Sandi Coyne

**Monograph**

Stinging Nettle; urtica dioica, l.

Name: Stinging Nettle, Common Nettle, Greater Nettle, Urtica dioica, L.

Nettle Family: Urticaceae

Parts Used**:** Leaf, root, seed, fresh young sprouts after sting is removed

Uses: Internal; Respiratory system (removes mucus from congested lungs). Internal & external;

Allergy conditions, allergies, allergic rhinitis, eczema, hay

fever. Internal & external; Musculoskeletal conditions, osteoarthritis, rheumatic pain, gout, fibromyalgia, tendinitis, edema, helps remove uric acid from body (uric acid cleanse). Internal; Blood cleanser, urinary conditions, genitourinary system, liver deficiency, lowering /balance blood sugar levels, poor circulation, acts as diuretic, assists urinary tract problems, cystitis & kidney stones. Internal; Assists with any sluggish organ (especially liver & kidney), low blood pressure, hypothyroid problems & adrenal deficiencies. Internal; Women’s health; internal bleeding, heavy menstrual bleeding, anemia, reproductive tonic, increases breast milk (leaf), womb health. External use; Hair loss, Hair shampoo and rinses-dandruff. Culinary use; after steaming leaves to remove the fresh plants sting, young shoots are used as a vegetable, in sautés, soups and other forms of cooking. Nettle Fiber; Strong as cotton used to make materials.

Parts used: Roots/rhizomes/teas/tinctures:

Uses: Reduce inflammation and swelling of prostate, Urination disorders associated with (BPH) benign

prostatic hyperplasia; acts as a diuretic, assists decreased urinary flow,

assists frequent night time urination/pain, retained urination, prostate

health.

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Parts used: Fresh leaves (urtication/flogging).

Uses: Multiple Sclerosis; slapping the fresh plant against the body can act as a counterirritant to deeper

pain, the plants stingers trigger release of the body’s natural anti-

inflammatory response with microinjections of

chemicals from the sting.

Actions: Alterative (supports any organ that has slown

down (kidney & liver especially), astringent, anti-

allergenic, anti-spasmodic, anti-inflammatory, anti-histamine,

anti-prostatic (root), anti-rheumatic, antibacterial,

blood/cleanser, circulatory stimulant, coagulant, demulcent

(root), diuretic (leaves & seeds), digestive, galactagogue

(increases milk production), hemostatic (stopping flow of

blood) hypolipidaemic (reduces lipid level in blood),

trophorestorative (nutritive tonic),micronutrient, nephritic specific,

nutritive tonic (leaf), rubefacients (increase circulation to the skin),

urinary antiseptic. Counterirritant (fresh leaves) release Neuro-

transmitters/chemicals.

Constituents: Flavonoids (bioflavonoid quercetin/protect

against cerebral hemorrhaging, strengthen

capillaries/prevent bleeding). Hydrophilic components (root) and anti-inflammatory compounds, phytosterols, lignans and hydroxyl fatty acids polysaccharides, lectins, tannins. Formic acid, amines, histamine, acetylcholine, 5-hydroxytryptamine, qlucoquinones, serotonin among other chemical compounds.

Mineral/ Vitamins: High protein, vitamins and minerals. Boron (doubles estrogen), silicone rich

(gout/rheumatism) magnesium, managanese, chlorophyll,

calcium, potassium, iron, sulphur, zinc, chromium.

Vitamins; A, b complex, c, e, k.. folic acid.. Root

(Sterols and phenols)…..

Tincture/Tea: 1 cup of tea; 1 teaspoon of dried herb or 2 teaspoons of fresh herb to 1 cup water. 1 quart tea; 2-3

tablespoons of dried herbs to one quart water. *Bleeding, Hay Fever,*

*Anemia Dose*; 1-2 cups 2-3x daily or tincture, 1-2 droppers full 2-3x

daily. *Musculoskeletal infusion,* 1 cup 2-4x daily; Tincture apply topically.

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Tonic: Immune tonic, post-winter tonic for vitamin & minerals; blood tonic for anemia. Tonic/Root extract:

Prostate enlargement (BPH) benign prostatic hypertrophy, root extract

has an inhibitory effect on the conversion of testosterone. Diuretic.

Capsule: freeze dried/capsules for allergenic conditions

Harvest: Spring to Fall; Herbaceous Perennial (known as a weed) likes wet, rich soil. Wear protective clothing,

gloves, pants …the live plant has stinging hairs. Leaves are best in

summer, cut and dried before the plants flowers. Root, harvest in

autumn. Nettles are grown from seed, cuttings and or root divisions.

Taste: salty, bitter, minerally, cool, dry, astringent and sweet

Energy: Cooling/drying

Combines: Skin; Calendula (Calendula officinalis) Yellow Dock (Rumex crispus). Mouth wash: Juniper

Reduced energy/sexual dysfunction: combine nettle tea with green milky oat tops & raspberry leaf. Other tea; lemon balm, chamomile, raspberry leaf, peppermint. Prostate health; combine with Saw palmetto (BPH). Support bone density; oatstraw, horsetail and alfalfa. Nervous system; chamomile, lavender, spearmint. Urinary health, edema, kidney stones drink several cups tea daily, combined with dandelion greens.

Caution: Do not eat raw, fresh leaves. Nettle leaves are covered

with tiny hairs made of silica known as trichomes

that inject neuro-transmitters on contact with the skin, resulting in a sting: AMA Handbook of poisonous and Injurious Plants: Nettles is known to be part of Representative Plants with External Irritant, Stinging Hairs, or Detachable Needles.

Sting removal: Dry or blanch leaves in boiling water for 1 minute to deactivate sting, drain, pat dry, and roughly chop blanched leaves.

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