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100% Effective Natural Hormone Treatment
Menopause, Andropause And Other Hormone Imbalances
Impair Healthy Healing In People Over The Age Of 30!

Betony The Healing Herb

By Judi Singleton

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Stachys officinalis common names: Betony, Synonyms and Common names:
Betonica officinalis, Stachys officinalis, Bishopswort, lousewort,
purple betony
Evergreen Perennial
Ht: 2' – 3'

Wood Betony is a hardy perennial that likes full sun to partial shade, and is usually self-sowing once established. Native to Europe, wood betony is now planted in many parts of the world with temperate climates. The primary portions of the plant that are used as medicine are the leaves and flowers, though historically the root has also been used. There are many similar species originating from Eurasia, including Stachys sieboldii (Chinese artichoke, kan lu) and S. atherocalyx (hedge nettle).

Betony is used as a substitute for black tea. The infusion resembles the taste of black tea and is caffeine-free. It helps relieve headache.

This is a wonderful flowering perennial it blooms in the spring with lavender-pink spikes.

There are five species of Stachys growing wild in this country – the once much-valued Betony (S. Betonica); the Marsh Stachys, or Clown's Woundwort (S. palustris); the true Woundwort (S. Germanica), a doubtful native, occurring occasionally on limestone soils in England, but very common on the Continent, where the dense covering of its leaves was at one time in rustic surgery employed in the place of lint for dressing wounds, the low-creeping Field Stachys (S. arvensis); and the Hedge Stachys, or Hedge Woundwort (S. sylvatica), perhaps the commonest of them all.

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Augustus, wrote a long treatise, showing it was a certain cure for no less than fortyseven diseases.

Throughout the centuries, faith in its virtues as a panacea for all ills was thoroughly ingrained in the popular estimation. It was largely cultivated in the physic gardens, both of the apothecaries and the monasteries, and may still be found growing about the sites of these ancient buildings. Robert Turner, a physician writing in the latter half of the seventeenth century, recounts nearly thirty complaints for which Betony was considered efficacious, and adds, 'I shall conclude with the words I have found in an old manuscript under the virtues of

it: "More than all this have been proved of Betony." '

In addition to its medicinal virtues, Betony was endowed with power against evil spirits. On this account, it was carefully planted in churchyards and hung about the neck as an amulet or charm, sanctifying, as Erasmus tells us, 'those that carried it about them,' and being also 'good against fearful visions' and an efficacious means of 'driving away devils and despair.' An old writer, Apelius, says:

'It is good whether for the man's soul or for his body; it shields him against visions and dreams, and the wort is very wholesome, and thus thou shalt gather it, in the month of August without the use of iron; and when thou hast gathered it, shake the mold till nought of it cleave thereon, and then dry it in the shade very thoroughly, and with its root altogether reduce it to dust: then use it and take of it when thou needst.'

Many extravagant superstitions grew up round Betony, one, of very ancient date, was that serpents would fight and kill each other if placed within a ring composed of it; and others declared that even wild beasts recognized its efficacy and used it if wounded, and that stags, if wounded with a dart, would search out Betony, and, eating it, be cured.

The active constituents of wood betony have not been clearly identified. The tannins, alkaloids, glycosides, and volatile oil found in this plant and its cousins may all contribute to its activity.

Almost no research has been conducted on wood betony. Some Russian research in humans apparently suggests it may promote lactation, though the details of these studies are not readily available.

One of the stories that have grown up around it are that it helps clarify deeper meanings of relationship, friendship and sexuality; For those who prefer to be alone but are working on authentic ways to connect with others.

Wood betony has been used in connection with the following conditions

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(refer to the individual health concern for complete information):

Rating Health, Shingles, Sinusitis
Stress, Concerns, Anxiety, Gastritis.

Reliable and relatively consistent scientific data showing a substantial health benefit.

Contradictory, insufficient, or preliminary studies suggesting a health benefit or minimal health benefit.

An herb is primarily supported by traditional use, or the herb or supplement has little scientific support and/or minimal health benefit.

Wood betony was used in European folk herbalism as a remedy for respiratory tract inflammation, heartburn, urinary tract inflammation, varicose veins, intestinal worm infestations, and failure to thrive.¹

It was considered a calming remedy and was used for headaches as well

as some forms of neuralgia, including shingles.

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How much is usually taken?

A tea of wood betony can be made by steeping 1 to 2 tsp dried leaf and flower in a cup of water for 15 minutes. One or two cups of this tea can be drunk per day. Though generally better between meals, it can be taken with food for convenience or if there is any gastrointestinal upset.

Are there any side effects or interactions?

There are no known adverse effects from use of wood betony other than occasional mild gastrointestinal upset. Its safety in pregnancy and breast-feeding is generally unknown, though as noted above it has been studied in Russia as a way to increase lactation.

References

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Guide To Some Common Herbs That Heal

By Lee Dobbins

Herbs have long been an acceptable way to fight common ailments and while they should not take the place of medical advice, can be a great supplement to your current medical care. There are many common herbs that have healing properties which you may not even know about.

Some of the herbs like garlic, parsley, rosemary and cayenne you may associate more with cooking, but these plants also have medicinal properties that you can easily put to use by using them in teas, compresses and even as spices in your meals!

Some common healing herbs include:

Aloe Vera

The gel within this plant is reputed to heal wounds and other skin problems such as sunburn. It is also a strong laxative. The plant can be grown in your garden in tropical climates or on your window sill. Slit open the leaves and use the juice inside.

Cayenne

Cayenne is great for the circulation and it's no wonder with it's spicy bite! You can use it in your food, or if you are really brave, in a tea. You can also take it in a capsule. It is said that Cayenne will help to expedite the healing effects of other herbs.

Chamomile

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This herb has many uses. In a tea, it has a relaxing effect and can soothe the digestive system. It is also excellent for the skin when applied topically in a cream or lotion. Many herbal soaps, shampoos and lotions include this herb which has been used since ancient times.

Echinacea

This much publicized herb can help stabilize the immune system. It can be taken as a pill or tincture or pulled out of the ground and eaten as a snack! You may have some of these purple daisy like flowers growing near you and not even realize that they have medicinal properties.

Garlic

You thought it was just a tasty root to put on bread but this herb has been used since ancient Egypt and has properties that strengthen the immune system. It is used as a treatment for infections, coughs and colds.

Ginger

Our herb guide likes ginger as it can be used in so many dishes. It is reputed to aid in circulation.

Parsley

Rich in potassium, this herb is often used as a garnish and left uneaten. I suggest you put it right in your salad and eat it up – it has many vitamins and is reputed to strengthen the kidneys and help with waste removal.

Rosemary

This herb stimulates circulation and aids in memory.

St. John's Wort

No herb guide would be complete without mention of this herb which is used to treat mild depression and elevate mood.

Lee Dobbins writes for pet and health related websites. Visit

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more on natural home remedies and herbs. Don't forget to check their extensive article database at



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