PERFECT HERBS

Herb Monograph Latin Name: Ruta graveolens

Common Name: Rue

Primary Action	anti-inflammatory
Secondary Actions	emmenagouge, aborifant, nootropic
System Affinities	immune system, nervous system
Conditions Treated	neurodegenerative disease, arthritis (rheumatic), dermatitis,
Constituents	rutin, acridine alkaloids, furanoquilolone
Tincture Daily Dose	5 mL to 15 mL
Tea Daily Dose	3 g to 9 g
Parts Used	herb
Can Be Substituted With	N/A
Pairs Well With	N/A



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