PERFECT HERBS

Herb Monograph Latin Name: Caulophyllum thalictroides

Common Name: Blue Cohosh

Primary Action	smooth muscle stimulant
Secondary Actions	emmenagogue, laxative
System Affinities	uterine
Conditions Treated	labor, stagnant menses
Constituents	alkaloids, saponins
Tincture Daily Dose	3 mL to 9 mL
Tea Daily Dose	2 g to 6 g
Parts Used	root
Can Be Substituted With	N/A
Pairs Well With	Actea racemosa for stimulaing labour



Disclaimer: This information is provided for educational purposes only.