

Materia Medica for Women

The following is a list of herbs that have been compiled by herbalist Rosemary Gladstar and used for various women's conditions. Some may be difficult to find now, but most you can find growing in fields or your own backyard. At your leisure, research these herbs out and begin by using a few that might be of benefit to you.

Angelica – *Angelica archangelica*, *A sylvestris*, and related species
Parts Used: roots, stems, seeds, and leaves

Black Cohosh – *Cimifuga racemosa*
Parts Used: rhizomes and roots

Black Haw – *Viburnum prunifolium*
Parts Used: bark of root, trunk, and branches

Blessed Thistle – *Cnicus benedictus*
Parts Used: leaves, roots, flowers, and seeds

Blue Cohosh – *Caulophyllum thalictroides*
Parts Used: roots and rhizomes (berries poisonous)

Chamomile – *Matricaria chamomilla*, *Anthemis nobilis*, and related species
Parts Used: flowers, leaves

Comfrey – *Symphytum officinale* and related species
Parts Used: entire plant

Cramp Bark – *Viburnum poulus*
Parts Used: bark, young stems, and root bark

Dandelion – *Taraxacum officinale*
Parts Used: root, leaf, and flower

Dong Quai – *Angelica sinensis*
Parts Used: root

False Unicorn Root – *chamaelirium luteum*

Part Used: root

Ginger – *zingiber officinale*

Parts Used: root

Hops – *humulus lupulus*

Parts Used: female flower bracts and golden pollen (for medicine); young shoots and leaves (for food)

Motherwort – *Leonurus cardiac*

Parts Used: primarily the leaf, but often the whole plant

Mugwort – *Artemisia vulgaris*

Part Used: leaves

Nettle – *Urtica dioica*

Parts Used: primarily the leaf, but often the whole plant, including the seed

Pennyroyal – *Hedeoma pulegioides* (American pennyroyal) and *Mentha pulegium*

Parts Used: leaves and flowers

Raspberry Leaf – *Rubus idaeus*, *R. strigosus*

Parts Used: primarily the leaf, but often the whole plant for medicinal purposes

Shepherds Purse – *Capsella bursa pastoris*

Parts Used: leaves, stems, and seeds

Squaw Vine – *Mitchella repens*

Parts Used: leaves; berries edible

Valerian – *Valerian officinalis* and related species

Parts Used: root

Vitex – *Vitex agnus casus*

Parts Used: fruit and berries

Wild Yam – *Dioscorea villosa*, *D. paniculata*, *D. Mexicana*, and related species

Parts Used: root

Yarrow – *Achillea millefolium*

Parts Used: leaves and flowers