



# Bugleweed

Modern herbalists use **Bugleweed** to treat hyperthyroidism and to *regulate an overactive thyroid gland*. It is also used to tone the heart and *stabilize rapid or irregular heartbeat*, relieving nervous palpitations and strengthening the heartbeat.

**Information:** Herbs/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](http://www.VibrantHealthCommunity.com) (or call 1-866-378-8253) before starting or changing your program.

**Botanical:** *Lycopus europaeus*

**Family:** *Labiatae/Lamiaceae* (mint)

**Other common names:** Water Bugle, Gypsy Weed, Sweet Bugle, Virginia Water Horehound, Water Horehound, Gypsywort, Virginia Bugleweed

**History:** Bugleweed is a very common weed that is native to North America and is also found in Europe. From its perennial, creeping root, a smooth stem with lance-shaped leaves on short stalks rises to a height of two feet and bears clustered purple flowers. Both American Bugleweed (*Lycopus virginicus/Lycopus americanus*) and its European cousin (*Lycopus europaeus*) grow in very wet areas and are used interchangeably. The plant thrives in low, damp ground in moist-to-wet soil in sun or partial shade and flowers from July to September. Oddly, the herb's historical medicinal applications do not match its current use in today's herbal medicine. Bugleweed was officially listed in the *United States Pharmacopoeia* in the late nineteenth century as an effective anti-hemorrhagic and sedative, but modern herbalists regard it as a specific for an over-active thyroid gland and nervous heart palpitations. It is considered a bitter, faintly aromatic herb, and its aerial parts (above ground) are used in herbal medicine. Some of the constituents in Bugleweed include a bitter principle, lycopine, tannins, resin, essential oil, as well as caffeic-, chlorogenic-, ellagic-, rosmarinic-, lithospermic- and other acids.

**Beneficial Uses:** Bugleweed is mainly used today to treat hyperthyroidism. The lithospermic and other organic acids are believed to be responsible for the herb's ability to decrease levels of several thyroid-stimulating hormones, notably thyroxine, that act to inhibit the binding of antibodies to the thyroid gland - the antibodies that are said to cause Graves' disease. It is thought to be particularly helpful in treating Graves' disease when there is cardiac involvement, especially where there are symptoms of a racing heart, shaking and tightness of breathing.

Bugleweed is said to tone the heart and stabilize rapid or irregular heartbeat with an effect similar to, but less powerful than, digitalis. It is believed to increase myocardial contraction, strengthen the heartbeat, lower the heart rate and ease nervous tachardia and palpitations.

As an astringent, Bugleweed was used historically (and is still thought) to help control internal bleeding, including excessive menstrual bleeding, hemorrhoidal bleeding and bleeding from the lungs and bowel.

Those same properties are also thought to help relieve diarrhea.

**Contraindications:** Pregnant and nursing women should not use Bugleweed, nor should those who have hypothyroidism. It is recommended that

Bugleweed be *used for specific conditions only in consultation with a health care practitioner.* Bugleweed may interfere with blood glucose medication and may cause hypoglycemia. Bugleweed should not be used in conjunction with other prescription medications without first consulting a physician.

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