

Nettle

Botanical: *Urtica dioica*

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Stinging nettles have been used for food, medicine and even to make fabric from. They are famous for being able to relieve almost all symptoms caused by allergies: itchy, watery eyes, sneezing, runny nose, and nasal inflammation. The herb's tonic properties are considered to be anti-aging and can help purify the blood.

Western



Western Name: Nettle

Also Known As: Stinging Nettles

Main Organs/Systems: Lungs, Prostrate, Bladder

Key Actions: Decongestant, Antihistamine, Anti-inflammatory, Diuretic, Immune Enhancing, Mild Laxative, Astringent

Key Medicinal Uses: Arthritis, eczema, gout, anemia, enlarged prostate, high blood pressure, cholesterol, manage blood sugar, improve appetite, allergies, hay fever, constipation, urinary tract infections, kidney stones, balding, aching muscles, improve immune system function, memory, unwanted weight loss.

Eastern



Pin Yin: Xun Ma

Also Known As: N/A

Main Meridians: Lung, Liver, Kidney

Key Actions: Tonifies the Lungs, Purifies Blood, Drains Phlegm, Builds Blood, Enriches Kidney, Tonify Liver Yin, Stops Bleeding, Regulates Metabolism, Astringent

Key Medicinal Uses: Eczema, congested lungs, coughs, asthma, shingles, cleanses the Blood from environmental toxins and toxins in food. Treats urinary tract infections, allergy congestion, gout, edema, hot flashes, night sweats, dry skin, dull hair, brittle nails, regulate menses.



BASIC HABITAT/BOTANY: Heart shape, finely-toothed leaves that taper to a point and are covered in fine stinging hairs. The flowers are green in long, branched clusters. Male and female flowers can be found on one plant, but usually a plant will bear either male or female flowers which bloom from June to Sept. The plant's perennial roots are creeping. Nettles are native to Africa and Western Asia. It is now naturalized across the globe. It likes temperate climates, preferring shady regions with moist soils.

KEY CONSTITUENTS: Silicon, Protein, Potassium, Chlorophyll, Vitamins A, D, C, K, and B complex, Formic acid, Iron Phosphates, Histamine, Serotonin, Choline, Minerals, Amino acids, Lecithin, Carotenoids, Flavonoids, Sterols, Tannins, Alkaloids, Astragaloside, Butyric acid, Caffeic acids, Carbonic acid, Linoleic Acid, Palmitic Acid, Stearic Acid, Oleic Acid, Chlorophyll, Stigmasterol, Terpenes, Quercetin, Kaempferol, and Coumarins The stinging fluid's active ingredient is Bicarbonate of Ammonia.

PARTS MOST FREQUENTLY USED: Leaf, Root, Seeds

FLAVORS/TEMPS: Bitter, Astringing, Cool, Dry

CAUTION: Considered very safe, may cause allergic rash when handling due to the plants "sting," wear gloves when handling.

HISTORY/FOLKLORE: In Ancient Greece, stinging nettles were used primarily as a diuretic and laxative. The genus name, *Urtica*, derives from the Latin word "uro," meaning to burn, as the plant is well known for its burning stinging properties due to the fluid contained in its stinging hairs on the leaves.



FUN FACT!



Prevent Baldness

Stinging nettle leaves are used to help prevent baldness.



Ease Nettle's Sting

The sting of a nettle can be cured and eased by rubbing the afflicted area with rosemary, mint, or sage leaves.



Treat an Enlarged Prostate

The roots are used successfully to treat the early stages of enlarged prostate.

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