(Mitchella repens)

Family: RUBIACEAE; ERICACEAE

Madder family: coffee, mader, bedstraw 11,000 species)



OTHER NAMES: **Checkerberry, Deerberry, Hive Vine, Mitchella Rampant, Mitchella repens, Noon Kie Oo Nah Yeah, One-Berry, Pain de Perdrix, Partridgeberry, Running Box, Squaw Berry, Trébol de Invierno, Twinberry, Two-Eyed Berry, Winter Clover.**

PART USED: **herb or vine**

GROWING: **Perennial, evergreen herb. It has creeping or trailing stems thatg row up to a foot long, rooting at various points. Fruit is scarlet berry-like up to 1/3" in diameter in the fall. Each flower produces a single dry berry which usually contains 8 bony seeds that last over the winter. It is naturally found around the bottoms of trees, esp. hemlock, as well as in swampy places in woodlands from Nova Scotia to Ontario, southward to Florida and Texas. The leaves resemble those of clover and remain green throughout the winter. It flowers in June and July. The fruit or berry also remains bright scarlet, is edible, and nearly tasteless, dry, and full of stony seeds.**

SISTER PLANTS:
Black haw or stagbush or sweet viburnum or American Sloe (Virburnum prunifolium)

ALLIED PLANTS: **Prince's pine or Pipsissewa**

HISTORY:

Squawvine's name refers to its use by Native American women as a remedy for a range of conditions. Squawvine is also referred to as "partridge berry" because some people consider the other name to be insulting to Native American women. This herb was held in high esteem by the American Indians as a uterine tonic to take during pregnancy and as a parturient agent (after birth)

Native Americans ate the berries and made them into a jelly, which was eaten in case of fevers.

The plant was used to ease menstrual cramps, strengthen the uterus, for childbirth, and prevent miscarriage. During the final 2 to 4 weeks of a Native American woman's pregnancy, she drank tea made from squawvine leaves so that childbirth was less painful.

In folk medicine, squawvine continued to be a remedy for women's disorders. In addition to conditions related to childbirth, the herb was used to treat postpartum depression, irregular menstruation, and bleeding. In addition to treating internal

ailments, a squawvine wash was said to provide relief to sore eyes. Squawvine is still used in folk medicine to treat conditions including anxiety, hemorrhoids, insomnia, muscle spasms, edema, and inflammation.

Squawvine is an evergreen herb that is native to North America, growing in the forests and woodlands of the Eastern United States and Canada. Usually found at the base of trees and stumps and growing year round, herbalists recommend collecting the herb when the plant flowers during the months of April through June.

Squawvine is available in various forms. Commercial preparations include tinctures, extracts and powdered herb.

THERAPEUTIC ACTION:

parturient	**EMMENAGOGUE(female corrective)**	**diuretic**
astringent	**tonic**	**alterative**
uterine stimulant		

- **makes childbirth safe and wonderfully easy**
- **highly beneficial for all uterine complaints and most effective as a female regulator**
- **as a parturient agent, it is reputed by some herbalists to be better than red raspberry leaves, who also recommended these two herbs as a good combination**
- **squaw vine has been valuable diuretic, tonic and alterative properties, resembling those in prince's pine or pipsissewa and black haw for which it is often substituted or used in combination**

MEDICINAL USES:

childbirth	**sore eyes**	**urinary complaint**
dropsy	**diarrhea**	**dysentery**
suppression of urines	**gonorrhea**	**sore nipples**
gravel	**rheumatism.**	

uterine troubles (menorrhagia, amenorrhea, dysmenorrhea, leucorrhea)

- **Dr. Christopher says Squaw vine when taken weeks before confinement (better still, when taken all during pregnancy) will make childbirth safe and wonderfully easy.**
- **People take squawvine for anxiety, diarrhea, water retention (edema), low urine output, varicose veins, sleep problems (insomnia), congestive heart failure, kidney failure, liver failure, severe diarrhea (chronic dysentery), and colitis.**
- **Women take it for treating menstrual disorders, "lumpy breasts" (fibrocystic breast disease), and vaginal discharges. They also use it to ease childbirth, treat depression after childbirth, and improve the flow of breast milk. Squawvine has also been used to cause abortions.**
- **Some women apply squawvine directly to the skin for treating sore nipples.**
- **It is reputed to promote an easy labour by aiding contractions of the womb during childbirth and is also recommended for dysmenorrhea and other painful conditions of the female reproductive tract.**

DOSAGE:

Decoction: 1 wineglassful 2-3 times daily using 2 oz of the herb in 1 pint of water
Fluid Extract: 1/2 - 1 tsp (fluid dram)
Infusion: 1 cup 2-3 times daily
Tincture: 5-15 drops, three times a day

ADMINISTRATION:

Anal

Diarrhea, dysentery: use the infusion or decoction as an injection

Childbirth: use the infusion of the herb alone, or in combination with red raspberry leaves. For childbirth preparation 1 cup infusion (tea) a day in the last 2 months of pregnancy.

Uterine problems, dropsy, rheumatism, diarrhea, urinary complaints etc: use infusion of herb alone, or in combination with cramp bark, prince's pine, black haw etc. or as indicated in an appropriate formula.

Skin

Sore eyes (esp infants): combine squaw vine in infusion with equal parts of red raspberry leaves and witch hazel leaves and use as a wash (wild strawberry leaves may be substituted for witch hazel leaves).

Sore nipples

Vaginal

Leucorrhea: for mild cases, the infusion or decoction will serve as well as an injection

Congenial combinations:

Alteratives: squaw vine has valuable alterative properties, and may be used with good result with this class of remedies

Astringents: Squaw vine will be most beneficial when combined with other astringents

Diuretics: Squaw vine will be very useful in combination with these agents, esp. where there are accompanying uterine problems.

Tonics: Squaw vine has excellent tonic virtues, with a special affinity for the reproductive area.

TANSY

(Tanacetum vulgare)

Family: COMPOSITAE (Aster)





OTHER NAMES: **Buttons, wild tansy, gold leaf tansy, ginger plant, bitter buttons, hineheel, scented fern, stinking willie.**
The common name, tansy, is likely derived from Greek words meaning "immortal", which may refer to the long-lasting flowers or its traditional use in preserving dead bodies.

NOTE: Another plant called Tansy Ragwort (Senecio jacobaea) is a biennial to short-lived perennial. It is considered noxious in BC. It grows in grazed pastures, hay fields, roadsides, clear cuts and areas that have been cut or disturbed. It is found in central Fraser Valley, Vancouver Island, Okanagan. Here is a picture of it, and you see the flowers are very different:



PART USED: **herb (leaves, flowers). Seed can be used for parasites**

GROWING: **Perennial. Member of the Aster family. Although the plant is native to temperate regions of Europe and Asia, it has been introduced throughout the world and grows wild in North America. It grows easily in Medicine Hat and can be very attractive in a garden. It is drought resistant. Hardy, sun-loving plant is resistant to cold and frost and commonly grows in open areas close to water, such as roadsides and ditches. This is a self sowing plant, can spread easily, and you can divide it by root separation.**

COLLECTION: **cut herb close above roots when it first comes into flower**

DRYING & PRESERVATION: **Care should be taken because of the value and volatile essential oils; handle as with other aromatics.**

HISTORY:

Historical records also indicate that tansy has been used as a natural face wash to lighten the skin.

Historically, the most common medicinal use of tansy was as an abortifacient. It

naturally stimulates blood flow to the pelvis and uterus (emmenagogue) and was used to bring on menstruation or abort an unwanted pregnancy.

Tanacetum vulgare is an herbal remedy for treating worms as it contains a volatile oil with the active ingredients thujone, camphor and myrtenol, which are toxic to internal parasites.

In the past, the herb was frequently used to treat worms in children and it was also added to coffins to slow the deterioration of the deceased by repelling worms.

Small amounts have been used to flavour stews and soups, replacing nutmeg and cinnamon and can still be used that way today.

Today, it is most commonly used as a natural insect repellent and companion plant in vegetable gardens. However, the herb's repellent nature has long been recognized.

Tansy has been used externally as an herbal remedy for lice, fleas and scabies. In the Middle Ages, it was strewn across floors, hung from rafters and slipped under bed sheets to discourage pests.

It contains the compound parthenolide, which is also found in feverfew and is thought to help in the prevention of migraines.

When applied as a poultice, the herb is a natural treatment for skin infections and can be used to relieve sprains and reduce swelling.

Other medicinal uses of tansy include the treatment of colic, gout (root) and plague.

It is said in historical literature that cows and sheep eat Tansy, but horses, goats and hogs refuse to touch it, and if meat be rubbed with this plant, flies will not attack it. In Sussex, at one time, Tansy leaves had the reputation of curing ague(fever or shivering fit), if placed in the shoes.

THERAPEUTIC ACTION:

- ANTHELMINTIC (vermifuge-expels worms:seed)
- EMMENAGOGUE (female corrective)
- stimulant
- nervine (relaxant)
- aromatic
- antispasmodic
- tonic
- diaphoretic
- diuretic
- vulnerary
- stomachic
- carminative
- mixed with elder leaves it serves as an effective fly repellent and is valued for relieving pain and inflammation in local applications
- leaves may be used as a flavouring agent
- The flowers are strongly scented with an aroma that has been compared with camphor.

MEDICINAL USES:

- expels worms
- menstrual problems (amenorrhea, leucorrhea, dysmenorrhea)
- intermittent fevers, colds, flu
- hysteria, nervous affections
- eruptive skin diseases
- colic
- kidney problems, jaundice, dropsy, dysentery, flatulence
- inflamed eyes
- heart palpitation, spasms, sprains, bruises

- ulcers, tumors
- sprains, bruises
- toothache
- for abortion: three tea 3 days before period
- rheumatism, inflammation wounds, sciatic, weak veins, gout

PREPARATION:

Decoction, fluid extract, infusion, powder, solid extract, tincture.
Tansy is an aromatic that possesses a valuable volatile essential oil that is very medicinal that should be preserved with care.

CAUTION: This plant can be highly toxic and is rarely used by modern herbalists. Because it excites the uterine canal and can bring on abortions, it is used successfully to bring on an abortion when the baby is late in arriving. Usually the mother will take 2-3 cups of tea a day for a few days to bring about this action.

Tansy should only be used in the hands of an expert as an incorrect dosage can be highly toxic, causing hallucinations, spasms, convulsions, and even death. In most cases, alternative herbal remedies exist.

It is also still used for parasite control.

DOSAGE:

Tansy contains a volatile oil with the active ingredient thujone, which can be toxic in the wrong dosage.

The percentage of thujone in the oil is unpredictable as it varies greatly between plants.

This variability seems to be related to genetic rather than environmental factors, which makes it very challenging to determine dosage. Each plant would need to be tested for thujone concentrations.

A tea infusion can be prepared by pouring one cup of boiling water over 1 teaspoonful of the dried tansy. Leave to infuse for 10 – 15 minutes and drink twice daily. The tea is strong and bitter in taste.

The herb may also be found as tincture; 1-2 ml taken three times daily.

The fresh green leaves can be pounded and applied as a poultice.

ADMINISTRATION:

Give in small and repeated doses; extra large doses may cause venous congestion and resultant discomfort to the abdominal organs.

<u>Oral</u>

Worms: take 1/2 - 1 teacupful of the infusion (esp. crushed seeds) night and morning, following the cleansing procedure, or fasting during the time
Hysteria, nervous affections, kidney problems: take 1 wineglassful of the infusion repeated frequently 5-6 times daily.
Low fevers, ague, colds: take small and frequent dosages of the warm infusion.
Heart trouble, palpitation: make a decoction by simmering the herb 10 minutes, take 1 wineglassful 4-5 times daily.
Spasms, flatulence, stomach disorders: Take the infusion, making sure to preserve the volatile essential oils which possess much of the medicinal potency for these problems.

Gout: take infusion of the green herb (as indicated), or an infusion of dried seeds and flowers (1 tsp 2-3 times daily) or decocted syrup of the root, with fasting during the treatment.

Eruptive diseases (chickenpox, smallpox, measles): use infusion or decoction as a wash.

Sprains, bruises, inflammations, rheumatism, sciatica: bruise and apply the green leaves, or use the herb preparation as a fomentation, wash etc.

Flies, insect repellent: use a preparation combined with elder leaves.

PENNYROYAL

(Mentha Pulegium)

Family: LAMIACEAE (Mint)



OTHER NAMES: squaw mint, pudding grass, mosquito plant, European Pennyroyal, Hedeoma, Run-by-the-ground, Lurk-in-the-Ditch
NOTE: American Pennyroyal is from an unrelated genus Hedeoma pulegoides, and is not in the mint family.

