

Black cohosh

Botanical name: *Actaea racemosa*/*Cimicifuga racemosa*

Energetics/Actions: Bitter, pungent, cool, antispasmodic, uterine tonic, hormonal modulator, adaptogen, musculoskeletal anodyne

#### Description

Black Cohosh is used traditionally by Indigenous North American tribes of the east for regulating symptoms of the reproductive organs in women.

This plant is also called 'Fairy Candles' and when you see a stand of them together, you'll

understand why! Black Cohosh is one of the most popular herbal medicines sold. It is a well studied herb for use during menopause and provides relief for many symptoms. Do not confuse with Blue Cohosh, which is a different herb. \*Black Cohosh is an 'At Risk' herb. Do not harvest in the wild.



#### Uses

Menopausal symptoms: Excellent for hot flashes and other menopausal symptoms. \*Good studies.

Musculoskeletal pain: Used for muscle pain and pain due to arthritis.

Menstrual cramps: A good herb to include in menstrual formulas.

Anxiety: Particularly during menopause.

Insomnia due to anxiety: Gently calming and relaxing.

Body aches due to influenza: Useful for aching due to fever or the flu.

Cough: Calms coughs due to antispasmodic action.

#### Dose

Decoction: ½ teaspoon in 1 cup boiling water. Simmer for 10-15 minutes.

Dried root: 1 gram up to 3 times a day.

Tincture: 1 dropperful 1-2 times a day.

#### Safety Information

Not for use in pregnancy or breastfeeding, except for short duration during labor. There have been some reports of liver damage which are still being investigated. Do not give to children.