

Vitex (Chasteberry)

Botanical name: *Vitex agnus-castus*

Energetics/Actions: Pungent, bitter, astringent, drying, prolactin inhibitor, emmenagogue, hormonal regulator, antimicrobial

Description

Vitex is also known as Chasteberry or Monk's Pepper because it is said that in the Middle Ages monks took the berries to decrease their libido. It was also used in ancient Greece by the priestesses in the temples of Demeter. Vitex is useful to women and men going through midlife transitions. It is also somehow known as an aphrodisiac.



Uses

Menstrual regulator: Used to regulate menstrual cycles.

Fibrocystic breasts: Decreases pain and swelling.

Premenstrual syndrome: Improves many symptoms of PMS.

Infertility: Regulates cycles which improves chance of conception.

Antimicrobial: Topically as an essential oil in a carrier oil.

Dose

Tincture: 1 dropperful 2-3 times a day *or* 5 ml once a day in the morning.

Decoction: 1 teaspoon berries in 1 cup boiling water, decoct for 10-15 minutes. Take 3 times a day.

Safety Information

May interfere with oral contraceptives. Generally safe, but talk to your healthcare provider if you are taking medications. Not for use during pregnancy or breastfeeding unless under the direction of a qualified professional. Discontinue use if symptoms of depression occur.