PERFECT HERBS

Herb Monograph Latin Name: Actea racemosa

Common Name: Cimicifuga, Black Cohosh, Sheng Ma

Primary Action	endocrine modulator
Secondary Actions	anti-inflammatory, emmenagogue
System Affinities	female endocrine
Conditions Treated	dysmenorrhea, PCOS
Constituents	sesquiterpenes, volatile oils
Tincture Daily Dose	6 mL to 12 mL
Tea Daily Dose	6 g to 15 g
Parts Used	root
Can Be Substituted With	N/A
Pairs Well With	Vitex agnus-castus for balancing female hormone patterns and Actea racemosa in labour stimulating formulas



Disclaimer: This information is provided for educational purposes only.