



Partridge Berry

Benefits and uses: Astringent, diuretic, diahhrea, colitis, treat menstrual pains and cramps and tonic on ovaries and uterus.

Information: Herbals/Nutritionals/Medicinals can be very strong, consequently, if each one if not tailored to your specific needs, then you can risk 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.

Details

Partridge berry is a long-standing Native American herb most commonly used to hasten the progress of childbirth. Typically administered in the last weeks of pregnancy and during labor, partridge berry accelerates the rate and efficiency of uterine contractions in an effort to expedite delivery and reduce potential blood loss. Partridge berry strengthens the ovaries and uterus and may be prescribed to relieve pain caused by endometriosis, fibroids, premenstrual syndrome, and heavy periods accompanied by cramps and clots. An infusion of this herb is sometimes prescribed to clear urinary tract stones and treat cystitis. An weak decoction of partridge berry may additionally be used as an eyebath for sore eyes or as a wash for minor skin irritations. Do not use this herb in the first 8 months of pregnancy. If considering partridge berry as a childbirth aid, consult both a knowledgeable herbalist and your health care provider for their recommendations.

To treat menstrual pains and cramps, to regulate menstruation and relieve heavy bleeding, and to induce

childbirth and ease delivery. Partridgeberry is now recommended by herbalists for similar reasons. As a salve, partridgeberry is also used to treat nursing mothers' sore or cracked nipples. Partridgeberry is thought to contain tannins, glycosides, and saponins, and it is generally believed to have a tonic action on the uterus and ovaries. Partridgeberry may also be effective as an abortifacient; for this reason, partridgeberry is not recommended for pregnant women.

Partridgeberry is still extensively used to aid labor and childbirth, and is also considered to have a tonic action on the uterus and the ovaries. Partridgeberry is taken to normalize menstruation and to relieve heavy bleeding and menstrual pain. This herb has also been recommended for stimulating breast-milk production, but other herbs with a similar action, such as fennel, are preferred. The berries, crushed and mixed with tincture of myrrh, are helpful for sore nipples. An astringent herb, partridgeberry has also been prescribed for diarrhea and colitis.