

QUICK REFERENCE SHEET

CRAMP BARK

Viburnum opulus



Part Utilized:
Bark



PROPERTIES:

Nervine, Antispasmodic, Astringent,
Emmenagogue, Hormone Balancer

SYSTEMS AFFECTED:

Digestive, Reproductive, Muscular

POSSIBLE USES:

calm bowel spasms, in a formula to prevent
miscarriage, relieve cramping

INGREDIENT IN:

ABF, CB, VIB, YW

GENERAL INFORMATION:

Cramp Bark is aptly named because it is a remedy specific to cramping pains in the thighs and back, especially if the cramping is accompanied by bearing-down sensations in the uterus. Cramp Bark is effective for this type of pain whether it is premenstrual, menstrual, during pregnancy, during labor and childbirth, or muscle strain of any kind. Cramp Bark is effective for pain in the legs and back from urinary tract infections.

Cramp Bark is used in formulas to prevent miscarriage, in formulas taken during the last weeks of pregnancy to prepare for labor and birth, and is mentioned in midwife texts as a possible solution for high blood pressure—and not just during pregnancy.