



# *Devil's Claw* *Root*

*Arthritis, blood pressure,  
diuretic, bloating,  
puffiness, digestion*

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

**Botanical:** *Harpagophytum procumbens*

**Family:** *Pedaliaceae* (sesame)

**Other common names:** Wood Spider, Grapple Plant

*For the pain and inflammation of back pain, arthritis, gout and rheumatism, try Devil's Claw!* At the same time, you may also benefit from better digestion and the relief of bloating, excess water weight and puffiness.

The plant contains at least three bitters, including the iridoid glycosides called harpagide, harpagosid, and procumbide, and also includes luteolin, oleanolic acid, cinnamic acid, calcium, iron, magnesium, manganese, phosphorus, potassium, selenium and zinc.

**Beneficial Uses:** Devil's Claw is an anti-inflammatory and painkilling agent that has demonstrated very positive results when tested for relief of lower back pain. The harpagide content in Devil's Claw has exhibited anti-inflammatory activity and has been thought to bring relief to sufferers of arthritis, rheumatism,

carpal tunnel syndrome, gout and tendonitis. The herb has also demonstrated significant improvement in people who had the most severe, radiating pain with numbness in the extremities.

Like all bitters, Devil's Claw has been used for many years as an aid to good digestion and improving the appetite. The glycosides stimulate the stomach production of acid, thus promoting digestion.

It is also thought to help relieve digestive complaints involving the gallbladder, pancreas and liver.

Devil's Claw is said to be mildly diuretic and may ease bloating and puffiness, and it has also been used to reduce fevers. By promoting increased urine flow, the herb helps to relieve excess water retention and may also help flush

the kidneys of impurities that cause toxic buildup in the blood.

For topical use, Devil's Claw was applied to treat ulcers, sores and boils, as well as for relief of arthritic and rheumatic joints.

Devil's Claw is thought to reduce blood pressure, because it relaxes arterial tension, and may be beneficial in cases of arteriosclerosis.

**Contraindications:**

Devil's Claw may take several weeks of

consistent use before noticing results. Devil's Claw should be avoided during pregnancy as it has been suggested to stimulate uterine muscle contraction. In addition, nursing women and those with gallstones, duodenal or gastric ulcers should avoid Devil's Claw. Since Devil's Claw may slow the pulse, it should not be used by people with congestive heart disease. Headache, ringing in the ears, stomach upset and allergic reactions have been reported. Speak with your health care provider before using Devil's Claw if you are taking blood-thinning medication.