

QUICK REFERENCE SHEET

MOTHERWORT

Leonurus cardiaca



Part Utilized:
Aerial portion



PROPERTIES:

Tonic (nerve, heart), Alterative, Vulnerary, Diuretic, Emmenagogue, Demulcent, Nervine

SYSTEMS AFFECTED:

Cardiovascular, Nervous, Endocrine/Glandular

POSSIBLE USES:

ainful, delayed, or suppressed periods, effective labor contractions, anxiety, high blood pressure

INGREDIENT IN:

ABF, AL, CB, FSW, MW, NS, NT, NV, VIB

GENERAL INFORMATION:

Motherwort is a mild nervine and tonic herb with pronounced hormonal properties. Motherwort is used for painful, delayed, or suppressed periods. It is often used to encourage rhythmic, effective contractions during labor. This stimulating property is offset by strong sedative and relaxing properties, and the ability to relieve anxiety and tension. Motherwort is also used in formulas for the prevention of miscarriage.

Motherwort is an excellent cardiovascular tonic. It is used for arrhythmias and palpitations that are brought on by stress, anxiety, and tension. Motherwort will temporarily lower blood pressure, giving a person time to adjust diet and lifestyle to eliminate the problem altogether.

The combining of Motherwort with Passion Flower makes an excellent substitute for the wonderful but unavailable (except in homeopathic form) herb, Lady Slipper. Motherwort should be used cautiously and sparingly during pregnancy, if at all, as it may stimulate bleeding.