**Stinging Nettle**

**Name:** Stinging Nettle *Urtica dioica* (also known as common nettle). Also Feuille d’Ortie, Graine d’Ortie.

**Parts Used:** Aerial portions of young plants (leaves and stems) and root.

**Native To:** [Europe](https://en.wikipedia.org/wiki/Europe), [Asia](https://en.wikipedia.org/wiki/Asia), Northern [Africa](https://en.wikipedia.org/wiki/Africa), and Western [North America](https://en.wikipedia.org/wiki/North_America).

**Uses:** Medicinal. Culinary. Fiber.   
Leaves and Stems

* Traditionally used as a diuretic and to treat and reduce joint pain.  
  Alleviates painful muscles and joints, eczema, arthritis, gout, urinary tract infections, hay fever (allergic rhinitis) and anemia.
* Treat arthritis and relieve sore muscles (leaves and stems).  
  May lower blood sugar and blood pressure
* The sting of the spicules may temporarily reduce inflammation and pain.
* Compresses or creams may be used to treat joint pain, sprains and strains, tendonitis, and even insect bites.
* Spring tonic.

Roots

* The root can be used to treat urinary problems during the early stages of an enlarged prostate (called benign prostatic hyperplasia or BPH).

**Actions:** Anti-inflammatory, antiviral, antioxidant, analgesic, astringent properties, diuretic, hypoglycemic, hypotensive and anti-proliferative effects on prostate cells.

**Constituents:** Formic acid, histamine, 5-hydroxytryptamine, glucoquinines, chlorophyll, beta-carotene, sterols, amines, tannins, flavonoids and lectins.

Minerals

Calcium, potassium, magnesium, sulphur, iron, selenium, chromium, silica, manganese, copper, phosphorus and zinc.

Vitamins

A, C, D, K, E, B1, B2, B3, B5

**Tincture:** Fill ¾ of volume of jar with fresh herb (½ of jar volume for dried herb) and then fill to top with alcohol (vodka or brandy).

Dose ½-1 teaspoon of nettle tincture 2-3x a day.

**Capsules:** 1-3 capsules daily, ideally with meals.

**Harvest:** Harvest in spring before young plants flower.

**Taste:** Salty. Taste similar to spinach or asparagus. In Japan Shepherd’s purse is use to flavor rice.

**Flower Essence:** Aids in clear thinking, especially when needing to make changes about unhealthy or toxic relationships (with self and/or others).  
  
“Heals the emotional stress which is associated with a broken home. Stinging nettle is useful for adopted children, those parents who have adopted children and divorced people. Sibling rivalries can also be eased with this essence.”1

Used to stimulate the lung and large intestine meridians. 1

**Combines:** Saw palmetto (when treating BPH). Red raspberry leaf and red clover (fertility tonic).

**Contra-indications:**

Stinging nettle can have a diuretic effect and may affect those with kidney or bladder issues or medications. May reduce the ability of the body to remove lithium based drugs effectively.

May lower blood pressure and therefore:  
- increase the effects of drugs used for managing high blood pressure such as ACE inhibitors, beta-blockers and calcium channel blockers  
- effect those who have diabetes raising the risk of hypoglycemia (low blood sugar).

Could interfere with antiplatelet and anticoagulant drugs (blood thinners).

**References (select list):**

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http://www.aquariusflowerremedies.com/natural-flower-remedies-product-list/product/stinging-nettle-flower-essence-urtica-dioica.html