PARTS USED: Herb, oil

GROWING AND ID: Perennial. The smallest mint in the mint family. Native to Europe, North Africa, Middle East. It has a spreading habit like other mints. It grows a foot tall and the various stems will root wherever they touch the ground so it can be invasive. Grow in full sun or partial shade. Zones 5 to 9 is what it is calling for, but it will grow here in sheltered areas. Propagation is often by division of old roots in autumn, or spring. It is sold mostly in the dry state for making tea. The European pennyroyal has 4 stamens; the American flowers only have two.

HISTORY: The name Pennyroyal being a corruption of the old herbalists' name 'Pulioll-royall' (*Pulegium regium*), which we meet also in the Middle Ages as 'Piliole-rial.' It has been known to botanists since the time of Linnaeus as *Mentha Pulegium*.
One of its popular names is 'Pudding Grass,' from being formerly used in stuffings for hog's puddings ('grass' being, like 'wort,' a word simply meaning 'herb'). It is still used abroad in various culinary preparations, but in this country it is now in disuse, as its taste and odour is too pronounced.

A famous stuffing was once made of Pennyroyal, pepper and honey.

The oil and leaves are used to make medicine. Both American pennyroyal and European pennyroyal have been used as a source of oil.

CONSTITUENTS Fresh herb yields about 1% volatile oil, oil of Pulegium, a yellow or greenish-yellow liquid when distilled and has a strong aromatic odour and taste.

THERAPEUTICS:

EMMENAGOGUE	tonic	diaphoretic	stimulant
carminative	anthelmintic	depurant	detergent
vulnerary	anti-venomous	anti-spasmodic	sedative

Highly aromatic, more than other mints.

ACTIONS:

- **a very reliable and effective emmenagogue, esp. for retarded or obstructed menstruation due to a sudden chill or cold (which, according to Dr. Nowell, when taken warm in connection with a vapour bath it is almost a specific cure)**
- **an agreeable and warming influence on the stomach, and its diaphoretic and stimulative action recommends it highly for feverish conditions, bronchial congestion, eruptive diseases (measles, smallpox etc)**
- **soothing and relaxing to spasmodic, nervous and cross conditions**
- **it has anti-venomous properties and has been reputed to have water purification properties**
- **prepared in apple cider vinegar, it has been useful as a healing vulnerary and a cleansing detergent, and this has been effective against such vile conditions as leprosy**
- **oil of pennyroyal is a first rate protection against insect bites (mosquitoes, gnats, and other similar wined pests)**

CAUTION:

- **Despite serious safety concerns, pennyroyal is used for colds, penumonia, and other breathing problems. It is also used for stomach pains, gas, intestinal disorders, and liver and gallbladder problems.**
- **Best taken in small repeated doses. Can be toxic in large doses. Some have indicated the pure oil of pennyroyal to be highly toxic if ingested and using it as an abortifacient is dangers and may cause hemorrhaging.**
- **Should not be used during pregnancy or breast feeding.**
- **Not recommended if you have liver or kidney disease.**
- **Not for children and infants.**

INDICATIONS:

amenorrhea	**menorrhagia**	**nausea**
colds	**pneumonia**	**flu**
fever	**flatulence**	**spasms**
colic pains	**nervousness**	**hysteria**
disordered stomach	**measles**	**pulmonary congestion**
dizziness	**ulcers**	**bruises**
black-eye	**whooping cough**	**leprosy**
tuberculosis	**headache**	**griping**

insect and snake bites

- **Women use it to start or regulate their menstrual periods, or to cause an abortion.**
- **Pennyroyal is also used to control muscle spasms, causing sweating, and increase urine production.**
- **Some people use it as a stimulant and to counteract weakness.**
- **Pennyroyal is applied to the skin to kill germs, keep insects away, and treat skin diseases. It is also used topically for gout, venomous bites, and mouth sores; and as a flea-killing bath.**
- **In foods, pennyroyal is used for flavouring.**
- **Plant in the garden to keep bugs away.**
- **In manufacturing, pennyroyal oil is used as a dog and cat flea repellent; and as a fragrance for detergents, perfumes, and soaps.**

PREPARATION:

Fluid extract, infusion, oil, powder, tincture.
Due to its rich volatile oil (on which much of its medicinal effectiveness depends), pennyroyal should never be boiled, and care should be taken to cover the infusion.

DOSAGE: (daily)

Fluid Extract: 1/4 - 1 fluid dram 3-4 times daily
Infusion: 1 wineglassful - 1 teacupful
Oil: 1-3 minims
Powder: 20-60 grains
Tincture: 1/4 - 1 fluid dram

ADMINISTRATION:

Oral

Menstrual problems, spasms, hysteria, flatulence, colic, chills, nausea, nervousness, feverish colds, disordered stomach, measles etc: Give infusion in teacupful doses, repeated frequently (every 1-2 hours), and when the herb is unavailable, 1-3 drops of oil in warm water is excellent.
Infant Sniffles: 1 tsp or less of infusion 3 times daily; nursing mother drink 1 wineglassful 3 times daily.
Venomous bites, stings: drink internally (esp. an alcoholic) daily tincture, and foment on the wound; a poultice of the freshly bruised herb is also highly commended.
Bruises, foul ulcers, black eye, facial burns, skin problems, leprosy etc: Make an apple cider vinegar tincture with the freshly bruised herb, apply as a fomentation outwardly and drink internally.
Colds, pneumonia, flu: see formulas
Whooping cough: Drink 1 tsp - 1 tbsp of the fresh, sweetened juice.

Skin

Bruises, foul ulcers, facial burns, etc: see above
Fainting dizziness: apply tincture preparation with apple cider vinegar to the nostrils.
Mosquitoes, gnats, fleas etc.: apply oil freely (makes a first rate insect repellent)

BLESSED THISTLE

(Botanical name: Carbenia benedicta)

Pharmaceutical: COMPOSITAE (Aster)





OTHER NAMES: **Carbenia Benedicta, Cardo Bendito, Cardo Santo, Carduus, Carduus Benedictus, Chardon Béni, Chardon Bénit, Chardon Marbré, Cnici Benedicti Herba, Cnicus, Cnicus benedictus, Holy Thistle, Safran Sauvage, Spotted Thistle, St. Benedict Thistle.**

PARTS USED: **Whole herb, also fruit or root**

GROWING: **This plant normally grows in the Mediterranean eg. Portugal, and Western Asia. Sow seeds in spring. It takes 1-3 weeks to germinate the seed. It will not grow in the shade, so get as much sun as possible. The plant can be cut back by 1/3 and harvested 2-3 times during the growing season. It grows up to 2 feet high and normally grows in zones 5-9. We are zone 2-4 here, but this is actually an annual, so save the seeds from year to year.**

HARVESTING: **harvest leaves before the plant flowers so the energy is in the leaves, then when flowers, can harvest the flowers and leaves and cut back to encourage more growth.**

QUALITIES:

TASTE: **Intensely bitter, a bit pungent & astringent. Extracts of the plant are nauseating and until recently herbalists had replaced blessed thistle with more pleasant tasting herbs like chamomile. Since the intro of hard shell gelatin capsules, the popularity of this herb is on the rise.**
Temperature: neutral with secondary cooling effects.
Moisture: dry
Odor: A feeble, disagreeable odor.

ID: **Erect plant with woody, branched stems. Leaves are 2-3" long, greyish green and oblong to lanceolate. Yellow flowers are terminal, 1" long, 1 3/4" wide.**

GROWING: **Annual. Flowers appear May-Aug.**

SISTER PLANTS:

Common carline Thistle (Carlina vulgaris)
Good both as herbal medicine and as food.
Common Star Thistle (centaurea calcitrapa)
Dwarf Thistle (Carduus acaulis)
Milk or Marian Thistle (Silybum marianum); seeds and roots; strengthens the memory because of the effect on circulation; leaves good in salads, peeled stalks can

be baked into pies.

Scotch Thistle (onopordon acanthiam)

St. Mary's Thistle (Carduus marianus); seeds haemostatic, emmenagogue, hepatic; uterine hemorrhage, amenorrhea (derangement of portal circulation), liver congestion, jaundice, gall and liver affections.

HISTORY:

Many wonder why this thistle has the title of 'Blessed' as a prefix to its common name. In one of the legends of King Charlemagne, the king of the Franks in the 1st century, it is said that his army was dying of the plague when campaigning for control of Western Europe. Fearing that he would lose the war an angel appeared in his dreams and told him to shoot an arrow into the air and whichever plant the arrow landed he should feed to his troops. Charlemagne did as the heavenly messenger instructed and his arrow landed in a big patch of thistle. Having given his army the thistle to eat, all were saved from the plague and continued to fight the war. This particular thistle became known as blessed from this moment on .

According to the herbalist Steven Horne, thistles are warrior plants by nature – they are difficult to eradicate, hard to dig up and resistant to herbicides. However, although neither gentle nor friendly, he believes they are there for our benefit. They are edible, making them an outstanding survival food. They tend to grow where the environment has been damaged, keeping animals and people away whilst the land heals, and they have medicinal properties that are primarily associated with the liver - the organ that defends our blood stream against toxins.

CONSTITUENTS:

- **Sesquiterpene lactones, principally the germacranolide cnicin at concentrations of . 2-.7%. The structure of cnicn was first isolated in 1837-42, proposed in 1960 and later amended. Salonitenolide and traces of artemisiifolin are also found; these lactones can easily be formed in vitro from cnicin.**
- **Lactonic lignans including arctignin, tracelogenin and the glucosides nortracheloside and 2-acetylnortracheloside.**
- **volatile oil, in small amount. Constituents identified in the steam-distilled oil include n-paraffins C9 to C13, aromatic aldehydes cinnamaldehyde, benzaldehye, cuminaldehyde and monoterpenes citronellol, fenchone, p-cymene and others.**
- **polyacetylenes, in small amounts.**
- **flavonoids in small amounts incl. glucosides of luteolin, kaempherol and apigenin**
- **triterpenes including a-amyrn and derivatives oleanolic acid and multiflorenol.**
- **phytosterols including stigmasterol and sitosterol-3-glucoside.**
- **other components include n-nonacosane content, esp. of potassium, maganesium and calcium.**

AREAS AFFECTED:

Stomach liver intestines kidneys lungs brain nerves.

THERAPEUTICS:

TONIC (cold) diaphoretic(hot) EMMENAGOGUE stimulant
febrifuge antiperiodic vulnerary emetic(double or triple dosage)

Increase milk: This is a very beneficial aid for nursing mothers, stimulating the mammary glands. It is very useful in purifying the blood, aiding circulation, and for all liver problems.

Brain: Used to oxygenate the brain, it goes around the whole blood barrier

Tonic: As a tonic it strengthens the brain, heart, and stomach.
Stomach: Often combined with other herbs and used as a stomach tonic.
Fever: A good tea for those who struggle with fever.
Lung Infections: One of the herbs used to re-establish the yin magnetic power of the lungs. Known to heal infections of long standing of the lungs.
Liver and Digestion. Classed as a cholagogue herb, Blessed Thistle stimulates the production of bile which assists in detoxification of the liver. This in turn leads to a decrease in symptoms associated with poor liver function such as; fatigue, loss of appetite, nausea and brain fog. This liver supportive herb is often recommended to people who need to regain their appetite when recovering from illness or from certain treatments known to cause loss of appetite. The stimulation of bile will in turn stimulate the production of gastric juices and saliva. This allows the body to digest fat more effectively, thus reducing cholesterol and helping to prevent gall stones. Blessed Thistle is also high in sesquiterpene lactones, such as cnicin - these lactones are reported to stimulate digestive activity by increasing the secretion of digestive enzymes which leads to improved digestion and appetite.

Anti-Microbial Two compounds found in Blessed Thistle - polyacetylene and cnicin - can help your body battle bacterial infections. Some studies have shown these compounds to be effective against Bacillus subtilis, Brucella species, Escherichia coli, Proteus species, Pseudomonas aeruginosa, Staphylococcus aureus and Streptococcus faecalis.

Inflammation: Blessed Thistle has anti-inflammatory characteristics that have been observed to decrease or completely cease inflammation in addition to helping to remedy infections. This action is again thought to be due to the plant compound cnicin which is known to have anti-inflammatory activity. Nevertheless, persons with inflammatory bowel problems shouldn't take this herb before getting the opinion of their personal health-care professional.

