Nettle

Urtica dioica, often known as common nettle, stinging nettle (although not all plants of this species sting) or nettle leaf, is an herbaceous perennial flowering plant in the family Urticaceae.

Originally it is native to Europe, grown all over the world in mild to temperate climate.

The plant has a long history of use as a source for traditional medicine, food, tea, and textile raw material in ancient societies.

Nettles have traditionally been used as a nutritious food, particularly in spring time in rural areas. The Romans are said to have consumed nettle. In Greek and roman times, nettle roots were used for meat tenderization.

Benefits of nettle

1. Treating benign prostatic hyperplasia (BPH): it is a noncancerous growth of the prostate gland in men. Stinging nettle may help slow the growth of the prostate by affecting hormone level.
2. Relieving arthritis.
3. Reducing seasonal allergies.

U.dioica herb has been used in the traditional Austrian medicine internally (as tea or fresh leaves) to treat disorders of the kidney and urinary tract, gastrointestinal tract, skin, cardiovascular system hemorrhage, influenza, rheumatism, and gout.

Nettle is one of the nine plants invoked in the Pagan Anglo-Saxon Nine Herbs Charm, recorded in the 10th century.

In Ecuador there are indigenous healers that use stinging nettles with the beliefs that they improve fatigue and circulation, by rubbing raw leaves or flogging the plant directly on the body