

FEMALE REPRODUCTIVE SYSTEM

ACTION CATEGORIES & HERBS

ADAPTOGENS:

Astragalus membranaceus (Milkvetch, *Fabaceae*, Pea Family)
Encourages production of stem cells, nutritive.

Centella asiatica (Gotu Kola, *Apiaceae*, Carrot Family)
Nourishing.

Eleutherococcus senticosus (Siberian Ginseng, *Araliaceae*, Ginseng Family)
Cooling, improves stress tolerance.

Epimedium grandiflorum (Bishop's Hat, *Berberidaceae*, Barberry Family)
Testosterone

Glycyrrhiza glabra (Licorice, *Fabaceae*, Pea Family)
Adrenal stimulation, yin tonic.

Gynostemma pentaphyllum (Jiaogulan, *Cucurbitaceae*, Gourd Family)
Helps regulate sugar.

Oplopanax horridum (Devil's Club, *Araliaceae*, Ginseng Family)
Help regulate blood sugar.

Panax notoginseng (Notoginseng, *Araliaceae*, Ginseng Family)
use with caution when pregnant, causes body to try to abort fetus, otherwise a great chi tonic

Panax ginseng (Korean Ginseng, *Araliaceae*, Ginseng Family)
Anabolic, contraindicated with hot flashes/heat picture as it can be over-stimulating, otherwise good chi tonic.

Pfaffia paniculata (Suma/Brazilian Ginseng, *Amaranthaceae*, Amaranth Family)
Nutritive aphrodisiac, helps with conception.

Panax quinquefolius (North American Ginseng, *Araliaceae*)
Cooling, moistening, yin/chi tonic.

Rehmannia glutinosa (Rehmannia, *Orobanchaceae*, Broomrape Family)
Nourishing yin tonic.

Rhodiola rosea (Stonecrop/Golden Root, *Crassulaceae*, Stonecrop Family)
Can be somewhat stimulating, provides mental clarity.

Schisandra chinensis (Five Flavour Berry, *Schisandraceae*, Schisandra Family)
Nutritive to pregnant mothers.

Verbena officinalis (Verbena/Vervain, *Verbenaceae*, Vervain Family)
Not stimulating, good for stopping menstrual headaches & sweats, hot flashes.

Withania somnifera (Ashwagandha, *Solanaceae*, Nightshade Family)
Helpful for sleeping, nourishing.

DEEP IMMUNE ACTIVATION

THREE GINSENGS TONIC

ANALGESIC:

Anemone pulsatilla (Pasque Flower, *Ranunculaceae*, Buttercup Family)
If you use it fresh you have to drop dose, affinity for pelvic pain (uterine/ovarian).

Arnica species (Arnica, *Asteraceae*, Aster Family)
External only unless in homeopathic doses.

Corydalis ambigua (Corydalis, *Papaveraceae*, Poppy Family)
For congestion, improves circulation, strong painkiller.

Escholzia californica (California Poppy, *Papaveraceae*, Poppy Family)
Mild sedative, mild analgesic, spasmolytic.

Lactuca virosa (Wild Lettuce, *Asteraceae*, Aster Family)
Medium-strong analgesic, slightly sedative.

Matricaria recutita (Chamomile, *Asteraceae*, Aster Family)
Morning sickness, indigestion, affinity for digestive system.

Paeonia lactiflora (Peony, *Paeoniaceae*, Peony Family)
Improves circulation.

Piper methysticum (Kava Kava, *Piperaceae*, Piper Family)
Removes anxiety associated with birthing/pregnancy, best anxiolytic.

Piscidia erythrina (Jamaican Dogwood, *Fabaceae*, Pea Family)
Strong pain killer.

Salix alba (White Willow, *Salicaceae*, Willow Family)
Topical and internal (careful using internally as it can be irritating).

Valeriana officinalis (Valerian, *Caprifoliaceae*, Honeysuckle Family)
Hot nervine, NOT for yin deficiency.

Viburnum opulus/prunifolium (Viburnum, *Caprifoliaceae*, Honeysuckle Family)
Contains salicylates.

ANTI-ANDROGENIC (SARM) blocks 5 α -reductase, aromatase inhibitor, binds SHBG:

Epilobium parviflorum (Hoary Willowherb, *Onagraceae*, Evening Primrose Family)

Prunus africana (Pygeum, *Rosaceae*, Rose Family)

Serenoa serrulata (Saw Palmetto, *Arecaceae*, Palm Family)
Reduces size of androgen secreting glands, reduces inflammation, for alopecia

Urtica dioica rad. (Nettle Root, *Urticaceae*, Nettle Family)

ANTI GALACTOGOGUE:

Salvia officinalis (Sage, *Lamiaceae*, Mint Family)
Drying, apply topically to areolas to help wean a child off milk.

ANTISEPTICS:

Baptisia tinctoria (Wild Indigo, *Fabaceae*, Pea Family)
When there is pus, gram negative anaerobic bacteria, good for tissue putrefaction and decay or breakdown.

<i>Cinnamomum zeylanicum</i> (Cinnamon, Lauraceae, Laurel Family) Oral and digestive.
<i>Hydrastis canadensis</i> (Goldenseal, <i>Ranunculaceae</i> , Buttercup Family) CAUTION, strong
<i>Origanum vulgare</i> (Oregano, <i>Lamiaceae</i> , Mint Family) CAUTION, can be too hot
<i>Thymus vulgaris</i> (Thyme, <i>Lamiaceae</i> , Mint Family) CAUTION
ANTISPASMODICS:
<i>Angelica sinensis</i> (Dong Quai, <i>Apiaceae</i> , Carrot Family) Uterine cramping, lower abdominal pain(even back), improves uterine circulation, normalizes contractatory force of uterus.
<i>Cimicifuga racemosa</i> (Black Cohosh, <i>Ranunculaceae</i> , Buttercup Family) Joint pain and back pain for men and women, it also has an affinity to the pelvic organs, for cramps, <i>partus preparator</i> (preparing for birth).
<i>Corydalis ambigua</i> (Corydalis, <i>Papaveraceae</i> , Poppy Family) Spasms due to blood stagnation.
<i>Dioscorea villosa</i> (Wild Yam, <i>Dioscoreaceae</i> , Yam Family) Exceptional antispasmodic, abdominal/pelvic cramps, nourishing sugars.
<i>Matricaria recutita</i> (Chamomile, <i>Asteraceae</i> , Aster Family) Digestive tract and accessory pelvic areas through sympathy.
<i>Paeonia lactiflora</i> (Peony, <i>Paeoniaceae</i> , Peony Family) Improves circulation/blood flow.
<i>Piper methysticum</i> (Kava Kava, <i>Piperaceae</i> , Piper Family) Reduce anxiety/anesthetize → reduce spasm
<i>Valeriana officinalis</i> (Valerian, <i>Caprifoliaceae</i> , Honeysuckle Family) One of the strongest antispasmodics, antispasmodic to all muscle tissues.
<i>Viburnum opulus</i> (Cramp Bark, <i>Adoxaceae</i> , Adoxa Family) Helps to increase muscle tone in uterus, useful as partus prep.
<i>Viburnum prunifolium</i> (Blackhaw, <i>Caprifoliaceae</i> , Honeysuckle Family) Toning to pelvic muscles, useful as partus prep.
<i>Zingiber officinalis</i> (Wild ginger, <i>Zingiberaceae</i> , Ginger Family) Morning sickness.
ANTIHEMORRHAGIC
<i>Achillea millefolium</i> (Achillea, <i>Asteraceae</i>) Heavy menstrual bleeding.
<i>Capsella bursa-pastoris</i> (Capsella, <i>Brassicaceae</i> , Mustard Family) After birth.
<i>Panax notoginseng</i> (Tien chi, <i>Araliaceae</i> , Ginseng Family) After birth or trauma, do not take while pregnant.

APHRODISIACS:

Angelica sinensis (Dong Quai, *Apiaceae*, Carrot Family)
Increases blood circulation to uterine tissue.

Asparagus racemosus (Shatavari, *Asparagaceae*, Asparagus Family)
For females used in India for fertility, yin tonic, moistening, for arthritic pain.

Avena sativa (Oats, *Poaceae*, Grass Family)
Mild nervine, nutritive to nervous tissues, for nerve exhaustion.