Holmes: This plant is very much the European equivalent of the American remedy Boneset. Both possess a pronounced bitter taste and stimulate sweating. Both these energetic factors have been used in all medical systems to clear heat and resolve fever. This plant is therefore an important fever herb and all the more called for where there is weakness, poor digestion and phlegm or damp accumulation. Like Boneset it is both a Tai Yang and a Shao Yang type fever herb when the temperature runs high and the pathogen is severe; it is classically always used for remittent fevers as well as for goading timid surface eruptions into full expression during the course of eruptive fevers. Equally important is this herb for liver and gastrointestinal disorders, regulating spleen functions in chinese medicine. Liver qi stagnation and liver fluid congestion are vigorously taken command of, the kidneys are dredged and the whole fluid organism as a result is regulated. Mucus and phlegm are loosened, thinned and eliminated in the head, lungs, intestines, urogenital area and possibly lymphatic system. It is used where mucous damp affects head causing dizziness and other neurological symptoms.

INDICATIONS:

Biliousness
colds
dyspepsia
fractured bones(poultice)
insanity
chronic headaches
dropsy
emesis
heart problems
intermittent fevers

kidneys
loss of appetite, anorexia
painful menstruation
strengthens memory
mother's milk
liver
lungs
menstrual disorders due to colds
purification of blood
Topically for wounds

FUNCTIONS/USES:

*** restores stomach/spleen, intestines, liver and nerves; awakens appetite, restores strength; dries mucous damp, enhances the memory, lifts the spirit and rids depression.**
- liver & stomach qi deficiency: fatigue, lack of appetite, painful digestion.
- intestines mucous damp (spleen damp): gurgling distended abdomen, alternating, constipation and diarrhea
- nerve deficiency: dull thinking, memory loss, dizziness, poor hearing, tinnitus, nervous depression
- exhaustion or debility due to overwork, illness, anemia
*** clears stasis, seeps water and promotes urination; stimulates the liver and dredges the kidneys, promotes cleansing and promotes lactation**
- liver fluid congestion: edema from waste down, nausea
- liver qi stagnation: depression, constipation, headache
- jaundice
- kidney qi stagnation: headaches, dry skin, poor appetite, intermittent pains general toxemia with rheumatism, arthritis gout.
- poor eyesight
- deficient or poor quality breastmilk
*** causes sweating, releases the exterior and scatters wind cold; resolves fever and pushes out eruptions**
- external wind cold: onset of infections with fatigue, feverishness
- eruptive fevers: measles, chickenpox etc.
- remittent fevers in Shao Yang stage incl. malaria
*** drains and expels vicous phlegm, opens the chest and relieves coughing**
- head phlegm congestion: difficult breathing or hearing, sinus congestion, dizziness, heavy head
- lung phlegm damp: full cough, wheezing, coughing up thick viscous phlegm
- chronic bronchitis, bronchial asthma
*** restrains infection, antidotes poison and dissipates tumors**
- slow healing wounds, sores, internal ulcers
- intestinal infections
- tumors, cancer
- stings, bites
- chilblains

CONTRAINDICATIONS:

Holmes: avoid using in acute kidney inflammations or with high gastric acidity
In large doses produce an emetic and expectorant effect. Its bitter glycosides are said to stimulate appetite and act as a tonic to the digestive tract. Large doses are also said to produce a diaphoretic and general stimulant action.

PREPARATION:

The whole herb, including seeds, drunk in hot infusion will cause sweating to chase wind cold conditions and will bring out eruptions in measles. For all other use the tincture or fluid extract is the best preparation.

Washes and compresses come into their own in the external treatment of chronic wounds, stings, chilblains and local inflammations.
Willard: use as cold infusion for tonic for nursing mothers, often mixed 3 parts along with 1 part red raspberry leaf to increase milk supply (2-6 cups a day).

DOSAGE: (daily)

Fluid extract: 1/2 - 1 tsp (4.5 gm dried herb, 22ml alcohol, 23 ml water
Infusion: Use 1 tsp per cup boiling water. Strain and drink 1/2-1 cup 3 times daily
Chronic headache: 1 cupful twice daily
Tincture: 5-20 minims(drops): 1/3 tsp
British Pharm.: 3 times daily (dried herb 1.5-2g in infusion); (that 1.5-2 ml liquid extract of 1:1 25% ethanol); (take 3-6 ml tincture at 1:5 25% ethanol).
Holmes: Large doses may cause vomiting and nosebleeds.

ADMINISTRATION:

Oral
Biliousness: give cold infusion
Emesis: to cause vomiting give copious amounts of warm infusion. This will also have a depurating effect upon the liver and gall ducts; a somewhat loose bowel action will result, with a free discharge of bile.
Mother's milk (plentiful milk supply): give cold infusion to nursing mothers. This herb is considered by many herbalists to be the best agent for this purpose.

CRAMPBARK or HIGH BUSH CRANBERRY

(Viburnum opulus var. americanum)
Family: CAPRIFOLIACEAE(honeysuckle); RUBIACEAE(Madder)





Note: this plant is not related to the cranberry although you may use the fruit to substitute for cranberry in any recipe.

Honeysuckle Family
Pharmaceutical name: cortex manuli Viburni opuli

OTHER NAMES: Cranberry Bush, European Cranberry Bush, Guelder Rose, Snowball Bush.

PARTS USED:

Dried stem branch bark most used
Fruit may be also be used as food and medicine.
Bark contains chemical called viburnine which is a bitter glucoside which acts as a muscle relaxant.
<u>Sister Plants:</u>
Black Haw or Stagbush or Sweet Virburnum or American Sloe (Viburnum prunifilium) - root bark is used in threatened abortion, after pains, dysmenorrhea, nervous diseases of pregnancy, menorrhagia, asthma, hysteria.

CRAMPBARK is virtually identical in its nature, functions and uses to BLACK HAW with the following differences:
a) crampbark has greater bias for relaxing the peripheral nerves with somatic spasms rather than the autonomic nerves with visceral spasms like Black Haw.
b) known as squaw bush from Native American, cramp bsark given prior to labor is a partus preparator of much value but an extent greatly inferior to Viburmum prunifolium (Black Haw).
c) unable to treat global conditions of qi constrain, cramp bark has no qi circulation and antispasmodic effect on the heart, lungs and stomach (all organs of the rhythmic sphere), unlike Black Haw.
crampbark like Black haw possesses a degree of astringency useful symptomatically in diarrhea, leucorrhea, spongy gums, loose teeth and the like.

GROWING: Found in the Northern U.S. And southern Canada. Deciduous shrub, grows to 15 feet tall, just as wide. It is native to moist lowland forests of England and Scotland. Berries can be eaten in moderation like cranberries. It is often found growing as an ornamental shrub.

HISTORY: Berries once dried have been sued for making ink. It is a national symbom of Ukraine where the plant is called Kalyna. The bark is made into extracts and tinctures, the dried berry is used to make dark dye and ink.

THERAPEUTICS:

Antispasmodic
tonic
diuretic
astringent
nervine
relaxant
expectorant
sedative
EMMENAGOGUE

- **highly regarded as an antispasmodic agent - muscle relaxant**
- **considered one of the best female regulators and relaxants of the ovaries and uterus and highly effective in preventing abortions due to nervous affections during pregnancy**
- **will speedily quiet the uneasiness and relieve the pains of uterine and abdominal cramps**
- **remedy for nervous disorders and spasms of all kinds**
- **inhale steam from a tea from bark to help asthma attack**
- **uterine sedative for labor pains**
- **bark tea for preventing miscarriage**
- **berries steeped, strained and drunk as cure for swollen glands and mumps, also are good source of vitamin C**

PHARMACOLOGY:

Nervous conditions of pregnancy
Abortive preventative, miscarriage
Dysmenorrhea
Menorrhagia
Ovarian irritation
Asthma
Fainting
Lockjaw
Hysteria
Cramps
Spasms
Flatulent stomach
Fits
Convulsions
Neuralgia

PREPARATION:

Decoction, fluid extract, infusion, powder, tincture.
Steep 1 tbsp fresh (or 1 tsp dried) bark in cup of boiled water.

DOSAGE: (daily)

Decoction (strong): 1 tbsp 3-4 times daily
Fluid extract: 1/2 to 2 fluid drams
Infusion: 1 wineglassful 3-4 times daily
Tincture: 1/2 to 1 fluid dram

CAUTION: no known precautions but always be careful with pregnant, nursing mothers, or if on any medications.

ADMINISTRATION

Oral
Cramps, vomiting of pregnancy, nervous indigestion, delayed menstruation, hysteria, congestion, hardening of liver, enuresis, cystitis, prevent abortion, epilepsy: see formula

Cramps of pregnancy, uterine pains, or any nervous trouble during pregnancy: give decoction of cramp bark alone or combine with other appropriate agents. see formulas.

<u>Strong decoction of cramp bark:</u>
2 oz Cramp bark
1 qt distilled water
Boil slowly in closed vessel for 20 min. Strain and return to clean vessel. Reduce to 3/4 pints, add 4 oz glycerine or 3 oz raw sugar. Boil slowly 5 min. Cook, bottle, Take 1 tbsp 3-4 times daily. Children: 1 tsp or more.

BLUE COHOSH

(Botanical: Caulophyllus thalictroides)
Pharmaceutical: BERBERIDACEAE(barberry)





PART USED:

Dried rhizome and roots (Br. Pharm says: of C. racemosaL. Nutt., Ranunculaceae)

GROWING: Perennial. We have been successful in growing Blue Cohosh without much difficulty. We grew it in a shady location. It is suggested that you soak the seeds in hot water 8-12 hours to speed up germination. Then you mix the seeds with moist sand and store it in the refrigerator for 60 days before planting. I believe we bought the actual plant from Richters and did not grow from seed.

HISTORY: "Cohosh" is from Algonquin Indian word meaning "rough", referring to the appearance of the roots. This is not a safe place, but it is available as supplements. The seeds have also been roasts and used for a coffee substitute.

THERAPEUTICS:

stimulant (diffusive, relaxant)	**nervine (sedative)**	**antispasmodic**
EMMEMAGOGUE	**parturient**	**tonic**
diaphoretic (sudorific)	**diuretic**	**anthelmintic**
demulcent	**anti-rheumatic**	

Blue cohosh is used for stimulating the uterus and starting labor; starting menstruation; stopping muscle spasms; as a laxative; and for treating colic, sore throat, cramps, hiccups, epilepsy, hysterics, inflammation of the uterus, infection of the female organs (pelvic inflammatory disease), over-growth of uterine tissue (endometriosis), and joint conditions.

ACTIONS:

- **Endocrine: pituitary, oestrogen-mimetic) activity**
- **Emmenagogue**
- **Anti-rheumatic**
- **Its bitter principles constrict peripheral blood vessels in a manner similar to nicotine. They also cause uterine contractions and are anti-fungal. These bitter principles are responsible for its action. The root is irritating and harsh. It raises one's blood pressure and constricts blood flow to the peripheral blood vessels and the heart.**
- **It is thought that blue cohosh might have effects similar to the hormone**

estrogen. It may narrow the vessels that carry blood to the heart that can decrease oxygen in the heart.

- **It can also relieve the pain and cramps associated with menstruation and induce labour.**
- **Restores the uterus and harmonizes labour. Promotes contractions and labour and enhances delivery.**
- **Clears stasis. Promotes urination and cleansing and resolves toxemia. Promotes the menses.**
- **Supports the yang and generates warmth: stimulates the circulation and dispels cold; causes sweating, releases the exterior and scatters wind cold/damp.**
- **Circulates the qi and loosens constraint: relaxes and restores the nerve, frees spasms and relieves irritability.**

PHARMACOLOGY:

Contains substances with endocrine activity causing a selective reduction of the serum concentration of pituitary luteinizing hormone (LH) and/or able to bind to oestrogen receptors of rat uteri. Constituents with these actions are not fully identified but formononetin is involved. It is assumed that triterpene glycosides such as cimicifugoside have an effect on the hypothalamus-pituitary system, leading to secondary effects on the reproductive and central peripheral nervous systems.

INDICATIONS:

- **Menopausal disorders**
- **Prophylactic & remedial in the last three weeks of pregnancy and during labour.**
- **For slow, difficult, painful labour, stalled labour**
- **For retained placenta.**
- **For uterine subinvolution.**
- **Female complaints (leucorrhea, amenorrhea, spasmodic, dysmenorrhea, cramps, vaginitis or vaginal inflammation, uterine subinvolution, deficient labor pains, spasmodic after pains, spasmodic pains in the uterus or other sympathetic organs at any time, fits colic, spasms, hysteria, rheumatism, ague, epilepsy, worms, colds, nervous exhaustion, neuralgia, dropsy, palpitation of the heart, high blood pressure, diabetes, hiccough, whooping cough, spasmodic asthma, peripheral convulsions, nervous affections.**
- **Pregnancy: Very old Indian remedy; they believed it to be best parturient in nature and it was the habit of their women to drink the tea several weeks before labor.**
- **Reliable and far less dangerous in expediting delivery in those cases where labor is slow, very painful and does not bring about natural delivery. These distressing cases are many and great exhaustion sometimes results from delay, through debility, fatigue or lack of uterine nervous energy**
- **Blue cohosh in infusion or decoction taken warm will accomplish a particular easy parturition, if given for some hours just previous to the time.**

Menstruation:

Uterus damp/cold: delayed scanty menstruation, constant cramping lower abdominal pains, leucorrhea.
Uterus qi stagnation: painful, delayed or irregular clotted menses
Fibroids
Premenstrual complaints, dysmenorrhea, uterine spasms

Estrogen insufficiency in menstrual conditions with excess progesterone.
Uterus qi constraint: painful menstruation with varying flow, irritability, fatigue.

