



Pennyroyal Herb

Benefits and uses: Burning fevers, promote perspiration, gout, cold, phlegm in chest and lungs, headache, ulcers, intestinal pains, colic, griping, nausea, nervousness, hysteria.

Information: Herbals/Nutritionals/Medicinals can be very strong, consequently, if each one is 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

Pennyroyal (*Mentha pulegium* or *Hedeoma puleioides*)
Pennyroyal's main role is as an insect repellent. The crushed leaves or essential oil are rubbed on insect bites to reduce their itch and to ward off future attacks. The crushed green herb has been used to remove the marks of bruises and burns. It has also been taken to relieve headaches, indigestion, congestion from colds, and menstrual pain. Hot pennyroyal tea is one of the best herbs to produce sweating and reduce a fever. Pennyroyal's nature is to make intelligent choices and carry through clearly and without regret. Pennyroyal is an ovarian tonic; it also eases cramps, eliminates gas, calms nausea and relieves nervous tension. Pennyroyal encourages menses. Its oil is abortifacient and can be fatal. The leaves of pennyroyal are nervine, diaphoretic, and antiseptic, used for colds, fevers, headaches, and sunstroke. Pennyroyal is a renewing wash for itching, burning skin.

Pennyroyal, Dwarf (*Hedeoma nana*): This true pennyroyal is a prime menstrual stimulant when menses are accompanied by a heavy sensation in the abdomen, or when the period is delayed and crampy following a cold, fever, or exposure to rain or snow. It sometimes is used as an abortive, but there is no proof that it is effective for this

purpose. As an effective diaphoretic to help break fevers. The aromatic oil repels insects; and bundles of it are hung up indoors to control infestations of flies and bugs. Simple tea, ½ cup up to 4 times a day.

Pennyroyal, Hart's (*Mentha cervina*): A tea made from the leaves of most mint species has traditionally been used in the treatment of fevers, headaches, digestive disorders and various minor ailments. The leaves are harvested as the plant comes into flower and can be dried for later use. The essential oil in the leaves is antiseptic, though it is toxic in large doses.

Pennyroyal, Native (*Mentha satureioides*): When early European settlers found this plant growing in Australia they soon discovered it had similar properties to that of the European pennyroyal. It was boiled in water and used to relieve menstrual irregularities. A pungently aromatic, tonic, decongestant herb that improves the digestion, stimulates the uterus, and relieves spasms and pain. Internally used for colds, excess mucus, indigestion, colic, and menstrual complaints. Used as a substitute for both *M. x piperita* and *M. pulegium*.

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