



Rue Herb

Worms, nervous heart palpitations, gout, joints, nerves, menstruation, thrush, blood pressure, repels flies and insects.

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: *Ruta graveolens*

Family: *Rutaceae* (rue)

Other common names: Garden Rue, Countryman's Treacle, German Rue, Herb-of-Grace, Herbygrass, Vinruta, Ruta Herba, Common Rue

Although long used to treat many ailments, you might wish to try **Rue** for the relief of nervous spasms, painful cramps, menstrual pain and headache. It is also said to ease the discomforts of indigestion, colic and flatulence, and because Rue contains powerful rutin (a bioflavonoid that strengthens capillaries), it is not only used to enhance eyesight, but it is also believed to improve cardiovascular health by stimulating circulation through stronger blood vessels.

Some of the constituents included in Rue are essential oil (containing capronic, plagonic, caprylic, and oenanthylic acids) and flavonoids (most notably rutin).

Beneficial Uses: Rue is considered a "calmative" substance that soothes the nerves and reduces tension and anxiety, since it has a direct effect on the nervous system. It is thought to be effective in cases of nervous heart problems (including palpitations), hysterical

spasms and nervous headaches. Rue has been used by herbalists for giddiness, hysteria, nightmares, convulsions, confusion, dizziness, vertigo and epilepsy and is also said to be useful for nervous disturbances due to female irregularities.

As an antispasmodic, Rue is believed to help relieve cramps in the bowels, stomach and muscles, as well as menstrual cramps, and generally relax overall spasms. Rue is considered strongly stimulant that is a tonic for the digestive system. The herb has been used for centuries to relieve stomach cramps due to nervous indigestion, pep up the appetite and alleviate gas and colic. It is also said to induce bile production, which is also important to the digestive process.

Rue is thought to be a circulatory tonic that supports good cardiovascular health. The flavonoid, rutin, is an agent that reduces capillary fragility and is also known to strengthen capillaries, reduce blood pressure and increase circulation and blood flow to the heart. Herbalists use Rue to control abnormal blood pressure. That same action also strengthens the capillaries in the eyes, thus improving eyesight and sharpening vision (supporting the historical use of the herb for failing eyesight). This quality is also useful in preventing and easing varicose veins.

The strong, stimulating properties in Rue greatly affect the uterus. It has been used as an emmenagogue, or agent that brings on suppressed menstruation. It is also thought to ease painful menstruation and the cramping associated with it. Because Rue is so stimulating to the uterus, it has been called an

abortifacient, or substance that induces the premature expulsion of the fetus. The alkaloid, skimmianine, in Rue has a direct, stimulant effect on the uterine muscles (causing abortion in lab animals) and, thus, should never be used by pregnant women.

Rue is thought to relieve gouty and rheumatic pains, tennis elbow, joint pain, arthritis, neuralgia and sciatica. As a diaphoretic, Rue is thought to promote perspiration and may help in lowering fevers and clearing toxins from the system through the skin. As an antitussive, it loosens phlegm and is said to be good for coughs, croupy affections, and bronchitis. Rue is considered an anthelmintic, an agent that will destroy and expel intestinal worms. Used externally, Rue may be included in a bath for sore, strained and tired eyes and in topical washes for skin diseases. It has also been used to ease the pain of earache and in poultices to relieve the pain of sciatica, neuralgia, backache and rheumatic pains.

Contraindications:

Great care should be taken with the use of Rue, and it is advisable to consult a health care provider when using this herb for specific conditions. **Pregnant women should never use this herb**, as it may cause abortion and may also have a toxic effect as well. Nursing women should not use this herb. Rue should never be used in large doses, as it may cause fatal poisoning, nor should it be used for long periods of time. Use of Rue may cause photosensitivity, and when used topically, it may also cause skin irritation (some people have experienced dermatitis and blistering when touching the leaves).