

CHASTE TREE

Vitex agnus-castus

Been in use since ancient times for various women's health issues. In Ancient Rome, 'vestal virgins' wore the leaves as a symbol of chastity. Monks wore it on their belt to promote chastity.

Herbal Actions

Helps to regulate menstrual cycles, most likely because it works on the HPO axis balancing prolactin levels, enhances corpus luteum development and by that end boosts progesterone.

May aid fertility when luteal phase issues or progesterone issues Useful for PMS, especially when there is breast tenderness, acne, migraines and mood swings

Galactagogue – May help to promote breast milk when used in low doses

Supports pituitary health and hormone regulation – can regulate prolactin levels

May help to smooth the passage of perimenopause



CHASTE TREE

Vitex agnus-castus

Energetics
Slightly warming and drying



Cautions

Best not used when our bodies are establishing hormone balance e.g. in teen years; not always indicated in PCOS; I advise waiting 3 months after cessation of OCP The first month or two may cause some unusual periods while sorting things out

Some people may experience some mood shits initially – combine with nervous system herbs if so.

Dose example

20 drop liquid extract each morning. Stop during menstruation.





DONG QUAI

Angelica sinensis

Has been referred to as 'women's ginseng'. It's strengthening, cleansing, relaxing, protective. A blood tonic, it brings energy back to the system but it's main focus is on the reproductive system.

Herbal Actions

Uterine tonic
Blood tonic
Brain tonic
Liver support
Immune and Inflammation balancer
Circulatory stimulant
Analgesic and anti-spasmodic



DONG QUAI

Angelica sinensis



Energetics

Warming, moistening, nourishing

Cautions

Don't used with warfarin, or if you have a history of spontaneous miscarriage as it has anticoagulant effects. This is not always a bad thing, and part of why it's so good for clotty periods. Best when taken on days not menstruation – for those with a heavy bleed avoid taking it during your period.

Generally not recommended in pregnancy due to lack of data, however when combined with certain herbs it may be helpful – always seek practitioners advice if pregnant. Strong historical TCM use in miscariage prevention.

Avoid in overly hot constitutions without balancing herbs

Dose example

1-3mL three times daily of fluid extract





MOTHERWORT

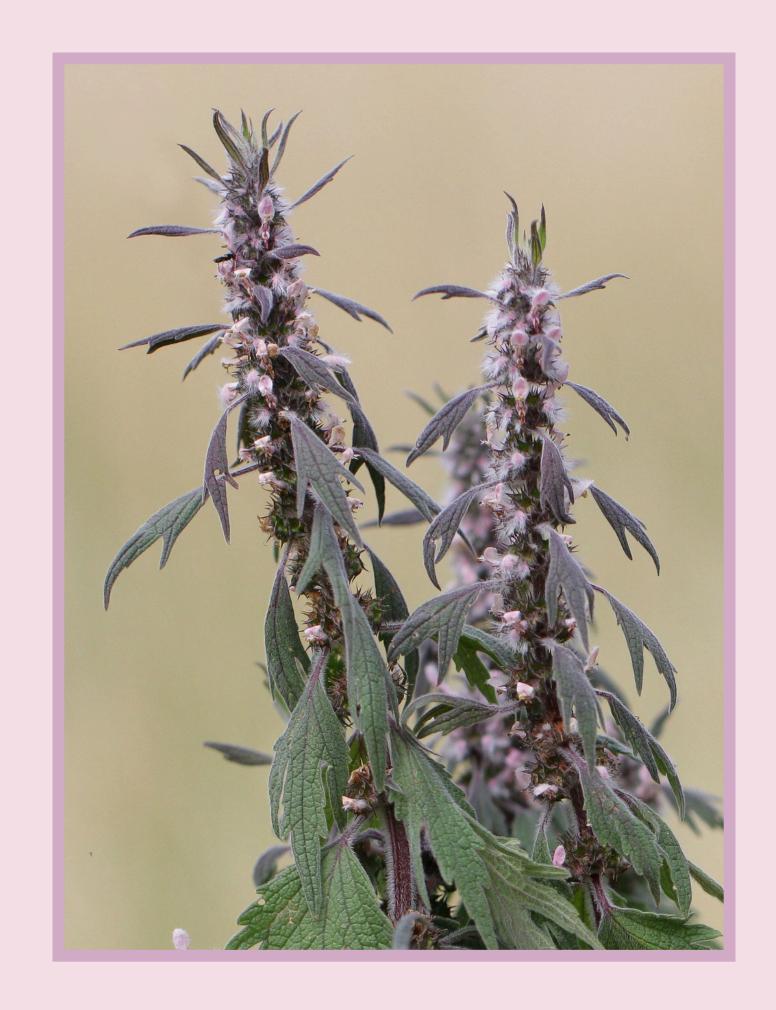
Leonurus cardiaca

A nurturing herb that helps to establish the rhythm of the heart and of the menstrual cycle.

Often used for palpitations related to anxiety or hyperthyroidism.

