

# Motherwort

**Botanical Name:** *Leonurus cardiaca*

**Family:** Lamiaceae

**Energetics:** Cooling, bitter, aromatic

**Taste:** Bitter, herbaceous

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

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## 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.

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## 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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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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