Nerves/Spasms:

Excellent nervine and antispasmodic properties which make it very useful for various pulmonary, neural, and muscular affections
qi constraint with nerve deficiency: emotional and nervous tension in all deficiency conditions.

Arthritis:

Uric acid diathesis, rheumatism, arthritis, gout

General:

General toxemia & general fluids dyskrasia: headaches, painful joints in fingers and toes.
Lung qi constraining: nervous dry cough, asthmatic breathing

OTHER USES:

Blue cohosh has been compared to goldenseal in its effects. Indeed, some have used it as an effective control for chronic yeast infections. Today its use is mostly limited to regulating the menstrual cycles of women and combating painful menstruation.
Muscular rheumatism,rheumatoid arthritis

CONTRAINDICATIONS/CAUTIONS:

Pregnancy and lactation.
Do not use Blue cohosh to prolong gestation in women with past miscarriage; these may, however use it just before labour is due to begin. The powdered root is said to be irritating to the mucous membrane.

SIDE EFFECTS:

Occasional gastro-intestinal disturbances.
Causes uterine stimulation, - do not take when pregnant until you want to go into labour.

PREPARATION:

Decoction, fluid extract, infusion, powder, solid extract, tincture.
This is a stimulating, hot decoction of the root, used to fend off invading wind cold and encouraging late menses. For more specific and stronger results in the above gynecological respiratory and nervous conditions, the tincture is needed.

Blue cohosh may be used in small doses during the last few weeks of pregnancy to ensure full development of the fetus and therefore a smoother labour and delivery. It induces strong, regular and effective contractions, while easing pain. Parturition and placenta expulsion will also be enhanced. Black cohosh is as effective as Blue cohosh before and during labour.

DOSAGE DAILY:

<u>Br. Pharmacopea:</u>

40-200 mg dried rhizome and root (or by decoction)
tincture 1:10 60% ethanol, .4-2 ml

Dr. Christopher:
Decoction: 1 dessertspoonful - 1 tbsp (according to case) 3-4 times daily
Fluid Extract: 10-30 minims (1/6 - 1/2 tsp)
Infusion: 1 wineglassful 3-4 times daily between meals
Powder: 5-30 grains
Solid Extract: 5-10 grains
Tincture: 1/2 - 1 fluid dram

ADMINISTRATION:

Blue cohosh is a relatively complicated herb to use. It appears that the dose required for balancing the menstrual cycle changes throughout the cycle. It too much is taken intestinal cramping and headaches often occur. This probably explains why its use is now restricted nearly completely to inducing labour during childbirth. If one could overcome the plant's harsh irritating side effects, it would be a good candidate in treating many infections and inflammatory conditions.

Oral

Amenorrhea (due to severe shock): give 1 wineglassful of decoction in hot water while patient is resting or completely relaxed.
Renal problems, fever (diaphoretic), worms, rheumatism, dropsy, hysteria and nervous exhaustion (due to shock or accident): use the warm decoction
Worms: use the warm infusion or decoction after fasting
Recent colds (children): give 1 dessertspoonful - 1 tbsp of the infusion in 1/2 teacupful of sweetened hot water, while closely covered in bed, if the first dose does not produce free perspiration within a hour, repeat hourly until it is produced.
Spasms: give larger or repeated doses until relief is obtained
Parturition: give infusion or decoction warm several hours previous to the time of delivery and during delivery as needed.
Constipation, congested liver, low fever: give the warm infusion or decoction in combination with boneset
Bronchial catarrh: see formulas

Decoction of Blue Cohosh:
2 oz Blue cohosh, cut 1 quart distilled water
3 oz Glycerine
Place ingredients in an appropriate vessel and simmer (boil slowly) for 20 minutes, strain, press the herb, sweeten to taste, allow to cool, bottle, and keep in a cool place.
Dosage: 1 dessertspoonful - 1 tbsp or more (according to ages) 3-4 times daily.

Infusion of Blue Cohosh:
1 oz blue cohosh root, cut 1 1/4 pints distilled water

Tincture:
3 oz Blue cohosh root, powdered 1 pint Alcohol
Macerate for 2 weeks and be sure to shake well daily; filter and place in actinated (brown) bottles.
Dosage: 1/2 - 1 fluid dram (teaspoonful)

Traditional Formulas:
False unicorn and goldenseal combination.

RUE

(**Ruta graveolens)**

Family: RUTACEAE(rue or citrus family)



OTHER NAMES: common rue, herb of grace,

PARTS USED: Herb, leaves, oil

GROWING: Hardy perennial. Makes a nice ornamental plant in the garden as well as being an herb. Because it is intensely bitter, you probably won't be needing to grow more than one or two plants for herbal needs. It is native to Balkan Penninsula but grows everywhere.

COLLECTION:

Gather rue before the medicinal potency in the leaves and young shoots goes into the flower (June-Sept)

DRYING & PRESERVATION:

Take sufficient precautions to preserve medicinally valuable volatile oil carried in the oil glands dotting the herb.

HISTORY: It's also known as herb of grace, or herbygrass, from its use in the early Roman Catholic Church to sprinkle holy water and wash away sins. (Hyssop was the herb of choice in the Middle Ages, but rue was also used, perhaps because of its long-standing reputation as a disinfectant.) The custom derived from a Roman ceremony (using a laurel branch) to purify weapons and standards following a battle.

Rue is associated with sorrow, regret and compassion only in the English language. When the Romans introduced the rue herb plant to England, they called it by its Latin name (now the generic name), *Ruta.* When Anglicized and shortened to "rue," the name sounded just like the word meaning "sorrow," but that word comes from an Old English word, *hreow.* (Some believe that the word *Ruta* comes from a Greek word meaning "to set free.") The specific name, *graveolens,* is Latin for "having a strong or offensive smell" (dill is *Anethum graveolens*). Whether rue's odor is either strong or offensive is open to debate; usually, it's described as "musty." *Ruta* is the genus belonging to the family Rutaceae, members of which include aromatic citrus trees as well as gas plant (*Dictamnus albus*), a lovely white- or pink-flowered perennial.

The seeds were used in early Roman cooking. In the Middle Ages, the leaves were a strewing herb believed to dispel insects, scorpions and serpents. Holding a sprig up to one's nose was thought to ward off plague, and a sprig hung around the neck was thought to protect against disease as late as the mid-19th century. Courtrooms in England were strewn with rue to protect the judges from "jail fever." Today, both the herb and the oil are used as a "flavor component" of a wide variety of processed foods and beverages, though in

minute quantities. Rue still figures in the diet of some cultures. Not only does a little go a long way because of the bitterness, but more than a little is toxic, causing gastrointestinal and other symptoms similar to some of those for which it was given as a remedy.

THERAPEUTICS:

Stimulant	EMMENAGOGUE	antispasmodic
antiseptic	anthelmintic (vermicide)	nervine (stimulant)
carminative	disinfectant	anti-rheumatic
tonic	emetic	aromatic
anti-venomous	rubifacient	counter-irritant
diuretic.		

- wonderful aid for functional inactivity of both the uterus and ovaries

ACTIONS:

- excellent in hysterical and spasmodic affections
- beneficial as a carminative and when taken in small doses (always give rue in small doses), it is a good stomachic, stimulant, and tonic.
- acts upon periosteum and cartilages and removes deposits that through age are liable to form in the tendons and joints - particularly the joints of the wrist.
- cures lameness due to sprains, aching tendons, particularly flexor tendons and pain in the bones of the feet and ankles
- do not give during pregnancy
- if taken after meals will likely produce emesis.
- Besides a musty odor, rue leaves have a bitter flavor. Nevertheless, the oil and fresh or dried leaves have been widely used in perfumes and foods of all sorts.

INDICATIONS:

- female complaints (amenorrhea, dysmenorrhea, uterine, atony menorrhagia)

- hysteria	- colic	- flatulence	- ague
- convulsions	- stomach canker	- spasms	- poison
- whooping cough	- spasmodic croup	- typhoid fever	-- sciatica
- malaria fever	- nervous headache	- dizziness (vertigo)	- insanity
- hysterical spasms	- rheumatism	- painful joints	- earache
- opthalmia	- eye inflamm.	- poison	- gout
- chronic bronchitis	- scaly eruptions	- coughs	- sprains
- palpitation of the heart	- nervousness	- opthalmia	- worms
- glandular enlargements	- epilepsy	- stomach trouble	- griping
- delayed menstruation	- fits		

- for painful twisted wrists, overworked tendons; painful an elbows. Use concoction.

PREPARATION:

- fluid extract, infusion, oil, powder, tincture
- rue has a very active medicinal and volatile oil, so never boil rue (except under certain specified conditions for fomentations
- water will much more effectively extract these medicinal virtues than alcohol

CONTRAINDICATIONS:

<u>Note of caution:</u>

Rue is a potent healer, but in large doses it has powerful ecbolic and

abortifacient action that can be most detrimental to the health and life of the user (producing inflammation and nerve derangement), so care must be taken to use the appropriate and indicated dosage. If there is any doubt as to whether or not the delay in menstruation might be conception, avoid rue and use another safe emmenagogue. Never use rue during pregnancy.

OTHER USES:

Note: Rue branches have been hung in rooms as a fly repellent due to the powerful and disagreeable scent of the bruised leaves; formerly the country people of England made the rue leaves into a conserve with treacle (molasses), then fed the leaves to cattle to cure croup and other diseases. There is an old and interesting tradition that rue grows best that has been "stolen" from another garden.

CONGENIAL COMBINATIONS:

- combines well with carminatives, which modify its ecbolic tendency and augment its stimulant and antispasmodic characteristics.

DOSAGE: (daily)

Fluid extract: 1/2 fluid dram
Infusion: 1 teacupful during the day (1/3 teacupful taken between meals-but not within 1/2 hour before or following); or up to 1 wineglassful every 1-2 hours in extreme cases.
Oil: 1-5 minims
Powder: 15-30 grains
Tincture: 5-20 minims

ADMINISTRATION: (see under Contraindications)

<u>Oral</u>

Menstrual problems, uterine atony, etc: use the infusion of rue (up to 1 wineglassful ever 1-2 hours) in combination with any of the indicated correctives which intensify the stimulative and antispasmodic action, while greatly modifying the ecbolic tendency.
Stomach disorders, systemal debility, circulatory congestion etc: take small doses of Rue infusion at least 1 hour before meals
Typhoid and malarial fevers: give in small and repeated dosages
Nervous nightmares: take a small quantity of freshly extracted juice.
Nervous headache, dizziness(vertigo), hysterical spasms, palpitation: chew 1-2 freshly picked leaves.

<u>Skin</u>

Headache: apply freshly bruised leaves to the temples
Chronic bronchitis, glandular enlargements, scaly eruptions: apply fomentations or compresses of a strong decoction to the chest or affected area.
Sciatica, gout, rheumatism, painful joints, bruises, sprains: apply the freshly bruised leaves, or a fomentation of the strong decoction, or the compound oil to the affected area.
Poisonous bites, stings, plants: apply the juice of rue to the affected part and chew several fresh leaves or drink the infusion internally
Earache: Warm and place several drops of compound oil into the ear
Ophthalmia, eye inflammation: apply the compound oil to the eye on cotton

Infusion of rue

1 oz rue, cut

1 1/4 pint distilled water

Boil water and pour it immediately over the herb, cover tightly and allow it to stand in a hot place for 10-15 minutes; strain, allow to cool (preferably covered), sweeten to taste, bottle and keep in a cool place.

Dosage: 1 teacupful during the day (1/3 teacupful taken between meals - but not within 1/2 hour before or following); or up to 1 wineglassful every 1-2 hour in extreme cases.

Note: If this is very nauseous to the individual, it can be made acceptable and palatable by adding an equal quantity of infusion of marjoram to the above preparation.

