

Motherwort

Botanical name: *Leonurus cardiaca*

Energetics/Actions: Bitter, pungent, cool, sedative, antispasmodic, cardiac tonic, mild diuretic

Description

Leonurus cardiaca means “lion hearted” and the name Motherwort means “healing herb for mothers”. This is an excellent herb for irritability and emotional changes associated with hormonal changes and exhaustion and is often used to decrease pain associated with breastfeeding during the first days after birth. This herb is also useful for grief and heartbreak.



Uses

Anxiety: Decreases anxiety. Especially useful during perimenopause, postpartum and for mothers.

Heart palpitations: Useful for palpitations, especially those associated with anxiety or panic attacks.

Menstrual irregularity: Used in formulas to regulate menstrual cycles and for menopausal symptoms.

Heart health: Traditionally used to strengthen the heart. Also acts as a mild diuretic.

Dose

Tea: 1 ounce in 1 pint of water. Keep in mind, this is a very bitter herb.

Tincture: 2-4 ml taken 1-3 times a day.

Safety Information

Not for use during pregnancy.