



**Botanical name:** *Leonurus cardiaca*

**Family:** Lamiaceae [including bee balm, bugleweed, catnip, dragonhead]

**Common name:** Motherwort

**More names:** agripalma [Spanish], iyá [a dialect of Yoruba], nnewort [a dialect of Igbo], Lion's tail, heartwort, Agripaume, Herbe battudo, Agripalma, Melissa, salvatica, Aartgespan, Hartgespan, yi mu cao, yakumos

**Parts of the plant used:** the aerial parts

**When to harvest:** leaves are harvested when plant blooms, snip to the base of the plant when in full bloom

**Herbal actions:**

nervine, emmenagogue, astringent, carminative, cardio tonic, diuretic, diaphoretic, antispasmodic, antirheumatic, hepatic, hypotensive, negative chronotropic [changes the heart rate + rhythm], uterine tonic, uterine stimulant

**Active constituents:**

iridoids [leonurine, etc]; labdane diterpenes; flavonoids [apigenin, kaempferol, quercetin glycosides]; caffeic acid; alkaloids; stachydrine, betonicine, turicin, leourine; tannins; bitter principle, bitter glycosides, essential oil, resin, organic acids

**Habitat + ecology:**

Motherwort is a plant ancestor native to Europe, now growing prolifically now on Turtle Island in wooded and city areas.

**Planet:** Venus

**Element:** Water

**Energy:** Warm

**Taste:** Bitter, Spicy

**Meridians/organ affected:**

pericardium, liver

**Ethnobotany (People + the plant ancestor):**

- European indigenous communities worked with motherwort as a nervine to support laboring people, especially if they were anxious.
- Native American communities have allied with the medicine of motherwort since colonial times, here are some of the uses:
  - Stimulate digestion, appetite, and a person after they have fainted [Cherokee, Iroquois]
  - Treat obstetric cases [Micmac]
  - Used as a spring tonic, clear out the spirit + body of what [Mohegan]

**Plant magick:**

- Protective against "evil" spirits [European indigenous]
  - Particularly for pregnant people, unborn children
- Mother mothers
- Removes melancholy from the heart
- Offers courage + strength

**Medicinal uses:**

- A comrade to the cardiovascular + circulatory system
  - Heart tonic, strengthens the heart without straining
  - Literally eases the heart by smoothing the muscles
  - Treats irregular heart palpitations + tachycardia
  - Nervous heart problems
  - Cardiac edema
- Supportive to the genitourinary system
  - Uterine tonic
  - Treats menstrual disorders [delayed or stopped]

- Promote inner trust + self-confidence
- Enlivens the heart
- Promote astral projection [separating consciousness from body]
- Supportive in removing dark magick casted upon you

Form: spirit, dried petals, spirit bathing, essential oils, hydrosol\*

- menses/amenorrhea], a relaxant during menopause, eases cramps
- Acts as a uterine stimulant, supportive with bringing + intensifying contractions during labor as well as acts as an abortive
- Preventative to certain infections found in the uterus
- Supportive to the digestive tract
  - Treating digestive discomfort as well as promotes healthy digestion and movements
  - Aids with spasmodic colic [bowel contracting in an abnormal manner creating painful spasms and somewhat of an "over-active" gastrointestinal tract]
- Sedative to the nervous system
- Might aid with insomnia
- Treats swollen thyroid

**\*Contraindications:** Excessive use of motherwort may interfere with other cardiovascular treatments; Be cautious if breastfeeding; Pause use if you develop diarrhea or irritation in your stomach

### Recipes + Comrades

Cardio tonic [nourish + restore the heart]: hawthorn berries, hibiscus, pomegranate, linden, coca leaf\*, cacao\*

### Recommended dosage:

Tincture- 1-4 dropperfuls a day [best form of it's medicine for optimal impact!]

### Preparation:

infusion, tincture, vinegar, elixir, glycerin

\*can be strong + abrupt if you are not from these traditions

### Photos of the plant ancestor:



