

Motherwort (лат. Leonúrus)



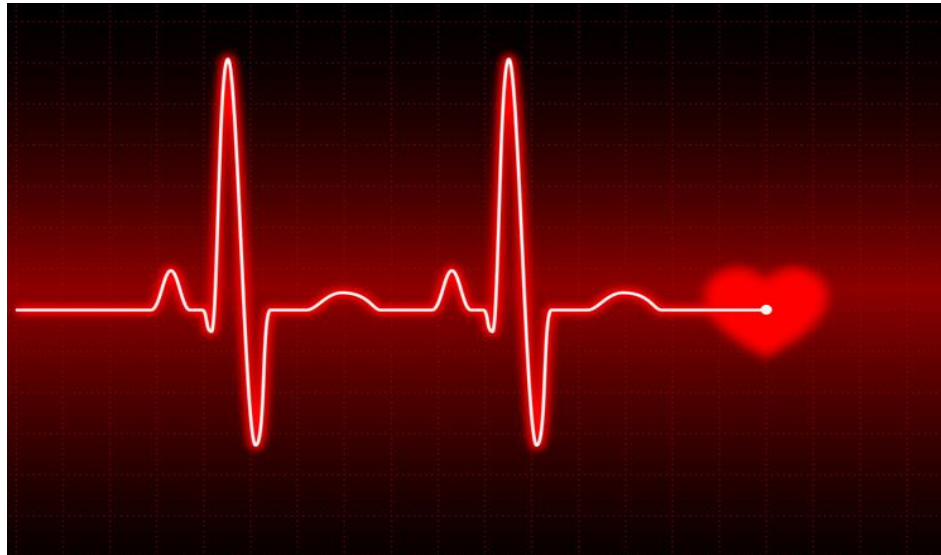
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Motherwort

- Motherwort got its name for a reason. This plant family Labiatae usually grows on vacant lots in the neighborhood of nettles. By the way, to find among other herbs motherwort the uninitiated is not so easy, since there are several species of motherwort.



- In the literature there are references to the Siberian motherwort, Turkestan, with five lobes, heart. The people of almost any motherwort herb called heart or core because of its positive effect on the heart.



Colors

Corolla of these plants resemble the upper and lower lip. But each of the plants in this family can have its own color. As for the flowers motherwort, their nature has awarded a tender violet-pink color.



Despite the fact that even long been considered motherwort cure for many ailments, doctors could not find a scientific basis for its action, and because motherwort, the use of which gave good results, was for a time forgotten, and again began to be used only in the 30s of the 20th century .



This time we use the healing properties of motherwort mainly to establish emotional state and before traditional medicine practiced in full cure with motherwort on a number of diseases, including:

- Anemia;
- Increase in blood pressure;
- Headaches and insomnia;
- Conditions associated with the onset of menopause, as well as delay or painful menstruation;
- Some kidney diseases, heart and gastrointestinal tract;

Also, using motherwort facilitate flow and other diseases.



- But today, for the treatment of diseases of the majority of the above used other means, which are considered more effective. And the healing properties of motherwort is used to treat conditions such as angina, hypertension, cardio, heart, nervous disorders, insomnia, hysteria, Graves' disease. And yet it is believed that tea made from motherwort able to slow the aging process. In this tea, you can add chamomile flowers or lemon balm and hawthorn berries.

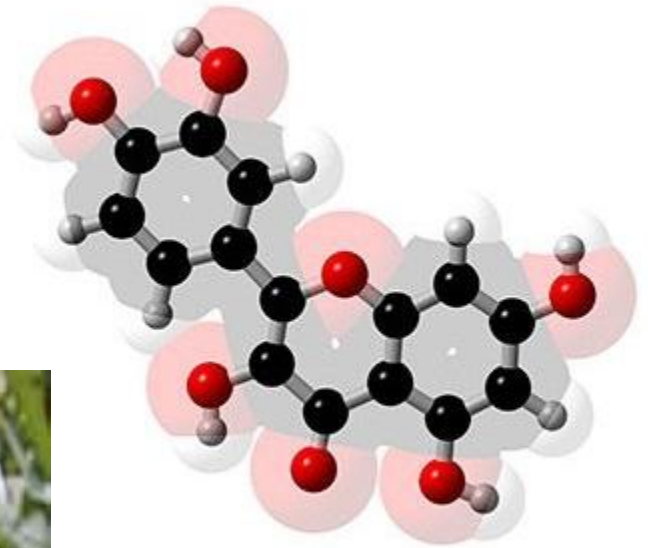
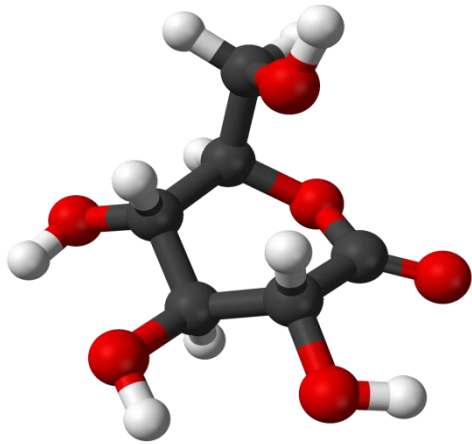


- In some countries, and to this day the healing properties of motherwort used to treat various diseases. For example, motherwort used in India for the treatment of diseases of the gastrointestinal tract and the heart, and in England Leonurus used to treat heart failure and neuralgia.
- Motherwort deficit in pharmacies today do not. If you wish, you can find as motherwort tablets (pure extract or with added vitamins), and motherwort tincture. But given that motherwort in our latitudes - are not uncommon, you can prepare motherwort tincture, and even self-assemble for her raw materials.
- If you decide to take this step, remember that motherwort to collect at the beginning of flowering. Better to choose a sunny place of growth, which are further away from the roads and polluted by chemicals seasoned land. Do not need a clean break off all plants. Suffice it to cut the upper part of the plants, while leaving some intact plant.

Generally believed that motherwort not appear to have any toxic effects on the human body. Even pregnant women can take motherwort after appropriate consultation with the doctor. However, keep in mind that tablets with motherwort may contain other ingredients that are contraindicated for pregnant women.

There is also an opinion on that during the use of drugs with motherwort should avoid direct sunlight, since the human body is more sensitive to the sun while taking motherwort.

In motherwort contain the following ingredients:
bitter, essential oils, tannins, flavonoids,
cardiac glycosides and a small amount of
alkaloids.



- Menopausal effects caused unrest and anxiety states with a strong heart palpitations, especially in the supine position, with anxiety and shortness of breath - the main indications for the use of this plant. But flatulence and gastrointestinal diseases are quite suitable for use. When mixed with valerian and hawthorn it is used as a means to strengthen the heart. Motherwort reduces the excitability of the central nervous system, has antispasmodic, anticonvulsant effects; slows the rhythm and increases the strength of heart contractions, has a hypotensive effect. Motherwort recommended in neurasthenia, hysteria, epilepsy, hypertension stage 1 and 2, climacteric syndrome.
- Motherwort used in folk medicine as a tonic, invigorating, exciting, effective remedy for fear and anxiety, but also against worms, a feeling of heaviness in the stomach and mucilaginated. Motherwort is considered a means of goiter