Corynanthe yohimbe (Yohimbe, *Rubiaceae*, Madder Family)
CNS stimulant, number of alkaloids(Yohimbine), ideally for strongly built men, causes erections by increasing circulation/arterial dilation, caution with higher BP.

Epimedium grandiflorum (Horny Goat Weed, *Berberidaceae*, Barberry Family)
Increases testosterone levels.

Panax ginseng (Korean Ginseng, *Araliaceae*, Ginseng Family)
Liberates NO₂(dilation), increases circulation, increases kidney chi.

Polygonum multiflorum (Knotweed, *Polygonaceae*, Buckwheat Family)
Use in combination, toxicity after a few months is documented.

Serenoa serrulata (Saw Palmetto, *Arecaceae*, Palm Family)
Greasy fruit, nutritive.

Tribulus terrestris (Puncture Vine, *Zygophyllaceae*, Caltrop Family)
Increases male hormone production, anabolic.

Turnera diffusa (Damiana, *Passifloraceae*, Passion Flower Family)
Thymoleptic, improves pelvic circulation.

AQUARETICS:

Chimaphila umbellata (Pipsissewa, *Ericaceae*, Heath Family)
Rare, astringent.

Equisetum arvense (Horsetail, *Equisetaceae*, Horsetail Family)
Tincture fresh if possible, effective.

Levisticum officinalis (Lovage, *Apiaceae*, Carrot Family)
Strongest

Solidago odorata (Goldenrod, *Asteraceae*, Aster Family)
Affinity for lungs and kidneys.

ASTRINGENTS:

Alchemilla arvensis (Lady's Mantle, *Rosaceae*, Rose Family)
Often used externally, astringing to uterus/vagina.

Capsella bursa-pastoris (Shepherd's Purse, *Cruciferae/Brassicaceae*, Mustard Family)
Effective for stopping hemorrhagic bleeding after birth, causes uterine muscle to 'clamp' down on arterial flow, but take liberally, 1-15ml every 10mins, also for excess bleeding with menstrual cycle .

Vinca major (Greater Periwinkle, *Apocynaceae*, Dogbane Family)
Shifting blood flow out of pelvis and 'up'

BLADDER TONICS:

Alchemilla arvensis (Lady's Mantle, *Rosaceae*, Rose Family)
Astringing, cooling.

Arctostaphylos uva-ursi (Bearberry, *Ericaceae*, Heath Family)
Astringing, diuretic.

Chimaphila umbellata (Pipsissewa, *Ericaceae*, Heath Family)
Astringent, tonic

Equisetum arvense (Horsetail, *Equisetaceae*)
Diuretic, alters pH (alkalizes).

Galium aparine (Cleavers, *Rubiaceae*, Madder Family)
Lymphatic drainage, aids in complete expulsion of urine.

DECONGESTANTS:

Achillea millefolium (Yarrow, *Asteraceae*)
Moves blood across barriers.

Collinsonia canadensis (Stoneroot, *Lamiaceae*, Mint Family)
Decongestant, diuretic.

Castor oil (Castor bean, '*Ricinus communis*', *Euphorbiaceae*, Spurge Family)
Irritating in high concentrations, but moves lymph fluid, external use

Lamium album (White Deadnettle, *Lamiaceae*, Mint Family)
Leukorrhea, excess fluid.

Nymphaea alba (Water Lily root, *Nymphaeaceae*, Water Lily Family)
Leukorrhea, moves fluid, topically for infections.

Paeonia lactiflora (Peony, *Paeoniaceae*)
Root, normalizes blood flow through pelvis, caution with excess blood flow.

Zingiber officinalis (Wild Ginger, *Zingiberaceae*)
Moves blood through pelvis, helps move herbs to pelvic region.

DIURETIC HERBS:

Agropyron repens (Couch Grass, *Poaceae*, Grass Family)
Demulcent

Betula spp. (Birch, *Betulaceae*, Birch Family)
Anti-inflammatory

Daucus carota (Wild Carrot, *Apiaceae*)
good diuretic, also for morning after (take for 3 days)

Galium aparine (Cleavers, *Rubiaceae*, Madder Family)
Pelvic decongestant.