Herbal Actions

Bitter
Relaxing nervine
Antispasmodic
Emmenagogue
Cardiotonic
antiarythmic



MOTHERWORT

Leonurus cardiaca



Energetics Cooling, relaxing, drying

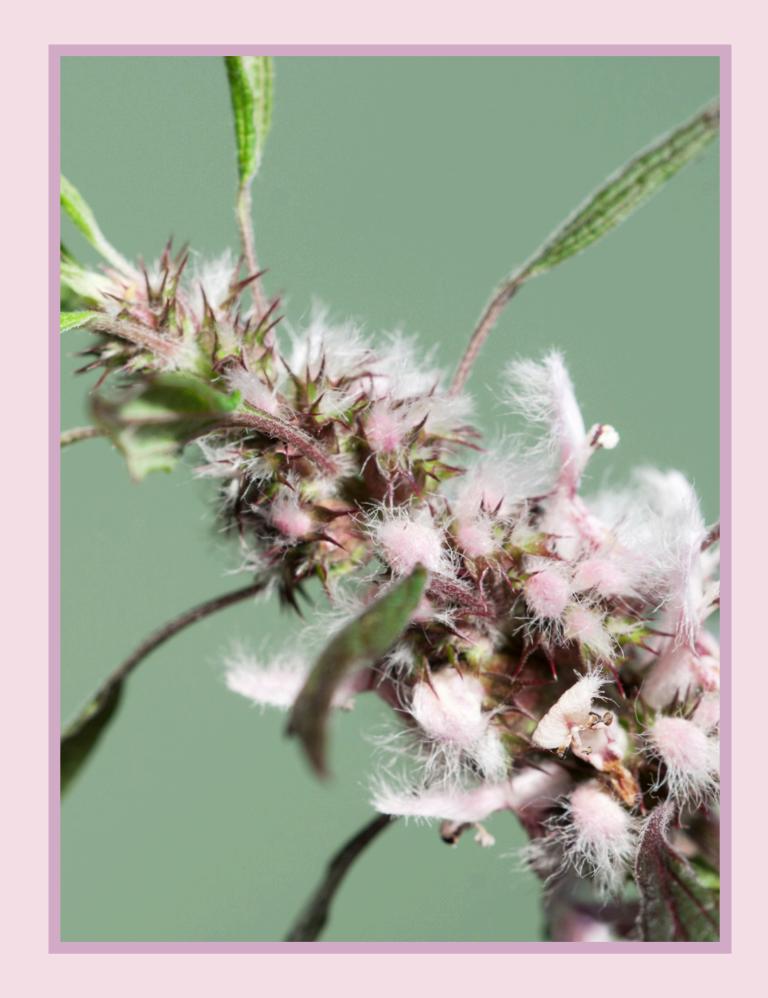
Cautions

Potential caution in those with hypothyroidism

Do not use in early stages of pregnancy or if trying to conceive

Monitor blood pressure in those who are taking BP medications
due to possible additive effect

Dose example 600mg twice daily or 1.2 mL two times daily of fluid extract





WITHANIA

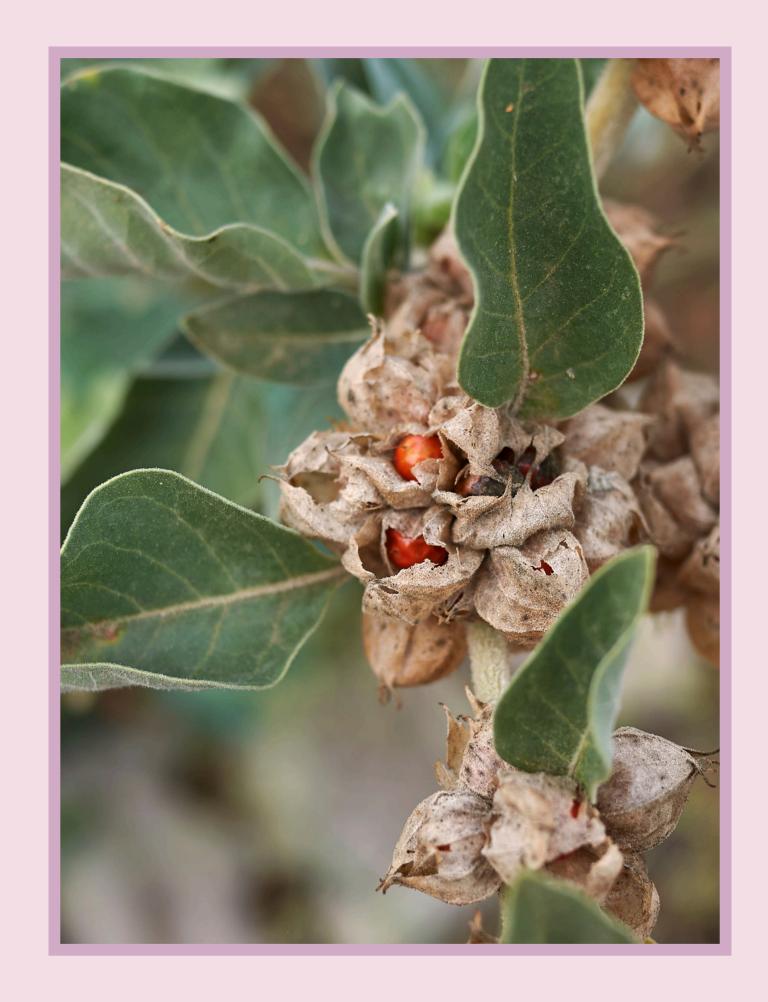
Withania somnifera

Often referred to by it's alternate name, Ashwaganda.

