

Motherwort

Botanical: Western - *Leonurus cardiac*. Eastern - *Leonurus artemisia*.
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Motherwort is the plant best known for treating female disorders, hence its name, “motherwort.” Its Chinese name, yi mu cao, translates as “benefits the mother herb.” Motherwort treats conditions from pregnancy, menses, to menopause. It is also famous for calming nerves and giving strength to the heart. It is an effective and gentle heart tonic herb.

Western



Western Name: Motherwort

Also Known As: Throw-wort, Lions ear, Lion’s tail

Main Systems: Uterus, Cardiovascula & Reproductive Sys.

Key Actions: Uterine Tonic, Cardio Tonic, Nervine, Emmenagogue, Sedative, Diuretic, Diaphoretic, Antispasmodic, Astringent, Anti-inflammatory

Key Medicinal Uses: Lowers blood pressure, emotionally broken heart, female reproductive issues especially perimenopausal, depression, anxiety, menstrual cramping, earache, insomnia, contractions in childbirth, balances hormones, palpitations, chest pain.



BASIC HABITAT/BOTANY: Motherwort is an herbaceous perennial. Similar to other plants in the mint family, it has square stems with short hairs. It has opposite leaves with serrated margins and the flowers appear in leaf axils on the upper part of the plant and have three lobed bracts. The leaf structure is very unique, and the purple/blueish flowers are lovely. Motherwort blooms in July/August and grows up to four or five feet tall. It has very little scent. Motherwort is native to Eurasia.

KEY CONSTITUENTS: Leonurine, Alkaloids, Flavonoids, Tannins, Volatile oils, and Vitamin A.

PARTS MOST FREQUENTLY USED: Fresh or Dried Leaves (aerial parts), Flowers, Stems, Seeds

FLAVORS/TEMPS: Acrid, Very Bitter, Slightly Cold

CAUTION: Generally considered safe when taken internally in proper recommended doses. Some people may experience diarrhea, upset stomach, or uterine bleeding. Caution during pregnancy, as it lowers blood pressure and can stimulate the flow of blood.

HISTORY/FOLKLORE: Motherwort’s name derives from the herbs strength in treating many female issues. Historically it has been used in China to prevent pregnancy. The Ancient Greeks gave it to woman to reduce anxiety. The herb’s common name Lion’s Ear comes from the leaf’s lion tail shape, as well as the plant’s ability to treat the heart. There is an old tale of a town whose waters flowed through banks of motherwort causing the residents to lived to be 130 years old.

Eastern



Pin Yin: Yi Mu Cao (The seed is Chong Wei Zi.)

Also Known As: N/A

Main Meridians: Heart, Liver, Bladder

Key Actions: Invigorates Blood, Regulates Menses, Reduces Masses caused by Blood Stasis, Promotes Urination, Reduces Inflammation, Cools the Liver

Key Medicinal Uses: Cramps, abdominal masses, infertility, postpartum abdominal pain, acute systemic edema (especially if accompanied by blood in the urine), lowers blood pressure, hypertension, chest pain, palpitations, nervous disorders, longevity, expels the afterbirth, stress, insomnia.

FUN FACT!



Member of the Mint Family

Motherwort is a member of the mint family, so it has the square stems of other mint family plants.



Lower Lipid Levels

Traditional Chinese Medicine research has shown motherwort assists in lowering blood lipid levels, aiding a healthy cardio system.



Strength of Will

Motherwort is given to people to strengthen their will and sense of purpose.

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