Glechoma hederacea (Ground Ivy, *Lamiaceae*)

Hedeoma pulegioides (Pennyroyal, *Lamiaceae*)
Abortifacient potentially.

Juniperus communis (Juniper, *Cupressaceae*, Cypress or Cedar Family)
Antiseptic

<p><i>Taraxacum officinalis fol.</i> (Dandelion leaf, <i>Asteraceae</i>) Potassium sparing diuretic, provides the potassium that may be lost.</p>
<p><i>Tanacetum vulgare</i> (Tansy, <i>Asteraceae</i>) Moves blood (same tribe as Achillea).</p>
<p><i>Zea mays</i> (Corn Silk, <i>Poaceae</i>, Grass Family) Demulcent</p>
<p>EMMENAGOGUES:</p>
<p><i>Achillea millefolium</i> (Yarrow, <i>Asteraceae</i>, Sunflower Family) Moves blood, mild bitter.</p>
<p><i>Angelica sinensis</i> (Dong Quai, <i>Apiaceae</i>) Improves digestion, stimulates metabolism and secretions.</p>
<p><i>Artemesia absinthium</i> (Wormwood, <i>Asteraceae</i>) Very bitter (which is good), stimulates secretions.</p>
<p><i>Artemesia vulgaris</i> (Mugwort, <i>Asteraceae</i>) Mild bitter.</p>
<p><i>Caulophyllum thalictroides</i> (Blue Cohosh, <i>Berberidaceae</i>, Barberry Family) Strengthens pelvic/uterine muscles.</p>
<p><i>Chamaelirium luteum</i> (False Unicorn, <i>Melanthiaceae</i>) Endangered</p>
<p><i>Mentha pulegium</i> (European Pennyroyal, <i>Lamiaceae</i>) Abortifacient</p>
<p><i>Tanacetum vulgare</i> (Tansy, <i>Asteraceae</i>) Similar to <i>Achillea</i>(Closely related), bitter.</p>
<p>GALACTAGOGUES:</p>
<p><i>Borago officinalis</i> (Borage, <i>Boraginaceae</i>) Highly nutritive, increases milk production, more nutritious milk.</p>
<p><i>Cnicus benedictus</i> (Blessed Thistle, <i>Asteraceae</i>) Stimulates glandular secretions</p>
<p><i>Foeniculum vulgare</i> (Fennel, <i>Apiaceae</i>) More milk volume, higher fat content, theoretically down-regulates the inhibitory effect of dopamine on prolactin secretion.</p>
<p><i>Galega officinalis</i> (Goat's Rue, <i>Fabaceae</i>, Pea Family) Farmers noticed their livestock(goats) had higher milk production.</p>
<p><i>Trigonella foenum-graceum</i> (Fenu-Greek, <i>Fabaceae</i>)</p>
<p><i>Vitex agnus-castus</i> (Chaste Tree Berry, <i>Verbenaceae</i>, Vervain Family) If you take too much it can inhibit lactation, too little won't increase it, makes it difficult to dose.</p>
<p>HEPATICS: supporting liver can help cleanse before pregnancy, more toned liver can help conjugate excess estrogen and other hormones and encourages protein metabolism/catabolism</p>
<p><i>Bupleurum falcatum</i> (Bupleurum, <i>Apiaceae</i>) Bitter, minor cholagogue, too much causes diarrhea, cooling</p>

