

## **Lady's Mantle: *Alchemilla vulgaris***

**Common Names:** Lady's Mantle, Lion's Foot, Bear's Foot, Nine Hooks, Leontopodium, Stellaria

**Latin Name:** Alchemilla vulgaris

**Family:** Rosaceae

**Parts used:** leaves, stems and flowering shoots harvested in early flowering stage (June). Used fresh or dried. (there is also some mention of using the root). Some feel that the dew that collects in drops on the leaves has magical properties.

**Properties:** astringent, diuretic, anti-inflammatory, emmenagogue, vulnerary, tonic, mild sedative

**Taste/Energetics:** refrigerant

**Organs Effected:** female sexual organs, stomach

**Chemical Constituents:** tannin, bitter principle, traces of essential oil, salicylic acid, flavonoids (quercetin)

**Folk History:** dedicated to women, invigorates & tonifies female sexual organs. Leaves are eaten by sheep & cattle. Associated with the Virgin Mary (and her mantle—scalloped leaves resemble a mantle).

**Uses:**

- +reduces pains from menstrual periods, as well as excessive bleeding
- +as an emmenagogue, it stimulates proper menstrual flow
- +eases changes in menopause
- +diarrhea
- +mouthwash for sores or ulcers, throat gargle for laryngitis
- +pregnancy tonic (tea) for morning sickness, assists in easing childbirth, encourages rapid post partum recovery (WebMD, of course, objects to use during pregnancy or lactation—lack of evidence to prove safety)
- +possibly useful in grief after miscarriage, postpartum depression, mood swings from menopause

+appetite depressant

**Preparation:**

+Tincture fresh herb: 1 oz herb, 2 oz liquid (75% alcohol, 15% distilled water, 10 % gly—glycerine?)

+Tincture dried herb: 1 oz herb, 5 oz liquid (50% alcohol, 40% distilled water, 10% gly—glycerine?)

+Glycerite of fresh herb: 1 oz herb, 2 oz glycerite (100% glycerite)

+Infusion: 2 tsp dried herb & 1 cup boiling water, steep 10-15 minutes

**Contraindications:** none known, safe for general use

**Dosage:** tincture, 1-4 ml 3 x a day

**Sources:**

Richo Cech, Making Plant Medicine

David Hoffmann, The New Holistic Herbal

Maude Grieve, A Modern Herbal, Vol. 2

Anniesremedy.com

WebMD.com

This picture is from: <http://cynthiaweber.com/the-garden-at-weberville/>

