

LADY'S MANTLE

(Alchemilla vulgaris)

Clinical Summary

Actions

- Astringent
- Emmenagogue
- Anti-inflammatory
- Vulnerary
- Diuretic
- Hormone Modulator

Indications

- Menorrhagia, leucorrhoea, amenorrhoea, period pain, irregular menstrual cycles, menopausal menorrhagia, urinary incontinence in postmenopausal women, insomnia
- Diarrhoea, intestinal colic
- Externally for rashes, cuts and insect bites, vaginal discharge, irritation and infection and as a mouthwash for bleeding gums, mouth ulcers, laryngitis and sore throats

Traditional Use

Historically lady's mantle was used to heal wounds and staunch bleeding.

Energetics

Drying and cooling.

Constituents

Tannins, flavonoids, phenolic acids, saponins, essential oils.

Use in Pregnancy

Contraindicated.

Contraindications and Cautions

None known.

Drug Interactions

Due to the high tannin content separate doses of oral drugs to avoid impaired absorption.

Administration and Dosage

Liquid extract 1:1 in 25% alcohol
25 to 80mL weekly