PERFECT HERBS

Herb Monograph Latin Name: Artemisia vulgaris

Common Name: Mugwort

Primary Action	Hepatic
Secondary Actions	choleretic, emmenagogue, bitter, diuretic, antimicrobial
System Affinities	Female reproductive, gastrointestinal, renal
Conditions Treated	Dysmenorrhea, diarrhea, intestinal colic, flatulence, poor appetite
Constituents	Essential oils, flavonoids, sesquiterpene lactones, phenolic acids, coumarins
Tincture Daily Dose	3 mL to 12 mL
Tea Daily Dose	3 g to 9 g
Parts Used	leaf
Can Be Substituted With	N/A
Pairs Well With	N/A



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