



Agrimony

Recommended for healing skin disorders and is often prescribed for gastro-intestinal complaints (notably diarrhea), coughs, cystitis and as a gargle for sore throats.

Information: Herbals/Nutritionals/Medicinals can be very strong. Consequently, if they are not tailored to your specific needs, they can do more harm than good. This information is meant to be used by your VHC Medical Team and personal Physician as they build your Total Health Plan. Never attempt to adjust your prescribed medications and/or Natural Treatments without your physician's and Medical Team's knowledge and guidance. Since herbals/nutritionals and medications can interact with each other, it is always advisable to consult with your health care provider and The Vibrant Health Community at www.VibrantHealthCommunity.com (or call 1-866-378-8253) before starting or changing your program

Botanical: *Agrimonia eupatoria*

Family: *Rosaceae* (rose)

Other common names: Church Steeples, Cocklebur, Cockburr, Philathropos, Liverwort, Sticklewort, Stickwort, Agrimonia

History: Agrimony grows throughout England and in the United States and southern Canada. It is a perennial plant with graceful yellow flowers on slender stalks that may reach a height of three feet. The plant grows as a crop in well-drained soil in full sun and will tolerate dry and alkaline conditions. An astringent herb, it was once an important wound herb, known in Anglo-Saxon times as "garclive." Because of its tannin content, which acts as a natural astringent, it was employed in the tanning of leather, and the flowers also used as a yellow dye. In France, Agrimony is included in *Eau d'arquebusade*, an all-purpose lotion that was originally applied to wounds caused by an arquebus, a fifteenth-century, long-barrelled gun. Some of the constituents in Agrimony include polysaccharides, agrimophol, tannins, flavonoids, coumarins, silica, malic acid, phytosterols, vitamins B and K and iron.

Beneficial Uses: In Traditional Chinese Medicine Agrimony is used to stop excessive menstrual bleeding. Its natural astringency has been effective both internally and externally for thousands of years to stop bleeding and bruising by "tanning" skin cells, making them impermeable to bleeding. Further, its vitamin K content works

by promoting blood clotting that also controls bleeding. When used externally, this action also prevents bacteria from entering the wound.

Agrimony stops irritation of the urinary tract that may increase a child's urge to urinate and, therefore, may be useful in the treatment of bladder leakage (cannot hold urine), bed-wetting and adult incontinence.

Further supporting the bladder, Agrimony's diuretic properties are also thought to promote the flow of urine and relieve bladder infections, including cystitis.

The chemical compound agrimophol, which is a component of Agrimony, has the ability to expel parasites by causing them to lose their hold on the lining of the bladder or intestine and become evacuated with urine and stool. That same substance also kills the organism that causes river blindness and many common bacteria such as *E. coli*, *Staphylococcus* and other bacteria that cause dysentery and typhoid fever.

Agrimony's astringency is effective against diarrhea, especially in small children, and because of its low toxicity, the herb is particularly suitable for children's illnesses. Its gastrointestinal

qualities are also believed to control mucous colitis (swelling of the colon).

Further supporting its gastrointestinal effects, Agrimony works as a "bitter" and has long been used to improve digestion, giving tone to the digestive system and promoting the assimilation of food. It is said to relieve dyspepsia and inhibit food allergies. Moreover, it has a reputation for improving liver and gallbladder function, treating jaundice, cirrhosis, gallstones and other complaints.

The herb has been effective on the immune system by stimulating the body to produce immune bodies known as B-cells. These cells produce complex chemicals known as antigens that attack invading microbes.

Agrimony is fully appreciated in herbal practice as a mild astringent and a tonic that is useful for alleviating the symptoms of coughs, bronchitis and asthma. It has also been used in combination

with other herbs (*Sanguisorba* and *Bletilla*) to treat silicosis, a serious lung disease.

Used externally, the tannins in Agrimony have also been used to ease hemorrhoids and stanch bleeding. In a gargle, it has been used to relieve sore throat. As an eyebath, it will help to add sparkle to tired eyes and alleviate conjunctivitis. As a wash, it is thought to improve minor injuries and chronic skin conditions.

Contraindications: While Agrimony is effective treatment for diarrhea, it may aggravate constipation, and blockage can result if Agrimony is taken at the same time as psyllium powders (*Metamucil*) or with prunes or prune juice. It is not recommended during pregnancy. People with lupus, myasthenia gravis or any other autoimmune disease should avoid Agrimony. Do not exceed recommended dosage, as high doses (many times the recommended dosage) may slow heartbeat. Tell your doctor if you have any other health problems, such as high blood pressure or heart or blood vessel disease.