***BLACK COHOSH***

Name: Cimicifuga racemosa. Actaea racemosa. Also called snake root or rattle root.

Plant Family: Buttercup or Ranunculaceae. A cousin to Pulsatilla

Parts used: Roots and rhizomes. Leaves for infused oil. Flower for flower essence.

Uses: Important herb for female and menstrual problems and menopausal symptoms. Cramps, premenstrual moodiness, scanty menses in young girls, menstrual spasms, fluid retention. Helpful in the last stages of pregnancy. It can promote contractions and help the uterus ripen and descend. Good for conditions where cerebrospinal fluid lumps or accumulates: dark states of mind, neck and lower back pain, whiplash, fibro-myalgia, tightness and hardness of the trapezius muscles, rheumatism. Good for sharp shifting neuralgic pains, spasms. Also good for respiratory conditions related to cold and dampness in the body like bronchitis. Could be good for heart and circulation and neuralgic fevers. If a person had measles, it helps clear the body.

Actions: alterative, emmenagogue, antiseptic.

Constituents: mainly triterpene glycoside and polyphenols. It also has actein and cimifugoside. The rhizome also contains other potentially biologically active substances, including alkaloids, flavonoids, and tannins.

Black Cohosh can be used in tinctures (one to three drops per dose, once to three times a day or homeopathic potencies), flower essence, capsules and herb teas could be very strong for some cases. It can also be used in infused oil to alleviate pain.

Capsules: 20-40mg tablets twice a day

Teas: 2-4 cups daily

Harvest: Flower and leaves in summer, roots and rhizomes in fall.

Taste: bitter, pungent

Energy cooling