

MEDICINAL HERBS FOR WOMEN TEST KIT (25 vials)

Product Code 8066

This kit is not designed to replace a consultation with a suitably qualified and knowledgeable herbalist.
There is some overlap between this kit and the Medicinal Herbs test kit.

Code	Common Names	Latin Names	Actions/Common Uses
MHW1	Angelica	Angelica archangelica	Pelvic congestion. PMS. Low oestrogen. Warming digestive bitter tonic. Urinary and vaginal irritation.
MHW2	Black Cohosh	Cimicifuga racemosa	Painful periods, low oestrogen, menopausal hot flushes, vaginal dryness, PMS with irritability. Can cause headaches and liver problems - low doses only.
MHW3	Butchers Broom	Ruscus aculeatus	Painful & heavy periods, menopause, PMS, mastalgia.
MHW4	Chaste Berry / Agnus Castus	Vitex agnus castus	Regulates oestrogen/progesterone balance. PMS, irregular menses, menopausal problems, infertility.
MHW5	Cinnamon	Cinnamomum spp.	Painful periods, fibroids, endometriosis.
MHW6	Cramp Bark	Viburnum opulus	Painful and heavy periods. Ovulation pain. Endometriosis. PCOS. Uterine congestion.
MHW7	Damiana	Turnera aphrodisiaca	Low libido especially in menopause, inflammatory uterine problems. PMS. Fibrocystic breasts. Bladder tonic.
MHW8	Dong Quai	Angelica sinensis	General female tonic. Painful periods, uterine congestion, uterine tonic, PMS. Not to be taken while menstruating or with heavy periods.
MHW9	Fenugreek	Trigonella foenum-graecum	Oestrogenic, gentle laxative, warming digestive. Benefits lactation. Aphrodisiac.
MHW10	Jasmine	Jasminium grandiflorum	Uterine congestion. Heavy and painful periods. Aphrodisiac. PMS. Stress, insomnia, anxiety.
MHW11	Lady's Mantle	Alchemilla vulgaris	Irregular, painful or heavy periods. Fertility. Menopause.
MHW12	Liquorice	Glycyrrhiza glabra	Normalises and regulates hormone production. Adrenal tonic. Not with high blood pressure.
MHW13	Motherwort	Leonorus cardiaca	Uterine stimulant and sedative. PMS. Menopausal hot flushes, palpitations.
MHW14	Mugwort	Artemisia vulgaris	Uterine stimulant. Restores menstrual cycle. Liver congestion. Warming digestive bitter.
MHW15	Oats	Avena sativa	Fatigue, stress, anxiety, depression, insomnia, PMS. Lactation.
MHW16	Paeony	Paeonia lactiflora	Uterine congestion. Heavy and painful periods. PMS. Menopausal hot flushes.
MHW17	Pasque Flower	Anemone pulsatilla	Small doses only. Not long-term use. Painful periods. PMS with depression. Menopausal anxiety, hot flushes.
MHW18	Raspberry Leaf	Rubus idaeus	Uterine tonic. Use in pregnancy and childbirth. Nutritional especially calcium and iron. Heavy periods.
MHW19	Sage	Salvia officinalis	Low oestrogen, menopausal hot flushes, PMS with fatigue and irritability, promotes and regulates menstruation. Can cause headaches - low doses only.
MHW20	Shatavari	Asparagus racemosus	Uterine tonic. Infertility. Improves lactation. Menopausal hot flushes, irritability and dryness.

Code	Common Names	Latin Names	Actions/Common Uses
MHW21	Shepherds Purse	Capsella bursa pastoris	Heavy periods. Post-partum bleeding.
MHW22	Siberian Ginseng	Eleutherococcus senticosis	Balances hormones, regulates menstruation, infertility, fatigue, stress.
MHW23	Vervain	Verbena officinalis	Relieves tension and pain – uterine, headaches, nerves. Promotes menstruation and lactation. Menopausal hot flushes especially with stress.
MHW24	Wild Yam	Dioscorea villosa	Hormone balancing. Menstrual problems, infertility, menopause, endometriosis.
MHW25	Yarrow	Achillea millefolium	Heavy and painful periods. Post-partum bleeding.

My very grateful appreciation to Christine Herbert, Member of the Association of Master Herbalists (UK), for her help in choosing the herbs to include, ensuring the correct Latin names were used and that the action of the herbs was properly described.

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