MOTHERWORT

(Leoncrus cardiaca)

Family: LABIATAE(mint or deadnettle)



OTHER NAMES: **cowthwort, lion's ear, lion's tail.**

PARTS USED: **Herb**

GROWING: **Easy perennial to grow. Will seed and spread about. The plant is easy to work with in the early growth but the flowers get very spiky and nasty to handle when mature. Flowers July thru September. A member of the mint family, it likes moist rich soils, but seems happy to grow anywhere whether it is sun or shade.**

Allied plants:

Hawthorn berry or Mayblossom (Crataegus oxyacantha)

- **fresh or dried haws or fruits, flowers**
- **specific for organic and functional heart disorders (dyspnea, rapid and feeble heart action, hypertrophy, valvular insufficiency, heart oppression**
- **sore throats, dropsy, kidney troubles;**
- **wood is used as fuel to make very hot fire**
- **rootstock excellent for grafting several garden fruits (such as pear, medlar etc).**

It contains alkaloids also found in Wood betony.

PHARMACOLOGY:

Appears to have sedative, hypotensive and negatively chronotropic actions in animals. More recent studies in China have shown a protective effect cerebral ischaemia in animals and favourable results in the treatment of coronary heart disease.

The alkaloids are thought to contribute to the activity: leonurine produces central nervous depressant and hypotensive effects in animals and stachydrine may also be involved. Although the bitter glycosides have a bufenolide structure quite similar to that of cardiac glycosides, they lack a 14-OH group essential to high activity.

THERAPEUTICS:

EMMENAGOGUE	**diaphoretic**	**tonic**
NERVINE	**antispasmodic**	**cardiac tonic**
cathartic (aperient)	**hepatic**	**diuretic**
SEDATIVE	**hypotensive**	**cardiotonic**

ACTIONS:

Relaxing, calming, restoring, stimulating

- **especially valuable in female weakness and hysteria, acting as a tonic to the generative organs and allaying nervous irritability**

- stops bleeding after delivery of baby
- promotes flow of menses, and generally braces up the uterine membranes
- will be found useful as a simple tonic in heart disease or weakness and in recovery from fevers when other tonics are inadmissible
- a useful and calming tonic that strengthens heart, allays nervous irritability, and induces quiet and passivity of the whole nervous system
- not only is its tonic action beneficial to the heart and uterine membrane, but to the gastro-intestinal tract as well.

FUNCTIONS & USES:

* circulates the qi and loosens constraint; relaxes nerve and frees spasms, calms thyroid, relieves pain and induces rest
  - heart qi constraint with palpitations, anxiety, unrest
  - uterus qi constraint with painful or irregular menses, tension, unrest, lumbar pain
  - spasmodic dysmenorrhea
  - postpartum pain
  - intestines qi constraint with colicky abdominal pains, flatulence, worsening with tension
  - thyroid excess, high blood pressure
  - menopausal syndrome
  - insomnia
* restores, stimulates and supports the heart; relieves blood congestion
  - heart qi deficiency with chest oppression, palpitations
  - heart blood deficiency with fatigue, insomnia
  - heart blood & spleen qi deficiency with anxiety, tension diarrhea
  - heart blood congestion with cardiac pains, cyanosed face & lips
* causes sweating, releases the exterior and scatters wind heat; stimulates lungs and kidneys, opens chest and relieves wheezing; promotes urination
  - external wind heat onset of infections with feverishness, chills, unrest
  - lung phlegm damp with coughing up white phlegm, wheezing
  - chronic bronchitis, bronchial asthma
  - wind/damp obstruction with acute pains or neuralgias
  - kidney fluid congestion with water retention
  - nephritis acute or chronic
* stimulates uterus, promotes menstruation and labor and enhances delivery
  - uterus Qi stagnation with delayed or obstructed menses
  - difficult, slow or painful labor
* creates astriction, reduces inflammation and clears toxins; promotes tissue repair, restrains discharge and arrests bleeding
  - postpartum uterine bleeding
  - uterine subinvolution
  - wounds, bruises
  - diarrhea or leucorrhea with damp heat or damp cold

INDICATIONS:

Nervous irritability	amenorrhea	dysmenorrhea
uterine atony	vaginitis	palpitation
endocarditis	pericarditis	spasms
fits	epilepsy	low fevers
influenza	colds	chills
indigestion	nerve exhaustion	fainting
deririum tremors	neuralgia	spinal disease

hysteria **liver affections** **cramps**
suppressed urine **convulsions** **painful joints**
pulmonary congestion **Neuropathic cardiac disorders**
heart troubles (weak and nervous heart) **endocarditis, pericarditis, intermittent pulse)**
chorea (St. Vitus' dance)

CONTRAINDICATIONS:

Not when pregnant, this is a uterine stimulant esp. if used as a simple.
No interaction problems known with other drugs.
Contains lemon scented oil which can cause photosensitivity if eaten and also contact dermatitis in some individuals.

OTHER USES:

Motherwort view for the honour of being the best heart tonic know. It calms and supports the heart and nerves and may be used in large doses. It is beneficial as a healing tonic in recovery from debilitating fever where other tonics are inadmissable; it is a good diaphoretic.
Diarrhea
Traditionally this was used to calm down an excited heart, palpitations.

PREPARATION:

Decoction, fluid extract, infusion, powder, solid extract, syrup, tincture.
Use as infusion, or better yet, as tincture.
Douches are used for vaginal infections and discharges including yeast.
Motherwort is an oxytocic parturient and may be taken in 1/2 tsp doses to engage labor, promote regular contractions and ease pain. Taken after birth it helps contract uterus, lessen afterpains and prevent or stop hemorrhage.

DOSAGE: (daily)

Larger doses may be given if desired.
Fluid Extract: 1/2 - 1 fluid dram
Powder: 1/2 - 1 tsp (dram)
Syrup: 1 tbsp 3-4 times daily
Decoction: 1-2 tbsp 3-4 times daily
Infusion: 1 wineglassful 3-4 C/day
Solid: 5-15 grains
Tincture: 1/2 - 1 fluid dram.

ADMINISTRATION:

<u>Oral</u>
Gastro-intestinal indigestion: give tonic (see formulas) as indicated.
Delayed menstruation, heart troubles, epileptic fits, nerve exhaustion, influenza, severe colds, low fevers: give syrup and follow instructions as indicated, or the infusion is always good.
<u>Skin:</u> Chest cold, cramps and pains: foment over the affected area, and take as a warm tea internally
<u>Vaginal:</u> Vaginitis: use infusion or decoction as a vaginal douche.

<u>Syrup of motherwort</u>
4 oz motherwort herb cut **1 quart distilled water**
2 pounds raw sugar
Preparation: Place herb into the cold water and allow it to soak for 6 hours; bring water to a boil and let it simmer for 20 minutes. Strain, return liquid to cleansed vessel, stir in sugar and simmer 5 minutes (removing scum as it arises). Set aside and allow it to cool. Bottle and keep in a cool place. Dosage: 1 tbsp 3-4 times daily.

FEVERFEW

(Botanical name: Tanacetum parthenium)

Pharmaceutical family: Conpositae (Aster)



Common Names/Synonyms: Chrysanthemum pathenium, Pyrethrum parthenium, bachelors button, featherfiol, featherfew, flirtwort midsummer daisy, santa maria, mother-herb, fibrifuge plant, altamisa, amargosa, manzanilla, while chamomile, flirtwort.

Note: *Some of the products being sold as feverfew contain too little parthenolide. The reason is that some products contained species that looked similar to feverfew, but were not the correct plant. Even where species was correct, most of North American feverfew came from varieties which has extremely low levels of parthenolide. They have also found parthenolide itself was unstable and an unknown amount was lost in drying and processing. Someone in Geneva developed a select seed containng high levels of parthenolide and made a product called "partex", patented by Votanicare. It is the first feverfew phytopharmaceutical. In Canada Flora distributes it.*

Parts Used: dried aerial parts or leaves only

Found: Native to Eurasia, sp. Balkan Peninsula, Anatolia and Caucasus. Locally, all over North America, Mediterranean, Europe, Chile. Found in many old gardens, often grown for ornament.

ID: Plant grows into a small busy up to 18 inches high with citrus scented leaves, covered by daisy like flowers. Spreads rapidly, will cover wide area in a few years.

GROWING: easy. Can usually get plants at local nursery.

Collection: at peak in morning.

History: Reducing fever, treating headaches, arthritis, digestive problems.

Traditional uses: chills, dizziness, ringing in ears, circulation, allergies, hot flashes, insect bites, sinus congestion.

Constituents:

4% parthenolide

Sesquiterpene lactones, principally the germacranolide parthenolide .1-.9%, other compounds with an a-methylene butyrolactone ring such as 3b-hydroxyparthenolide, seco-tanapartholides. A and B, canin, artecanin, epoxyartemorin and tanaparthin-a-peroxide. Sesquiterpenes incl. parthenolide, camphor, b-farnesene and germacrene. Parthenolide helps prevent excessive clumping of platelets and inhibits release of

certain chemicals incl. Serotonin and some inflammatory mediators.
Monoterpenes small amounts including 7 a-pinene derivatives, bornyl acetate and bornyl angelate.
Spinoketal enol ether polyines of which 8 have been isolated.
Volatile oils contain pinene and derivatives, bornylacetate, angelate, costic acid, b-farnesine, spiroketalenol ethers.

There is only one botanical species of feverfew but some regional variation in constituents is apparent.
Parthenolidde is usually the main sesquiterpene lactone but no parthenolide was detected in samples from Mexico or East Serbia. Assessment of sesquiterpene lactone profile is therefore important.
May also have parthenolide and tanetin.

Therapeutics:

1-4 leaves of feverfew infused in tea or eaten in sandwich daily reduces number and severity of migraines.
Vaso constricts for good for vaso dilating type headache.
Side effects include sense of well being, lack of tension, relief from arthritis
Feverfew constricts, so it is appropriate for a dilating headache. Needs to be taken daily. (a dilating headache responds nicely to cool cloths on face and neck.

Actions:

Migraine prophylacatic Anti-inflammatory

Pharmacology:

Effectiveness in migrane prophylaxis extensively investigated. Thought to be due to inhibition of the release of 5-hydroxtryptamine from platelets possibly via neutralization of sulphydryl groups on specific enzymes that are fundamental to platelet aggregation and secretion (blocks the relse into the blood of the biological messenger, serotonin, that seems to trigger migraine attacks).
Although pathogenesis of migraine remains unknown, abnormal platelet behaviour with release of 5-HT has been implicated. There is also reduced production of prostaglandins, factors in inflammatory process.
May also have GABAergic effects.
Inhibition of release of damaging materials from white cells in inflamed joints and skin may account for the use of Feverfew in arthritis. Double blind study of rheumatoid arthritis patients has shown no apparent benefit.

Indications:
Prophylaxis of migraine
For sedative

Other Uses:

- Arthritic conditions
- In France: painful menstrual periods
- Recently used by Aveeno skincare for red and irritated skin.
- Leaves and flowering heads are anti-inflammatory, antispasmodic, aperient, bitter, carminative,
  emmenagogue, sedative, stimulant, stomachic, and vermifuge.
- Infusion from whole plant is used for arthritis, colds, fevers, and as sedative, and to regulate menses.

- **Also used as foot bath for swollen feet.**
- **Apply externally as a tincture for bruising.**
- **As sedative, hysteria, nervousness, general tonic**
- **Syrup for coughs, wheezing, breathing difficulties.**
- **Dried flower buds have same properties as pyrethrum, use as insecticide.**

Contraindications:

Pregnancy
Occasional mouth ulceration or gastric disturbance, but the incidence is low.
Contact allergy is known but rare. In two clinical trials more side effects were reported by placebo groups than by Feverfew groups. No major adverse effects in long term use of Feverfew recorded.

Dosage:

Dried herb 50-200 mg (normally in tablets or capsules
Tincture (1:5 25% ethanol) 5-20 drops
Capsules or tablets usually contain at least 205 mcg parthenolide however it might take 4-6 weeks before they become effective.
Chewing several leaves a day fresh if available for headaches.

ADVERSE EFFECTS:

Gastro distress
Mouth ulcers
Antiplatelet actions.
If taken for any length of time as medicine, sudden discontinuation can result in withdrawal symptoms of headache, irritability, trouble sleeping and joint pain.
Not if pregnant.

PARSLEY

(Carum petroselium; Apium petroselium; Petroselium sativum)
Family: APIACEAE/UMBELLIFERAE (Parsley, Carrot)



Common Names: parsley, garden parsley, rock parsley, common parsley, march.