A calming adpatogen, thought to provide strength and energy Supports many body systems including the immune system, hormonal balance of the thyroid, adrenals and blood sugars. Suited to those who are wired and tired.

Herbal Actions

Adaptogenic
Anxiolytic
Antioxidant
Immunomodulant
Anticancer
Chemoprotective
Hypotensive
Anti-inflammatory
Anti-arrythmic



WITHANIA

Withania somnifera



Energetics Hot, dry

Cautions

Conflicting information about pregnancy safety
May cause GIT irritation
Caution alongside immunosuppressant medications
Contraindicated in hyperthyroidism

Dose example
I tsp powder mixed with warm milk or ghee
250-600mg powdered extract daily
40-90ml of I:2 extract per week





LADY'S MANTLE

Alchemilla vulgaris

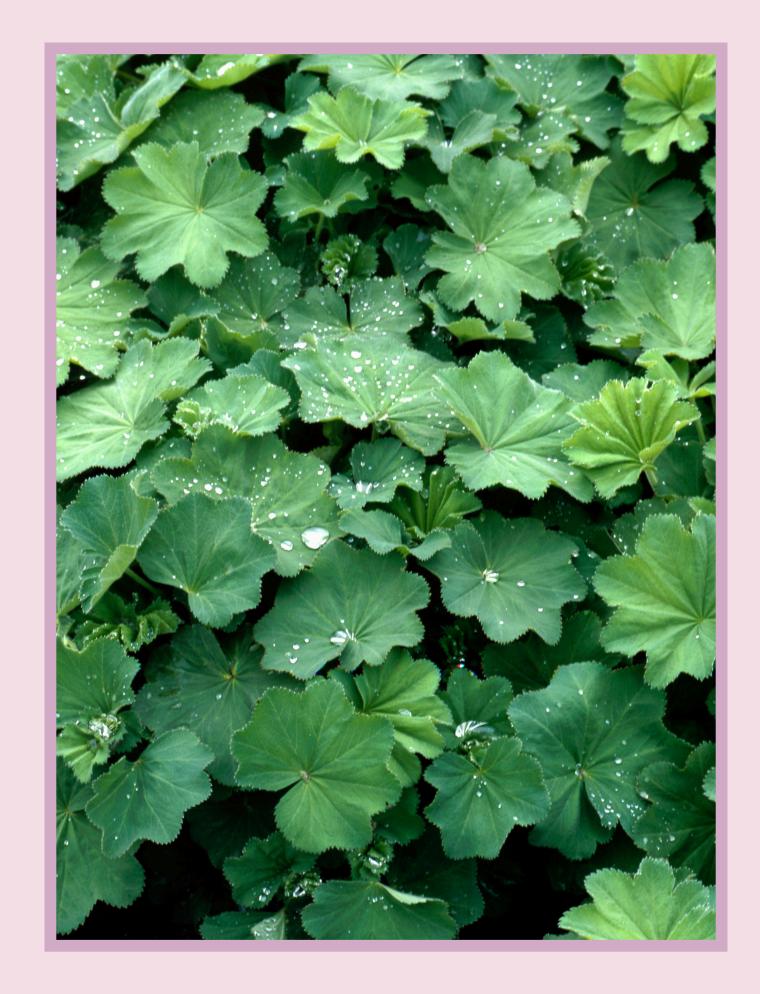
Often referred to by it's alternate name, Ashwaganda.

A calming adpatogen, thought to provide strength and energy Supports many body systems including the immune system, hormonal balance of the thyroid, adrenals and blood sugars. Suited to those who are wired and tired.

Herbal Actions

Anti-inflammatory
Antidiarrhoea
Antihaemorrhagic (uterine)
Antilithic
Antipyretic
Styptic
Vulnerary

Uterine tonic
Astringent
Demulcent
Emmenagogue
Menstrual cycle regulator
Nervine tonic
Vasodilator



LADY'S MANTLE

Alchemilla vulgaris



Energetics Cooling, drying, tonifying

Safe in pregnancy and breastfeeding Potential interaction with Pitocin

Dose example

For heavy bleeding, mix with yarrow, shepherds purse and cinnamon, take 1/2 cup of infusion every 15 minutes until heavy bleeding eases

3ml fluid extract three times daily during luteal phase



REFERENCES

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