<i>Chelidonium majus</i> (Greater Celandine, <i>Papaveraceae</i> , Poppy Family) Bitter, causes lots of bile production
<i>Curcuma longa</i> (Turmeric, <i>Zingiberaceae</i>) Anti-inflammatory to liver
<i>Dioscorea villosa</i> (Wild Yam, <i>Dioscoreaceae</i> , Yam Family) Bitter, abdominal/pelvic cramps
<i>Glycyrrhiza glabra</i> (Licorice, <i>Fabaceae</i>) Bitter, soothing hepatic, steroidal saponins, considered estrogenic
<i>Hypericum perforatum</i> (St. John's Wort, <i>Hypericaceae</i>) Excessive liver heat(toxicity, damage, infection), neuropathies.
<i>Panax notoginseng</i> (Notoginseng, <i>Araliaceae</i>) Bitter, kills hepatitis C virus, also hepatoprotective.
<i>Picrorhiza kurroa</i> (Kutki, <i>Plantaginaceae</i> , Plantain Family) Hepatitis(all), digestive bitter, protective.
<i>Schisandra chinensis</i> (Five Flavour Berry, <i>Schisandraceae</i>) Hepatoprotective, nutritive, adaptogenic.
<i>Silybum marianum</i> (Milk Thistle, <i>Asteraceae</i>) Hepatotoxicity
<i>Taraxacum officinalis rad.</i> (Dandelion, <i>Asteraceae</i>) Cooling, soothing, nutritive.
HORMONE BALANCERS:
<i>Angelica sinensis</i> (Dong Quai, <i>Apiaceae</i>) Works in ovaries and pituitary, balances progesterone and estrogen feedbacks.
<i>Borago officinalis</i> (Borage, <i>Boraginaceae</i>) Trophorestorative to adrenals, cortisol downregulates several hormones.
<i>Caulophyllum thalictroides</i> (Blue Cohosh, <i>Berberidaceae</i>) Ovaries, uterus, increases fertility.
<i>Chamaelirium luteum</i> (False Unicorn, <i>Melanthiaceae</i>) Works in uterus and ovaries to produce estrogen.
<i>Dioscorea villosa</i> (Wild Yam, <i>Dioscoreaceae</i>) Helps to remove excess steroids.
<i>Glycyrrhiza glabra</i> (Licorice, <i>Fabaceae</i>) More estrogenic in action, helps support adrenals.
<i>Paeonia lactiflora</i> (Peony, <i>Paeoniaceae</i>) Regulates blood, considered progesterogenic.
<i>Smilax species</i> (Sarsaparilla, <i>Smilacaceae</i> , Sarsaparilla/Greenbrier Family) Works in adrenals, trophorestorative to ovaries and testes, used by athletes as an adaptogen, helps to build tissue (anabolic).
<i>Tribulus terrestris</i> (Puncture Vine, <i>Zygophyllaceae</i>) For weightlifters, again helps with anabolic tissue production.
<i>Trifolium pratense</i> (Red Clover, <i>Fabaceae</i>) Somewhat phytoestrogenic, phytoestrogens compete with estrogens and xenoestrogens.
<i>Trigonella foenum-graecum</i> (Fenugreek, <i>Fabaceae</i>) Acts like a SERM, tells body it needs more.

<p><i>Verbena officinalis</i> (Vervain, <i>Verbenaceae</i>) Menstrual irregularity.</p>
<p><i>Vitex agnus-castus</i> (Chaste-tree berry, <i>Verbenaceae</i>) Works specifically in pituitary by stimulating or normalizing sex hormone secretions, relieves symptoms of PMS for many women, stimulates pituitary to produce more LH which stimulates production of progesterone, also shown to normalize prolactin secretions.</p>
<p>NERVINES:</p>
<p><i>Avena sativa</i> (Oats, <i>Poaceae</i>, Grass Family) Nutritive to nerves.</p>
<p><i>Humulus lupulus</i> (Hops, <i>Cannabaceae</i>, Cannabis Family) Strong sedative-hypnotic, contraindicated with nausea.</p>
<p><i>Hypericum perforatum</i> (St. John's Wort, <i>Hypericaceae</i>) Anti-inflammatory, nerve restorative, neuropathy, cooling to liver.</p>
<p><i>Leonurus cardiaca</i> (Motherwort, <i>Lamiaceae</i>) For heart irregularities.</p>
<p><i>Matricaria recutita</i> (Chamomile, <i>Asteraceae</i>) Anti-inflammatory to digestive tract, sleep inducing.</p>
<p><i>Melissa officinalis</i> (Lemon Balm, <i>Lamiaceae</i>) Cooling, for hyperactivity.</p>
<p><i>Nepeta cataria</i> (Catnip, <i>Lamiaceae</i>) Relaxing, for children.</p>
<p><i>Passiflora incarnata</i> (Passion Flower, <i>Passifloraceae</i>) For thinkers, mental activity.</p>
<p><i>Piper methysticum</i> (Kava Kava, <i>Piperaceae</i>) For anxiety.</p>
<p><i>Scutellaria lateriflora</i> (Skullcap, <i>Lamiaceae</i>) Feeds, sedates, good for PMS (mood swings, irritability).</p>
<p><i>Tilia europaea</i> (Linden tree, <i>Malvaceae</i>) Relaxes smooth muscle, increases circulation, late night sleeping.</p>
<p><i>Valeriana officinalis</i> (Valerian, <i>Caprifoliaceae</i>, Honeysuckle Family) Works on all muscle types.</p>
<p><i>Verbena officinalis</i> (Vervain, <i>Verbenaceae</i>) Good for nerves, lungs, hormones.</p>
<p>OESTROGENICS (SERM): phytoestrogens are antagonists to endogenous estrogen, consequently reduces estrogen production</p>
<p><i>Caulophyllum thalictroides</i> (Blue Cohosh, <i>Berberidaceae</i>) Uterus, Ovaries.</p>
<p><i>Chamaelirium luteum</i> (False Unicorn, <i>Melanthiaceae</i>) Uterus, secondarily to ovaries.</p>
<p><i>Cimicifuga racemosa</i> (Black Cohosh, <i>Ranunculaceae</i>) Most popular, systemic, also specific for excessive receptors of cancer in breast tissue.</p>
<p><i>Glycyrrhiza glabra</i> (Licorice, <i>Fabaceae</i>) Moistening, yin tonic.</p>

