

Shepherd's purse

Botanical name: *Capsella bursa-pastoris*

Energetics/Actions: Bitter, cool, pungent, uterine stimulant, styptic, astringent

Description

Shepherd's purse is traditionally used as a styptic. A "go to" herb for midwives, this herb is used to control uterine bleeding. It is approved for use in Europe for nosebleeds and excessive menstrual bleeding. Shepherd's Purse has a chemical constituent that makes the uterus contract.

Uses

Uterine bleeding: Useful for heavy menstrual bleeding, perimenopausal flooding and postpartum bleeding.

Nosebleeds: Approved for use in Europe.

Lower extremities: Used by herbalists for varicose veins with a sensation of heaviness and pain in the legs.



Dose

Tincture: ½ teaspoon up to 3 times a day as needed. For heavy bleeding: may take up to 2 teaspoons and repeat as needed. *Best used as a tincture.

Safety information

Not for use in pregnancy. Avoid use in persons with heart conditions or high blood pressure.

Talk to your healthcare provider if you are taking medications. *Recurrent abnormal or heavy bleeding requires an evaluation by a healthcare provider. Do not rely on herbs to treat recurrent abnormal bleeding unless under the care of a licensed professional.