Parts Used: Whole herb, root, leaves, seeds

ID:

Stem: smooth, erect, furrowed, jointed and branching stem, 2' high
Leaves: bright green, biternate, on long petioles; the leaflets are wedge-shaped
Flowers: white or greenish, rounded petals that are barely emarginate
Root: conical or sindle-shaped, fleshy, yellowish, about 5" long and 1/2" broad.
Fruit or Seeds: ovoid and crescent-shaped, 1/12 - 1/8" long, brownish on aging, 2 mericarps, aromatic when bruised.

Growing:

- annual, biennial
- native of Europe, but is cultivated universally in the civilized world (both outdoors and indoors)
- propagates by seed best in autumn (slow and uncertain germination)
- grows best in medium-rich, deeply dug soil, in partial shade
- does not transplant satisfactorily
- soak seed for 24 hours before planting, sow on surface and tamp with a flat broad, thin unwanted seedlings and keep leaves clipped for thick growth, cut off flower stalks that appear the second year in order to preserve plants.
- Drying: Wash and drain the parsley on some paper towel, you can let dry is a low heat oven of 125-150F or just let it dry in the air. Dried parsley loses its colour and flavour rapidly so store it away from direct light and keep it in airtight containers away from heat and humidity.
- Freezing: Wash and drain the parsley, then store it in freezer bags. It breaks apart easily when frozen and can be used to make tea as needed.

HISTORY:

In recent years parsley has gotten a bad rap. It's considered the underwhelming herb — even being shunned as too pedestrian or old-fashioned for modern palates. There is little doubt the herb's reputation has suffered after the many years when sprig of parsley was the only herb used as a garnish, a single sprig at the side of the plate or chopped and sprinkled over smashed potatoes.
There are three common varieties of this popular, bright green biennial: flat leaf (Italian), curly leaf, and parsnip rooted (Hamburg).

The curly type, *Petroselinum crispum*, is aptly named for the clean, fresh, crispy taste of the tightly bunched, bright green leaves. This crispiness is one of parsley's best attributes, adding texture and colour when added just before serving. This is the

parsley that is the essential ingredient in the classic flavoring: bouquet garni, along with thyme and bay leaves. Together with tarragon, chives and chervil, parsley helps make up the traditional French flavoring blend of fine herbs. Chopped and added at the last moment, it perks up sauces and salads.

The second common variety of parsley, flat leafed or Italian parsley (*Petroselinum neapolitanum*) has a more delicate sawtoothed leaf pattern which does not hold up as well for garnishing.

There is a third and much less familiar form of parsley called Hamburg parsley or Soup parsley (var. sativum). In this variety the root that is the star of the show. The leaves can be used but they are a bit too strong for most people's taste. Its flavor is a pungent cross between celery and parsley — definitely tasty. It can be sliced raw and added to salads, or cooked and added to soups, stews, gratins, or vegetable purees.

Parsley has been cultivated and developed over so many centuries that its precise origins are difficult to pinpoint, compounded by the probability that all the parsieys we know nowadays, bear little resemblance to their ancestors. The botanical name Petroselinum comes from the Greek word for stone, which is petro, given to parsley because it was found growing on rocky hillsides in Greece. Although the Ancient Greeks did not use parsley in cooking, it was revered as a symbol of oblivion and death and as a funeral herb.

According to legend, parsley sprang up where the blood of the Greek hero Archemorus was spilled when he was eaten by serpents. The Greeks used the herb to fashion wreaths for graves. The Romans are said to have used it at orgies to cover up the smell of alcohol on the breath, while also aiding digestion. And there's the unflattering remark that was once made about those who looked as if at death's door: "The man's in need of parsley" (Corpses were sprinkled with parsley to deodorize them.)

Parsley is mentioned often throughout history, and not only for its culinary and medicinal properties. The early Greeks made crowns of parsley to bestow upon the winners of the Nemena and Isthmian sports games, in the same manner that bay wreaths honored the Olympians.

Parsley is used in the Hebrew celebration of Passover as a symbol of spring and rebirth. It is mentioned as one of the plants in the gardens of Charlemagne and Catherine de Medici. Rumor has it that Medici is responsible for popularizing parsley when she brought it back to France from its native Italy.

In medieval times parsley was surrounded by much superstition, one belief being that the long germination period for the seeds was due to them having to travel to hell and back seven times before sprouting. Superstitious farmers would refuse to transplant parsley and some were even too afraid to grow it at all.

Therapeutics:

culinary
tonic
emmenagogue(seeds)
expector antiperiodic(juice),
perient
antispasmodic
ulnerary
carminative seeds)
DIURETIC (lithotriptic)
aromatic
febrifuge(seeds)

Actions:

- a reliable and old diuretic remedy
- will work on the gall bladder and remove gall stones if used properly
- specific for the adrenal glands
- is powerfully therapeutic for the optic nerves, the brain nerves, and the whole sympathetic nervous system
- fluid extract or juice is an excellent tonic for the blood vessels, particularly the capillaries and arterioles
- rich in vital minerals and contains more iron than any other green, leafy vegetable
- especially high in the elements known as vitamins A and B and it contains three times the potency of C than do citrus juices.
- remarkable remedy for expelling watery poisons, excess mucoid matter, flatulence, reducing swollen and enlarged glands etc.
- root: gallstones
- root & leaves: suppressed or painful menstruation

Pharmacology:

DROPSY	gall bladder problems	gall stones
gravel	menstrual obstructions	jaundice
urinesis	amenorrhea	dysmenorrhea
nephritis	cystitis	hepatitis
female problems	insect bites/stings	swollen breasts
cancer preventative	difficult urination	swollen glands
syphilis	gonorrhea	anemia
tuberculosis	catarrh of bladder	rheumatism
arthritis	acidosis	obesity
high blood pressure	catarrh	dyspepsia

intermittent fevers (fresh juice, seeds)
obstruction of liver and spleen
strangury (painful urination)
dry up nursing mother's milk
halitosis
kidneys (congestion, irritation, inflammation)
aches in lumbar region

Preparation:

Decoction, infusion, fluid extract, oil
Decoction: use roots only
Infusion: use for preparing the seeds and leaves. When the parsley is dried, use 1 tsp to each cupful of water; and if it is green, use a larger amount; a handful of the green to a pint of water. Always cover the steeping herb.

Dosage: (daily)

Decoction(root): 1/2 cupful 3-4 times daily
Infusion(herb): 1 cupful 3-4 times daily
Fluid Extract(root & seeds): 1 tsp
Oil: 3-5 minims per day
Apiol: 3-10 minims

Administration:

Oral

Gall stones: take 1 pint of the infusion daily

Kidney, bladder, dropsy: make at least 2 quarts of the parsley root strong decoction and drink copiously

Dangerous suppression of urine: 1/2 - 1 teacupful (hot) every hour.

Parsley green drink and tea: Parsley in tea form acts rapidly (capsules are slower). In some cases you can not take enough parsley (or any other herb) to do you any good by just eating it in the raw form. Instead of using parsley straight, just make a tea with it. But if you are using parsley in the juice form, use it moderately. It is very highly concentrated and potent and will work very quickly on the system. It will throw out the poisons too fast if use excessively and can thereby cause serious upsets.

Skin

Dropsy: mix equal parts parsley root tea, and glycerine, saturate cloths and apply to swollen areas; keep patient warmly covered in bed with tepid air circulation (this brings water through the skin and helps relieve the burden on the kidneys). At the same time, give the parsley root tea without the glycerine as a drink, ½ cupful each hour.

Concussions, swollen breasts, enlarged glands: apply a poultice of bruised leaves.

Dry up nursing mother's milk: apply a poultice of bruised leaves to the breasts.

CAUTIONS:

Don’t use root if pregnant - it contains apiol, in the root and seeds, known to cause miscarriages, also myristicin in the root crosses the placenta and increases the heart

YARROW

(Botanical name: Achillea Millefolium)

Pharmaceutical family: COMPOSITAE(Aster)



NAME: **Millefolium means thousand leaves, referring to its finely divided and highly enunciated feathery leaves that grow from a strong central stem with multiple branches.**

Yarrow's protective qualities are associated with folk names like Soldier's Wound Wort and Knight's Millefoil. Achillea refers to the Greek warrior Achilles who carried the herb into battle for psychic protection and to staunch the bleeding wounds.

PART USED: Herb, often just the flower

GROWING: **Native to Alberta, grows easily. Natural colour is white, but can buy at nurseries in pink, red, yellow. Apparently it doesn't have to be the wild variety in order for the herb to be effective. Perennial, full sun is best. Drought resistant.**

COLLECTION:

Gather yarrow at the flowering stage

Congenial combinations:

- **combines well with ginger**
- **sure cure for fevers when combined with elder flowers and peppermint. All of these have both stimulant and diaphoretic characteristics.**

HISTORY: **The stalks grow so straight and remain so sturdy that they were collected in autumn as the original divining tools of the Chinese oracle I CHING.**

QUALITIES: **Taste: Bitter, sour** **Colour: deep greenish brown**
Odor: Malty sweet

THERAPEUTICS:

DIAPHORETIC **diuretic**
stimulant **astringent**
tonic **alterative**
emmenagogue **vulnerary**

- when administered hot and copiously will raise the heat of the body, equalized the circulation, and produce perspiration
- opens pores freely with its relaxing action upon the skin, and it purifies the blood of morbid waste material

- regulates functions of the liver, and it is especially beneficial and its influence on secretions throughout the entire alimentary canal
- tones the mucous membrane of the stomach and bowels and is healing to the glandular system
- will never weaken a patient, because of its tonic action.

PHARMACOLOGY ACTIONS:

- Has anti-bacterial effect on Staph, Bacillus subtillus, Mycobacterium segmatis
- Antipyretic that can be used during milk to low grad fever of less than 103. Keep patient hydrated and use in association with hydrotherapy.
- Vasodilation and decrease bleeding time. Helpful for thrombosis with hypertension.
- Healing glandular system, regulates and tones liver
- Relieves kidney problems, infection, mucous discharge from the bladder
- Its tonic action is invigorating and will assist nature's actions to remove congestion and disease.
- Helps purify the blood of waster material which must be eliminated in sickness.

INDICATIONS:

- fevers, typhoid fever, colds, influenza
- eruptive diseases (measles, chicken pox, smallpox etc.)
- hemorrhage of lungs and bowels, dyspepsia, jaundice, piles, mucoid, bladder discharges, incontinence of urine, chronic dysentery, diarrhea (incl. infants), obstructed perspiration, catarrh (esp of respiratory tract), uterine problems (amenorrhea, menorrhagia, leucorrhea), suppressed urine, scanty urine, wounds, ulcers, colic, diabetes, Bright's disease, stomach gas, piles, relaxed throat, sore nipples, rheumatism, flatulency, fistulas, influenza (flu), congestive headache, ague, loss of hair.

DOSAGE: (daily)

Decoction: 1/2 cupful
Fluid Extract: 1/2 - 1 tsp
Infusion: 1 wineglassful - 1 teacupful 3-4 times daily
Oil: 5-20 drops
Powder: 1/4 - 1/2 tsp
Tincture: 1 tbsp 3-4 times daily

ADMINISTRATION:

<u>Anal</u>

Diarrhea (infants): inject 1 cupful or more of infusion according to age).

Hemorrhoids (piles), hemorrhage of bowels: Use clean enema, then inject cool tea into bowels (where there is pain, the tea should be about 112°F) then inject 2 tbsp several times a day and after each stool.

<u>Oral:</u>

Colds: taken as hot infusion (tea) at beginning of a cold, alone or in combination with other herbs such as elder flowers and peppermint. Will break up a cold overnight or within 24 hr; wrap person's feet in flannel that has been wrung out in apple cider vinegar, keeping it warm with a hot water bottle.

Fevers: Give 2-3 fluid oz of yarrow decoction every 2-3 hr as hot as the person can take it. If a laxative is called for (be sure to keep the bowels clean so that toxic accumulations do not keep "feeding" the problem, use senna tea.

Enuresis, bronchitis and other respiratory affections: drink decoction cool.

Hemorrhage, spitting of blood: drink warm infusion, it will equalize the circulation and relieve pressure from the ruptured vessel, allowing it to heal

Skin

Old wounds, ulcers, fistulas: use an ointment of yarrow, soaking and washing, with the tea is also very beneficial.

Vaginal

Leucorrhea, inflammation of bladder: Yarrow makes an excellent douche for this problem. Use cool.

CAUTION:

DO NOT TAKE IF PREGNANT, MAY BRING ON EARLY DELIVERY/ABORTION.
Prolonged use may cause dermatitis or photosensitivity.
Interactions with other drugs: patients on anti-coagulant or hypertensive medication.

ROSEMARY

(Botanical name: Rosmarinus officinalis)
Pharmaceutical family: Lamiaceae (Mint)



Common Names/Synonyms: Compass plant, compass weed, incensier, dew of the sea, polar plant, romero (Spanish), mi-tieh-hsiang (Chinese), rosmarin (Swedish).

