

Devil's Claw

Botanical Name: *Harpagophytum procumbens*

Family: Pedaliaceae

Energetics: Cooling, slightly bitter

Taste: Bitter, earthy

Actions: Anti-inflammatory, analgesic, digestive tonic, diuretic

Overview

Devil's Claw is an African herb prized for its anti-inflammatory and analgesic properties. It is commonly used for joint pain, muscle soreness, digestive issues, and mild diuretic support.

Uses

Internal Uses

- Support for arthritis and joint inflammation
- Muscle soreness relief
- Digestive tonic for mild digestive discomfort
- Mild diuretic support

External Uses

- Poultices for bruises or muscle aches
 - Infused oils for topical inflammation relief
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Medication Interactions

- May interact with anticoagulants and antiplatelet drugs
 - May enhance effects of anti-inflammatory medications
 - Use caution with diabetes medications (may lower blood sugar)
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Contraindications

- Pregnancy and breastfeeding
- Stomach ulcers or gastrointestinal bleeding
- Kidney or liver impairment
- Children under 12 without guidance



Caution & Safety

- Monitor for stomach upset or digestive discomfort
 - Use moderate doses internally
 - Avoid high doses for long periods without supervision
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Herbal Pairings

Blends Well With

- Ginger (anti-inflammatory synergy)
- Turmeric (joint support)
- Boswellia (analgesic synergy)
- Devil's Claw + Nettle (joint and inflammatory support)

Avoid Combining With

- Other potent anticoagulants or anti-inflammatory drugs without guidance
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Possible Side Effects

- Mild digestive upset
 - Headache or dizziness in sensitive individuals
 - Rare allergic reactions
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Forms & Dosage

Decoction / Tea

- 1–2 tsp dried root per cup water
- Simmer 10–15 minutes
- 1–2 cups daily

Tincture (1:5)

- 2–4 mL, 1–2 times daily

Capsules / Powder

- 500–1,000 mg, 1–2 times daily

Topical / Infused Oil

- Apply to affected area 1–2 times daily
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Notes

Devil's Claw is a powerful anti-inflammatory and analgesic herb best used with intention for joint, muscle, or digestive support.

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