<i>Humulus lupulus</i> (Hops, <i>Cannabaceae</i>) Bitter, drying, warming.
<i>Medicago sativa</i> (Alfalfa, <i>Fabaceae</i>) Highly nutritive.
<i>Salvia officinalis</i> (Sage, <i>Lamiaceae</i>) Drying, caution.
<i>Trifolium pratense</i> (Red Clover, <i>Fabaceae</i>) Lymphatic
<i>Trigonella foenum-graecum</i> (Fenugreek, <i>Fabaceae</i>)
OVARIAN TONICS:
<i>Anemone pulsatilla</i> (Pasque Flower, <i>Ranunculaceae</i>) Helps regulate blood flow, reduces pain.
<i>Chamaelirium luteum</i> (False Unicorn, <i>Melanthiaceae</i>) Before/after birth.
<i>Paeonia lactiflora</i> (Peony, <i>Paeoniaceae</i>) Reduces congestion.
<i>Vitex agnus-castus</i> (Chaste Tree Berry, <i>Verbenaceae</i>) Ovarian/pituitary, normalizes female hormones.
PARTUS PREPARATOR: eases birth by toning uterine muscles and pelvic tissues
<i>Aralia racemosa</i> (Spikenard, <i>Araliaceae</i>) Anabolic, improves stress resistance.
<i>Caulophyllum thalictroides</i> (Blue Cohosh, <i>Berberidaceae</i>) Last half of third trimester.
<i>Cimicifuga racemosa</i> (Black Cohosh, <i>Ranunculaceae</i>) Used in Germany and other European countries to induce labour, not used in first trimester.
<i>Mitchella repens</i> (Partridge Berry, <i>Rubiaceae</i> , Madder Family) Last half of third trimester, safest, largest proportion of the formula for partus prep.
<i>Rubus idaeus</i> (Raspberry leaf, <i>Rosaceae</i> , Rose Family) Nutritive, astringent.
PELVIC DECONGESTANTS:
<i>Ceanothus americanus</i> (Red Root, <i>Rhamnaceae</i> , Buckthorn Family) Lymph, decongests RBC's (Red Blood Cells).
<i>Phytolacca decandra</i> (Pokeweed, <i>Phytolaccaceae</i>) Externally in castor oil(<i>Ricinus</i>), powerful lymphatic internally or externally.
<i>Zingiber officinalis</i> (Wild Ginger, <i>Zingiberaceae</i>) Warming

PROSTAGLANDIN INHIBITORS: “anti-pro-inflammatory”

Angelica sinensis (Dong Quai, *Apiaceae*)
Tones blood and female organs.