Parts Used: Mostly leaves but flowers, stems, branches can be used. Commercially, the entire plant is used to steam distill an essential oil.

Found: Rosemary is native to the Mediterranean countries, but is now grown worldwide as a spice and medicinal herb. The plant thrives best in a warm sunny climate.

ID: Rosemary is an evergreen shrub like plant that belongs to the mint family (Lamiaceae). It can grow up to 2 meters (6 feet) high and the flowers are petite and pale blue that appear in slight clusters up the stems.
The leaves are slender and look a lot like curved pine needles. They are green on top and gray beneath. The dried herb is brownish green in color.

Growing: Grows as an annual in Medicine Hat because our winters are too cold for it to last. You can bring the plants indoors before frost and they will last for several months before dying. These are obtainable at all nurseries in May-June planting season.
Collection: you can dry out the cut sprigs, hanging them upside down, then taking off the little leaves and storing. You can also freeze the leaves without needing to dry them.

Constituents:

1-2.5% essential oil flavonoids (luteolin, apigenin, diosmeti), tannins and saponins.
Plant is high in iron, calcium and Vitamin B6
Significant amounts of rosmarinic acid, caffeic acid, betulic acid and carnosol.

QUALITIES:

Taste:	tastes like pine, balsalmic, camphorous, lightly sweet
Odor:	tea like aroma
Energy:	stimulant
Meridian:	stomach, spleen, liver-gall, kidney

Therapeutics:

- Boosts immune system and memory. Has been demonstrated in studies to be a powerful antioxidant. Traditional reports of the benefits of rosemary include

- **supporting cognitive abilities and poor memory (weakness of the brain). Studies claim the carnosic acid found in rosemary may shield the brain from free radicals, lowering the risk of strokes and neurodegenerative diseases such as Alzheimer's, dementia, ALS (Lou Gehrig's disease)**
- **For improving mood, reducing stress and anxiety.**
- **For immune function**
- **For digestive health. Helps regulate bowel movements and gastrointestinal system.**
- **For circulation. Improves blood circulation**
- **As emmenagogue it encourages menstruation .**

Pharmacology/Actions:

EMMENAGOGUE	**Antioxidant**	**Anti-inflammatory**
Anti-carcinogenic	**Anti-Bacterial**	**Analgesic**
Anti-fungal	**Antiseptic**	**Tonic**

Indications and Uses:

TOPICALLY:

- **Infused into many shampoo products as an aid in fighting dandruff.**
- **Used as an insect repellant and commonly placed in closets and dressers to keep moths away.**
- **Used to get rid of head lice.**

BRAIN, COGNITIVE

- **Potent Mental tonic**
- **Improves memory, cognitive stimulant.**
- **Has been linked to improving mood, clearing the mind, relieving stress in those with chronic anxiety or stress hormone imbalances. - similar effects when used topically.**

DIGESTION:

- **Powerful against bacterial infections incl. preventing the growth of H. pylori that contributes to stomach ulcers. Prevents staph infections.**
- **Relieves flatulence.**
- **Upset stomach, constipation, bloating, diarrhea**

HEART, CIRCULATION

- **Heart and circulatory stimulant.**
- **As a stimulant it boost the production of red blood cells and increases blood flow.**

PAIN

- **Muscle and joint pain, symptoms of gout.**
- **As an analgesic, it can be applied topically in paste or salve to affected area of pain**
- **Consuming orally it can act as pain reliever for headaches, popular use is for treatment of migraines. Applying decoction to temples or simply smelling its aroma has helped to reduce migraine symptoms.**
- **Rosemary oil for muscle pain and arthritis**

OTHER:

- **Incense in aromatherapy.**

- **Because of all the different properties of Rosemary, it is included in many cancer therapies.**

Dosage: (daily)

Infusion (tea): 6g dried herb in 2 cups boiling water steeped for 20 minutes, then strain. This can be consumed in three dosages throughout the day. Adults should not exceed 6 grams of rosemary internally per day.

Preparation:

Oil: mix 2 drops with 1 Tbsp base oil, do not ingest, or apply to open sore and avoid eye contact.
Tincture: 2-4 ml three times a day
Breath Freshener: steep rosemary leaves in glass of hot water, then gargle or swish water in the mouth to eliminate bacteria.

CAUTION:

Don't use if high blood pressure, ulcers, Crohn's disease or ulcerative colitis.
Oil can be toxic if ingested, use topically only.
Herb may affect the blood's ability to clot and could interfere with any blood thinning drugs. Avoid if you are taking Plavix, Coumadin, Aspirin or other type of blood thinner.
Rosemary may interfere with action of ACE inhibitors in high blood pressure medications like Monopril, Vasotec, Zestril, Capoten or other such medications.
May alter blood sugar levels and could interfere with drugs taken to control diabetes.

SAGE

(Salvia officinalis)

Family: LABIATAE (Mint/Deadnettle)



OTHER NAMES: garden sage, common sage,

PART USED: leaves, sometimes stems, infrequently the root or seeds

GROWING: Perennial. Sage is one of the easiest plants to grow in Medicine Hat. They grow wild for the taking, but if you want to grow the culinary type (see picture above), it grows well here. Pick a sunny spot, and don't over water it.
COLLECTION: Gather during flowering season and dry carefully to preserve volatile oil.

HISTORY: Sage has one of the longest histories of use of any culinary or medicinal herb. Ancient Egyptians used it as a fertility drug (Bown, 1995). In the first century C.E. Greek physician Dioscorides reported that the aqueous decoction of sage stopped bleeding of wounds and cleaned ulcers and sores. He also recommended sage juice in warm water for hoarseness and coughs. It was used by herbalists externally to treat sprains, swelling, ulcers, and bleeding. Internally, a tea made from sage leaves has had a long history of use to treat sore throats and coughs; often by gargling. It was also used by herbalists for rheumatism, excessive menstrual bleeding, and to dry up a mother's milk when nursing was stopped. It was particularly noted for strengthening the nervous system, improving memory, and sharpening the senses. Sage was officially listed in the United States Pharmacopoeia from 1840 to 1900.

THERAPEUTIC ACTION:

DIAPHORETIC (sudorific)
stimulant
EMMENAGOGUE
vulnerary
digestive
brain stimulant
antispasmodic
condiment
aromatic
tonic
astringent
antiseptic
nervine (sedatives)
expectorant
anthelmintic (vermifuge)

- excellent diaphoretic when used hot, opening the pores quite freely (but care should be taken as cold and congestion may result from exposure).
- it is very soothing and quieting to any excitement of the nerves and brain
- it is a good astringent and is very stimulating as a gargle
- it promotes a strong blood circulation within the system

- a substitute for quinine and it is more effective!
- there are over 500 species of this plant, of which a large number have either medicinal or culinary value.

MEDICINAL USES:

- febrile conditions (fevers), nightsweats
- indigestion, flatulence, excessive salivation, ulcers of mouth and throat, excessive mucus discharges, nasal catarrh, suppresses or dries up mammary secretions, relaxed throat, laryngitis, tonsillitis, nasal sores, gum strengthener, teeth cleanser, expels worms, stops hemorrhages of wounds, cleanses sores and ulcers
- excessive sexual desire, sexual debility, spermatorrhea
- quinsy, dyspepsia, pneumonia
- kidney and liver troubles, nerve troubles, hysteria
- painful menstruation and related problems, pms, menopause, leucorrhea, encourages menstrual flow
- acne
- arthritis
- depression
- hayfever
- fatigue
- hair tonic - grows hair, removes dandruff

USAGE:

Sage Tea or infusion of Sage is a valuable agent in the delirium of fevers and in the nervous excitement frequently accompanying brain and nervous diseases. It has a considerable reputation as a remedy, given in small and often-repeated doses. It is highly serviceable as a stimulant tonic in debility of the stomach and nervous system and weakness of digestion generally. It was for this reason that the Chinese valued it, giving it preference to their own tea.
It is considered a useful medicine in typhoid fever and beneficial in biliousness and liver complaints, kidney troubles, haemorrhage from the lungs or stomach, for colds in the head as well as sore throat, quinsy, measles, for pains in the joints, lethargy and palsy. It has been used to check excessive perspiration in phthisis cases, and is useful as an emmenagogue(stimulates menstrual flow).
A cup of the strong infusion has been found good to relieve nervous headache.

DANGER:

Sage is part of the Artemisia genus. The number of species in that genus is somewhere between 200 an 400. The lactone glycosides, santonin and artemisin are probably found in all Artemisia species and account for their anthelmintic properties. Thujone, a terpene-like ketone and essential oil is also found n the plant and may be responsible for some of its medicinal effects. However it is poisonous in large doses. Thujone is found in larger quantities in the European wormwood. A. absinthium, used in the now illegal liquor absinthe. The U.S. FDA classifies Artemisia as an unsafe herb containing a volatile oil which is an active narcotic poison.

DOSAGE:

Fluid Extract: 1/4 -1 tsp
Infusion: 1 wineglassful 3-4 times daily
Powder: 20-30 grains

Tincture: 1/2 - 1 tsp (20-60 minims/drops)
(N. American Indian Tincture: 16-40 drops 3-4X/day). Decoction 1 tsp leaves to 1 cup boiling water).

ADMINISTRATION:

Oral
Nightsweats: Drink 1 cupful of cold sage tea 2 times daily
Relaxed uvula, ulcerated throat, quinsy, laryngitis, tonsillitis: use equal parts of sage infusion and apple cider vinegar as a gargle;
Nervous troubles, delirious fevers: Give warm infusion
Pneumonia: Clear bowels, give 3-5 cupfuls of hot sage infusion 1/2 hour apart. Keep well covered in bed.
Skin Bleeding wounds, indulated sores, ulcers: use the infusion as a wash or fomentation, or bruise the fresh leaves and use as a poultice.

HOREHOUND

(Botanical name: Marubium vulgare)

Pharm. Family: LABIATAE(mint/deadnettle)



Common names: Horehound, hoarhound, white horehound, common horehound, marubium and marrubio (Span). Genus Marrubium is thought to be derived from "marrob", the Hebrew word for "bitter juice".

Mint Family

Part Used: Herb

ID:

- stem square, covered with white and woolly hair, spreading branches, numerous stems 1-2' high, bushy, leafy
- leaves heart shapes, roundish ovate, opposite 3/5 - 2" long, coarsely crenate, crinkly, gray-green, blunt-toothed, rough, powder petioled, upper sessile, white downy hairs
- flowers small whitish or cream-colored, tubular, in dense axillary whorls just above upper leaves, 10 toothed, calyx-erect-spreading and pungent
- root fibrous, shot rootstock and exudes persistent bitter acid
- taste is aromatic, bitter, but pleasant
- odor is characteristic (distinct)

Taste: bitter, a bit pungent & salty

Temperature: cool

Moisture: dry

Constituents: essential oil (pinene, limonene, camphene), diterpene alcohols (Marrubinol, marriciol, silareol), sterols, saponins, bitter lactone, alkaloids (betonicine, stachydine), tannin, mucilage, bitter principle (marrubin), and vit. C.

Growing:

- perennial
- native of Europe, naturalized to U.S., has spread rapidly almost throughout entire country through its abundant seeding and spreading of roots.
- grows on dry, sandy fields, waste places, roadsides
- flowers from June - Sept.
- best to start horehound from seed.

Collection:

- gather leaves and small stems in May before plants bloom.

Sister plants:

Black horehound (Ballota nigrum)

- herb with similar uses as horehound or white horehound
- some herbalists claim it is superior for gravel or amenorrhea, menorrhagia, dysmenorrhea, dropsy, cough, hoarseness, bronchitis, consumption, stomach weakness, biliousness, bilious colic, vomiting, sour stomach, tonic to mucous membranes and as a corrective for acrid discharges
- for lung and respiratory complains combine with agents such as marshmallow, hyssop, lobelia, elecampane
- for parturition, toning up the uterine membranes, and re-establishing equilibrium to the parts, combine with motherwort.

Areas affected:

Lungs, heart, kidneys, liver, stomach, uterus

Therapeutics:

EXPECTORANT	tonic	stomachic
diaphoretic	bitter	slightly diuretic
emmenagogue	pectoral	aromatic
hepatic	resolvent	stimulant
cathartic (large doses)	anthelmintic (vermifuge)	culinary.

