

QUICK REFERENCE SHEET

SQUAWVINE

Mitchella repens



Part Utilized:
Leaf



PROPERTIES:

Tonic (uterine), Astringent, Diuretic, Antilithic

SYSTEMS AFFECTED:

Uterus, Bladder, Kidney, Colon

POSSIBLE USES:

water retention, diarrhea, kidney stones, labor, menstruation, postpartum

INGREDIENT IN:

CB, FSW, PHB, YW

GENERAL INFORMATION:

Squawvine was used by Native Americans to speed labor along and make the pain more productive but easier to bear. This usage was picked up on by early pioneer midwives and is still the primary use of this herb today. Squawvine tones and strengthens the uterus so it is used following childbirth also, and it is taken to normalize menstrual difficulties, relieving both pain and heavy bleeding. This herb is also recommended for breast milk production, and may act as a general tonic for a postpartum woman.

It was, and is, occasionally used for other complaints such as insomnia, arthritis, fluid retention, and being astringent, is prescribed for diarrhea and colitis.

Squawvine is a labor herb and uterine tonic—not appropriate to take Squawvine during the first 6 months of pregnancy.