Curcuma longa (Turmeric, *Zingiberaceae*)
Anti-inflammatory

Prunus africana (Pygeum, *Rosaceae*)
Inflammation of the prostate.

Tanacetum parthenium (Tansy, *Asteraceae*)

Verbena officinalis (Vervain, *Verbenaceae*)

Zingiber officinalis (Wild Ginger, *Zingiberaceae*)

TONICS:

Chamaelirium luteum (False Unicorn, *Melanthiaceae*)
Stimulates muscle to ease contraction.

Galium aparine (Cleavers, *Rubiaceae*)
drains fluid, decongestant

Taraxacum officinalis rad. (Dandelion root, *Asteraceae*)
Mild, nutritive.

Urtica dioica (Nettle, *Urticaceae*, Nettle Family)
Leaf, high in minerals and protein.

UTERINE TONICS: exercises uterine muscles

Caulophyllum thalictroides (Blue Cohosh, *Berberidaceae*)

Chamaelirium luteum (False Unicorn, *Melanthiaceae*)

Cimicifuga racemosa (Black Cohosh, *Ranunculaceae*)

Lamium album (White Deadnettle, *Lamiaceae*)

Mitchella repens (Partridge berry, *Rubiaceae*)

HERBS CONTRAINDICATED IN PREGNANCY

+ culinary use only

LATIN BINOMIAL	FOLK NAME	LATIN BINOMIAL	FOLK NAME
<i>Angelica archangelica</i>	Angelica	<i>Piscidia erythrina</i>	Jamaican dogwood
<i>Angelica sinensis</i>	Don Quai	<i>Podophyllum peltatum</i>	Mandrake
<i>Artemisia absinthium</i>	Wormwood	<i>Rhamnus cathartica</i>	Alder Buckthorn
<i>Berberis vulgaris</i>	Barberry	<i>Rhamnus purshiana</i>	Cascara
<i>Caulophyllum thalictroides</i>	Blue Cohosh	<i>Rheum palmatum</i>	Rhubarb
<i>Chelidonium majus</i>	Greater Celandine	<i>Rosmarinus officinalis</i>	Rosemary +
<i>Cimicifuga racemosa</i>	Black Cohosh	<i>Rumex crispus</i>	Yellow Dock
<i>Cinchona succirubra</i>	Jesuits Bark	<i>Salvia officinalis</i>	Sage +
<i>Datura stramonium</i>	Thornapple	<i>Sanguinaria canadensis</i>	Bloodroot
<i>Hedeoma pulegioides</i>	Penny Royal	<i>Sarothamnus scoparius</i>	Broom
<i>Hydrastis canadensis</i>	Goldenseal	<i>Solanum species</i>	Nightshade
<i>Juniperus communis</i>	Juniper	<i>Tanacetum parthenium</i>	Feverfew
<i>Levisticum officinalis</i>	Lovage	<i>Tanacetum vulgare</i>	Tansy
<i>Myristica officinalis</i>	Nutmeg+	<i>Thuja occidentalis</i>	Thuja
<i>Panax notoginseng</i>	Tien Qi	<i>Thymus vulgaris</i>	Thyme +
<i>Peumus boldus</i>	Boldo	<i>Verbena officinalis</i>	Vervain
<i>Phytolacca Americana</i>	Pokeroot	<i>Viscum album</i>	Mistletoe

SUMMARY OF ACTIONS

ADAPTOGENS

Astragalus membranaceus, Centella asiatica, Eleutherococcus senticosus, Epimedium grandiflorum, Glycyrrhiza glabra, Gynostemma pentaphyllum, Oplapanax horridum, Panax notoginseng, Panax ginseng, Pfaffia paniculata, Panax quinquefolius, Rehmannia glutinosa, Rhodiola rosea, Schisandra chinensis, Verbena officinalis, Withania somnifera
DEEP IMMUNE ACTIVATION and THREE GINSENGS TONIC

ANALGESIC

Anemone pulsatilla, Arnica spp., Corydalis ambigua, Eschscholzia californica, Lactuca virosa, Matricaria recutita, Paeonia lactiflora, Piper methysticum, Piscidia erythrina, Salix alba, Valeriana officinalis.

