

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

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)

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



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



Possible Side Effects

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



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

Notes

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

For educational purposes only; not intended to diagnose, treat, or cure any condition.

© HomesteadGardener.ca | @YourHomesteadGardener