Actions:

- popular herbal remedy for respiratory system
- most frequently for throat in lozenge or cough drop form
- effective for all PULMONARY complaints as an expectorant, tonic and diaphoretic. It is a strong, cool, stimulating expectorant and for congestive bronchial conditions of acute and chronic therefore useful in hot lung patterns ie. acute or chronic infections esp. with unproductive coughing. Combines action of relaxing smooth muscles of the bronchus while promoting mucus production.
- Has relaxing effect on heart tissue, used as circulatory tonic to help lower blood pressure.
- as mild diaphoretic, horehound promotes profuse perspiration and relieves hyperemic conditions of lungs and other congestion by promoting a gentle outward flow of the blood.
- it has been highly valued as a soothing expectorant for at least 350 years.
- as an emmenagogue agent, in case of abnormal absence or suppression of menstrual discharge, it will regulate flow and in parturition, will assist expulsion of after-birth.
- taken in large doses it is laxative and will expel worms
- acts on hormonal system and will normalize heavy or scanty menstruation.

Indications:

- BRONCHITIS
- hoarseness, coughs, asthma, pulmonary troubles, chest colds, croup, congestion, chronic sore throat, tuberculosis, dyspnea or difficult breathing, pneumonia, cachexia and catarrh

- amenorrhea,suppressed urine, constipation
- colic, stomach ache, chronic hepatitis
- intermittent fever, chronic rheumatism, phthisis

Functions/uses:

* stimulates lungs, expels phlegm and relieves coughing; clears heat, restrains infection, resolves fever; benefits throat
  - lung wind heat: swollen sore throat, full cough with fetid sputum, thick nasal discharge, some fever
  - catarrhal head colds
  - lung phlegm heat-damp: asthmatic breathing, copious white or yellow phlegm, full cough, possible sore throat
  - chronic & acute bronchitis, laryngitis etc.
  - lung TB
  - typhoid fever
  - chronic cough, hoarseness
* relaxes heart
  - heart qi constraint: nervousness, unrest, palpitations
* promotes cleansing, clears toxins and drains plethora; dredges kidneys, promotes and harmonizes urination and menstruation
  - general plethora: obesity, cellulite, spleen & liver hardening
  - difficult painful, urgent urination
  - urinary infection
  - uterus qi stagnation: delayed, scanty clotted menstruation, PMS
  - retained placenta
* restores liver and stomach/spleen, awakens appetite and creates strength
  - liver and stomach qi deficiency: slow, painful digestion, constipation, jaundice
  - spleen qi deficiency: no appetite, fatigue
  - anemia
* promotes tissue repair
  - wounds, running sores, bites, ulcers, scabs

Contra-indication:

In cold and deficiency kidney conditions, esp. Kidney Yang deficiency

Preparation:

Concentrate, fluid extract, infusion, powder, solid extract, syrup, tincture.
Infusion or tincture work equally well. Taken warm or hot they promote sweating and expel phlegm. Taken cool they will promote urination, stop sweating an discharge.
Cold infusion helps some forms of dyspepsia.
Hot infusion of tincture more effective when combined with other agents.

Dosage (daily):

Concentrate: 1/2 - 1 dram (tsp)
Fluid Extract: 1/2 - 1 fluid dram (tsp)
Infusion: 1 wineglassful 3-4 times daily
Powder: 1/4 - 1/2 dram
Solid Extract: 5-15 grains
Syrup: 1/2 - 1 tsp

Tincture: 10-60 minims (1/6 - 1 tsp)
Smaller than average doses stimulate spleen and liver qi in deficient conditions. Standard doses work esp. on lungs. Large doses tend to cause vomiting.

Administration:

Oral

Children's cough, croup, chest colds: make syrup of infusion or concentrate etc. and honey, as much as desired, or take warm infusion freely
Obstructed menstrual flow (from recent cold): use warm infusion with little ginger sweetened with honey
Laxative: take in larger doses
Dyspepsia, jaundice, asthma, hysteria, expelling of worms: take cold
Asthma, dyspnea or difficult breathing: use horehound syrup

HOREHOUND CANDY

2 oz horehound herb dried
1 1/2 pints distilled water
3 1/2 pounds yellow D sugar
Make a decoction of the herb by simmering down to 1 pint, add sugar, simmer down to a due consistency of hardness, stirring occasionally. Pour into an appropriate greased and flattened vessel. Mark into sticks or squares with a knife as it becomes hard enough to retain its shape. Give as needed.

MUGWORT

(Botanical name: Artemisia vulgaris)
Pharmaceutical family: Compositae (aster)



Note: Wormwood is Artemisia absinthium. Mugwort is Artemisia vulgaris. Mugwort does not possess the volatile oil of Wormwood and therefore it is less pleasing in fragrance.

OTHER NAMES: Common wormwood, felon herb, wild wormwood, naughty man, chrysanthemum weed, old uncle Henry, cingulum Sancti Johannis, common artemisia, sailor's tobacco, Chinese moxa, old man and St. John's plant (NB: It should not be confused with St. John's wort), armoise vulgaire (French), Ai Ye (Chinese), Beifuss (German), artemisia vulgar (Spanish), gråbynke (Danish).

Parts Used Leaves, root.

Found: Mugwort abounds on hedgebanks and waysides in most parts of England. It is a tall-growing plant, the stems, which are angular and often of a purplish hue, frequently rising 3 feet or more in height. The leaves are smooth and of a dark green tint on the upper surface, but covered with a dense cottony down beneath; they are once or twice pinnately lobed, the segments being anceshaped and pointed. The flowers are in small oval heads with cottony involucres and are arranged in long, terminal panicles; they are either reddish or pale yellow. The Mugwort is closely allied to the Common Wormwood, but may be readily distinguished by the leaves being white on the under-surfaces only and by the leaf segments being pointed, not blunt. It lacks the essential oil of the Wormwood.

Growing: same as wormwood. Easy.
Collection: when leaves are at their peak, pick early in the morning. Roots are dug in fall or spring.

History: The Mugwort is said to have derived its name from having been used to flavour drinks. It was, in common with other herbs, such as Ground Ivy, used to a great extent for flavouring beer before the introduction of hops. For this purpose, the plant was gathered when in flower and dried, the fresh herb being considered unsuitable for this object: malt liquor was then boiled with it so as to form a strong decoction, and the liquid thus prepared was added to the beer. Until recent years, it was still used in some parts of the country to flavour the table beer brewed by cottagers.

It has also been suggested that the name, Mugwort, may be derived not from 'mug,' the drinking vessel, but from moughte (a moth or maggot), because from the days of Dioscorides, the plant has been regarded, in common with Wormwood, as useful in keeping off the attacks of moths.

In the Middle Ages, the plant was known as Cingulum Sancti Johannis, it being believed that John the Baptist wore a girdle of it in the wilderness. There were many superstitions connected with it: it was believed to preserve the wayfarer from fatigue, sunstroke, wild beasts and evil spirits generally: a crown made from its sprays was worn on St. John's Eve to gain security from evil possession, and in Holland and Germany one of its names is St. John's Plant, because of the belief, that if gathered on St. John's Eve it gave protection against diseases and misfortunes.

Dr. John Hill extols its virtues, and says: 'Providence has placed it everywhere about our doors; so that reason and authority, as well as the notice of our senses, point it out for use: but chemistry has banished natural medicines.'
Dioscorides praises this herb, and orders the flowering tops to be used just before they bloom.
The dried leaves were, sixty or seventy years ago, in use by the working classes in Cornwall as one of the substitutes for tea, at a time when tea cost 7s. per lb., and on the Continent Mugwort is occasionally employed as an aromatic culinary herb, being one of the green herbs with which geese are often stuffed during roasting.
The downy leaves have been used in the preparation of Moxas, which the Japanese use to cure rheumatism. The down is separated by heating the leaves and afterwards rubbing them between the hands until the cottony fibers alone remain, these are then made up into small cones or cylinders for use. Artemisia Moxa and A. sinensis are mainly used in Japan. This cottony substance has also been used as a substitute for tinder.
Sheep are said to enjoy the herbage of the Mugwort, and also the roots. The plant may, perhaps, be the Artemesia of Pontos, which was celebrated among the ancients for fattening these animals.
It is said to be good for poultry and turkeys.
A variegated variety of Mugwort also occurs.

Constituents:

Volatile oil, containing linlool, l,8-cineole, b-thujone, borneol, a- and b- pinene, nerol, neryl acetate, linalul acetate, myrcene, vulgarole, a-, b- and g-cardinol, cadinenol, muurolol, spathulenol and others.
Vulgarin, a sesquiterpene lactone
Flavonoids; quercitin -3-rhamnoglucoside and 5,3-dihydroxy-3,7,4- trimethoxyflavone
Coumarin derivatives; 7,8-methylendioxy-9-methoxycoumarin
Triterpenes such as 3 b-hydroxurs-12-en 27,28-dionic acid, b-amyrin, b-sitosterol.

Parts Used Medicinally

<u>Leaves</u>
The leaves, collected in August and dried in the same manner as Wormwood
<u>Root</u>
The root, dug in autumn and dried. The roots are cleansed in cold water and then freed from rootlets. Drying may be done at first in the open air, spread thinly, as contact may turn the roots mouldy. Or they may be spread on clean floors, or on shelves, in a warm room for about ten days, and turned frequently. When somewhat shrunken, they must be finished more quickly by artificial heat in a drying room or shed, near a stove or gas fire, care being taken that the heated air can escape at the top of the room. Drying in an even temperature will probably take about a fortnight, or

more. It is not complete until the roots are dry to the core and brittle, snapping when bent.
Mugwort root is generally about 8 inches long, woody, beset with numerous thin and tough rootlets, 2 to 4 inches long, and about 1/12 inch thick. It is light brown externally; internally whitish, with an angular wood and thick bark, showing five or six resin cells. The taste is sweetish and acrid.

Therapeutics:

- Digestive stimulant. Aids through the bitter stimulation of the juices while providing a carminative oil.
- Mild nervine action helps depression and eases tension, due to the volatile oil, so it is essential that this is not lost in preparation.
- As emmenagogue to help normal menstrual flow. Helpful for those with missed or irregular periods (amenorrhea).

Pharmacology/Actions:

Bitter tonic, stimulant, nervine tonic, emmenagogue, laxative, diaphoretic.

INDICATIONS:

- It has stimulant and slightly tonic properties, and is of value as a nervine and emmenagogue, having also diuretic and diaphoretic action.
- Its chief employment is as an emmenagogue, often in combination with Pennyroyal and Southernwood. It is also useful as a diaphoretic in the commencement of cold.
- It is given in infusion, which should be prepared in a covered vessel, 1 OZ. of the herb to 1 pint of boiling water, and given in 1/2 teaspoonful doses, while warm. The infusion may be taken cold as a tonic, in similar doses, three times daily: it has a bitterish and aromatic taste.
- As a nervine, Mugwort is valued in palsy, fits, epileptic and similar affections, being an old-fashioned popular remedy for epilepsy (especially in persons of a feeble constitution). Gerard says: 'Mugwort cureth the shakings of the joints inclining to the Palsie;' and Parkinson considered it good against hysteria. A drachm of the powdered leaves, given four times a day, is stated by Withering to have cured a patient who had been affected with hysterical fits for many years, when all other remedies had failed.
- The juice and an infusion of the herb were given for intermittent fevers and agues. The leaves used to be steeped in baths, to communicate an invigorating property to the water.

Dosage: (daily)

Tincture: 1-4 ml three times day
Tea: pour cup of boiling water onto 1-2 tsp of dried herb, leave and infuse 10-15 minutes in covered container.
Drink 3 times daily.

Preparation:

Fluid extract, 1/2 to 1 drachm.

Culpepper directs that the tops of the plant are to be used fresh gathered, and says: 'a very slight infusion is excellent for all disorders of the stomach, prevents sickness after meals and creates an appetite, but if made too strong, it disgusts the taste. The tops with the flowers on them, dried and powdered, are good against agues, and have

the same virtues with wormseed in killing worms. The juice of the large leaves which grows from the root before the stalk appears is the best against the dropsy and jaundice, in water, ale, wine, or the juice only. The infusion drank morning and evening for some time helps hysterics, obstruction of the spleen and weakness of the stomach. Its oil, taken on sugar and drank after, kills worms, resists poison, and is good for the liver and jaundice. eyes like the leaves, hence the root should be accounted among the best stomachics. The oil of the seed cures quotidians and quartans. Boiled in lard and laid to swellings of the tonsils and quinsy is serviceable. It is admirable against surfeits.... wormwood and vinegar are an antidote to the mischief of mushrooms and henbane and the biting of the seafish called Draco marinus, or quaviver; mixed with honey, it takes away blackness after falls, bruises, etc., . . With Pellitory of the Wall used as poultice to ease all outward pains. Placed among woolen cloths it prevents and destroys the moths.'
Another old writer affirmed that Mugwort was good 'for quaking of the sinews.'

CAUTION:

none known