PERFECT HERBS

Herb Monograph Latin Name: Leonurus cardiaca

Common Name: Motherwort, Yi Mu Cao

Primary Action	nervine
Secondary Actions	cardiotonic, mild emmenagogue
System Affinities	CNS
Conditions Treated	anxiety, delayed menses
Constituents	flavonoids, iridoids
Tincture Daily Dose	3 mL to 12 mL
Tea Daily Dose	4 g to 6 g
Parts Used	leaf
Can Be Substituted With	Scutellaria lateriflora (skullcap)
Pairs Well With	Cratageus oxycantha and Ginkgo biloba in cardiovascular presentations and Scutellaria lateriflora and Agrimonia eupatoria for anxious tension



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