



Motherwort Herb

Promote menstruation, aid in childbirth, regulate menses, asthma, heart palpitations, sedative, insomnia, sciatica, spasms, fevers, antispasmodic.

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/changing your program.

Botanical: *Leonurus cardiaca*

Family: *Labiatae* (mint)

Other common names: Lion's Tail, Lion's Ear, Throw Wort, Roman Motherwort, Leonurus

As its name implies, **Motherwort** is a *wonderful support for women's health, easing menstrual cramps, PMS and the symptoms of menopause*. But it is also a great relaxant that helps to *alleviate stress, depression, anxiety and nervous disorders*.

Some of the constituents in Motherwort include flavonoids, rutin, alkaloids (including stachydrine and leonurine), resin, bitter glycosides, alpha-pinene, catechin, isoquercitrin, saponin, tannin, ursolic acid, beta-carotene, essential oil and vitamins A and C.

Beneficial Uses: Motherwort has been used for centuries as a calmative and nervine that induces passivity in the whole nervous system and alleviates depression, nervous complaints, hysteria and palpitations of the heart (particularly when they arise from hysteric causes). It is also said to be an effective painkiller that eases headaches and a sedative that helps to treat insomnia. As a tranquilizer, it is thought to be good for tremors, convulsions and delirium; and as an antispasmodic, it relieves stomach and menstrual cramps.

As a support for women's health, Motherwort is well known as an emmenagogue, an agent that promotes menstrual flow and controls its flow. It is good for other "female troubles," by encouraging and easing uterine contractions during childbirth (which facilitates delivery) and as a painkiller, easing the pain of childbirth, menstrual cramping and menstrual-related headaches. Motherwort is said to balance hormones and is believed to relieve the discomforts of PMS and the unpleasant symptoms of menopause. After childbirth, the herb has been used to tone and restore uterine health and reduce the risk of postpartum bleeding.

Studies completed at the University of Pittsburgh Cancer Institute have shown that Motherwort has demonstrated estrogenic activity in animal experiments and may thus be helpful in alleviating many discomforts associated with menopause (hot flashes, depression, etc.). The research found that Motherwort interacted strongly with estrogen receptors in female rats, indicating that they have an estrogen-like effect in the body.

Motherwort has been used since ancient times to "strengthen and gladden the heart." As a cardiac tonic, it is said to reduce heart palpitations, echoing its ancient use in calming troubles of the heart. The herb is thought to strengthen the heartbeat without increasing the pulse rate and to sedate and relax the

coronary arteries, resulting in increased circulation to the heart. The glycosides appear to have a short-term ability to lower blood pressure and reduce blood platelet aggregation (blood clumping). It may also treat heart disorders caused by anxiety and has been used in treating hyperthyroidism and goiter, due to nervous heart palpitations. Traditional Chinese Medicine (TCM) has been using Motherwort as a specific for the liver and to treat hepatic infections, which may also result in brighter eyes and improved vision. Motherwort is thought to be a fine stomachic, easing stomach pain and cramps and relieving gas.

Contraindications:

Pregnant women should avoid Motherwort, as it stimulates uterine contractions, but it may be used during labor. Those who have heart conditions should not use this herb without the advice of a physician. Motherwort may produce allergic reactions to those susceptible to dermatitis. It is not recommended for people with clotting disorders, high blood pressure or heart disease without first consulting a physician. It is not recommended for people with clotting disorders, excessive menstrual bleeding, high blood pressure or heart disease without first consulting a physician. Women who have a family or personal history of cancers that are linked to higher levels of estrogen, including breast and uterine cancer, should consult a physician before using Motherwort.

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