

Crampbark

Botanical name: *Viburnum opulus*

Energetics/Actions: Bitter, antispasmodic, anti-inflammatory, astringent, nervine

Description

Crampbark is used by eastern Indigenous tribes in North America for muscular spasms and for gynecological and pregnancy care. The name 'Crampbark' comes from the fact that the bark of the shrub is used as medicine. Crampbark is almost always found in herbal formulas for dysmenorrhea (menstrual pain). It is good for muscular cramps and spasms in general. Black Haw (*Viburnum prunifolium*) is its sister herb and has similar effects but should be used with caution in people who have kidney disease.



Uses

Uterine pain: A “go to” herb for uterine cramping of all sorts: menstrual cramps, afterbirth pains, ovarian pain.

Chronic pelvic pain: Calming and soothing.

Irritable bladder: Nice addition to a UTI formula.

Muscle pain: Useful for muscle spasms and back pain-best as part of a site specific formula.

May also be used topically for musculoskeletal pain.

Kidney stones: Crampbark is high in citrate, which helps the body to excrete kidney stones.

More studies are needed for this use.

Dose

Tincture: 1-2 teaspoons 3 times a day as needed for pain.

Decoction: 1 teaspoon dried herb in 1 cup boiling water, steep 20 minutes. Take 3 times a day as needed.

Safety Information

Generally considered to be safe but as always, consult with a healthcare provider if you are taking medications for chronic conditions. The berries can be toxic in larger doses.