

Motherwort

Botanical Name: *Leonurus cardiaca*

Family: Lamiaceae

Energetics: Cooling, bitter, aromatic

Taste: Bitter, herbaceous

Actions: Nervine, uterine tonic, mild sedative, digestive support, cardiovascular support

Overview

Motherwort is traditionally used to support women's reproductive health, calm anxiety, relieve mild heart palpitations, and support digestion. It is a gentle nervine and uterine tonic.

Uses

Internal Uses

- Uterine tonic and menstrual support
- Calming nervine for anxiety or nervous tension
- Supports cardiovascular health and heart palpitations
- Digestive aid for mild upset

External Uses

- Infused oils for calming massage or bath additions
 - Poultices for mild inflammation
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Medication Interactions

- May enhance sedative or anti-anxiety medications
 - Use caution with blood pressure or anticoagulant drugs
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Contraindications

- Pregnancy: avoid unless under professional guidance
 - Children: generally not recommended
 - Allergy to Lamiaceae family
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Caution & Safety

- Moderate doses recommended
 - Monitor for excessive sedation or digestive upset
 - Avoid high doses during pregnancy
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Herbal Pairings

Blends Well With

- Lemon Balm (calming synergy)
- Chamomile (nervine and digestive support)
- Hawthorn (cardiovascular support)

Avoid Combining With

- Sedative medications without guidance
 - Blood pressure-affecting herbs or drugs in high doses
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Possible Side Effects

- Mild sedation
 - Digestive upset if overconsumed
 - Rare allergic reactions
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Forms & Dosage

Tea / Infusion

- 1–2 tsp dried herb per cup water
- Steep 5–10 minutes
- 1–2 cups daily

Tincture (1:5)

- 2–4 mL, 1–2 times daily

External / Infused Oil

- Apply to skin or add to bath as needed
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Notes

Motherwort is excellent for women's health, calming nervine support, and mild cardiovascular benefits. Best used in teas, tinctures, and gentle infusions.

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