ANTI-ANDROGENIC (SARM) block 5 α -reductase, aromatase inhibitor, binds SHBG:

Epilobium parviflorum, Prunus africana, Serenoa serrulata, Urtica dioica rad.

ANTI GALACTOGOGUE

Salvia officinalis.

ANTISEPTICS

Baptisia tinctoria, Coptis chinensis, Cinnamomum zeylanicum, Hydrastis canadensis, Origanum vulgare, Thymus vulgaris

ANTISPASMODICS

Angelica sinensis, Cimicifuga racemosa, Corydalis ambigua, Dioscorea villosa, Matricaria recutita, Paeonia lactiflora, Piper methysticum, Valeriana officinalis, Viburnum opulus, Viburnum prunifolium, Zingiber officinalis.

APHRODISIACS

Angelica sinensis, Asparagus racemosus, Avena sativa, Corynanthe yohimbe, Epimedium grandiflorum, Panax ginseng, Polygonum multiflorum, Serenoa serrulata, Tribulus terrestris, Turnera diffusa

AQUARETICS

Chimaphila umbellata, Equisetum arvense, Levisticum officinale, Solidago spp.

ASTRINGENTS

Alchemilla arvensis, Capsella bursa-pastoris, Vinca major

BLADDER TONICS

Alchemilla arvensis, Chimaphila umbellata, Equisetum arvense, Galium aparine

DECONGESTANTS

Achillea millefolium, Collinsonia canadensis, Castor oil, Lamium album, Nymphaea alba, Paeonia lactiflora, Zingiber officinalis.

DIURETIC HERBS

Agropyron repens, Betula spp., Chamaelirium luteum, Daucus carota, Galium aparine, Glechoma hederacea, Hedeoma pulegioides, Juniperus communis, Taraxacum officinale fol., Tanacetum vulgare, Zea mays

EMMENAGOGUES

Angelica sinensis, Artemesia absinthium, Artemesia vulgaris, Caulophyllum thalictroides, Chamaelirium luteum, Mentha pulegium, Tanacetum vulgare

GALACTAGOGUES

Borago officinalis, Cnicus benedictus, Foeniculum vulgare, Galega officinalis, Trigonella foenum-graceum, Vitex agnus-castus

HEPATIC

Bupleurum chinensis, Chelidonium majus, Curcuma longa, Glycyrrhiza glabra, Hypericum perforatum, Panax notoginseng, Picrorhiza kurroa, Schisandra chinensis, Silybum marianum, Taraxacum officinale rad.

HORMONAL BALANCERS

Angelica sinensis, Borago off., Caulophyllum thalictroides, Chamaelirium luteum, Dioscorea villosa, Glycyrrhiza glabra, Paeonia lacti ora, Smilax spp., Tribulus terrestris, Trifolium pratense, Trigonella foenum-graecum, Verbena off., Vitex agnus-castus

NERVINES

Avena sativa, Humulus lupulus, Hypericum perforatum, Leonurus cardiaca, Matricaria recutita, Melissa off., Nepeta cataria, Passiflora incarnata, Piper methysticum, Scutellaria lateri ora, Tilia europa, Valeriana off., Verbena off.

OESTROGENICS (SERM)

Caulophyllum thalictroides, Chamaelirium luteum, Cimicifuga racemosa, Glycyrrhiza glabra, Humulus lupulus, Medicago sativa, Pueraria miri ca, Trifolium pratense, Trigonella foenum-graecum

OVARIAN TONICS

Anemone pulsatilla, Chamaelirium luteum, Paeonia lacti ora, Vitex agnus-castus

PARTUS PREPARATOR

Aralia racemosa, Caulophyllum thalictroides, Cimicifuga racemosa, Mitchella repens

PELVIC DECONGESTANTS

Ceanothus americanus, Phytolacca decandra, Zingiber off.

PROSTAGLANDIN INHIBITORS

Angelica sinensis, Curcuma longa, Prunus africana, Verbena off., Tanacetum parthenium, Zingiber off.

TONICS

Galium aparine, Taraxacum off. rad., Urtica dioica

UTERINE TONICS

Caulophyllum thalictroides, Chamaelirium luteum, Cimicifuga racemosa, Lamium album, Mitchella repens