



## Blue Vervain

Stock #3160-8 (2 fl. oz.)

Although there is less published scientific research on blue vervain than other medicinal herbs, blue vervain does demonstrate a long history of use among people in many countries. Blue vervain is credited as being a restorative tonic for the digestive and nervous systems. Blue vervain stimulates bile secretion and improves the digestion and absorption of food. At high doses, the herb's bitter constituents can induce vomiting—the presence of verbenalin, a mild purgative, may be responsible for this action. Blue vervain's calming and restorative effects on the nervous system make it especially helpful for easing nervous tension and relieving stress and anxiety, specifically anxiety and nervous exhaustion following long-term stress. Furthermore, since blue vervain both aids digestion and supports the nervous system, it functions as an ideal tonic for those recovering from chronic illness.<sup>1-3</sup>

Japanese researchers have verified that blue vervain provides noticeable anti-inflammatory and analgesic (pain-relieving) properties. According to both German and Japanese studies, blue vervain produces similar effects to aspirin, providing mild pain relief and some ability to decrease inflammation. Such findings confirm the herb's folk uses for treating headaches, mild arthritic pain, toothaches and wounds, and to ease the pain associated with dysmenorrhea. In fact, blue vervain is used in Chinese herbal medicine for migraine headaches associated with a woman's menstrual cycle.<sup>1-5</sup>

Animal studies have shown that blue vervain stimulates milk excretion in low doses. This action has been attributed to the glycoside verbenin and may explain the common folk use of blue vervain to enhance lactation (milk production) while nursing.<sup>1,3,4,6</sup>

Blue vervain is also reported to exhibit sedative and antispasmodic actions, as well as hypotensive (blood pressure-lowering), expectorant and mild antidepressant effects.<sup>1,5,7</sup>

According to the *Physician's Desk Reference for Herbal Medicines*, blue vervain is used for ailments and diseases of the oral and pharyngeal (upper section of the throat extending from the mouth and nasal cavities to the larynx) mucosa, including sore throat and symptoms accompanying colds. Blue vervain is also beneficial for various respiratory tract diseases, including asthma, coughs and whooping cough. In addition, blue vervain is used for cramps, digestive problems, fatigue, gallbladder and liver diseases, menopausal complaints, nervous disorders, pain and rheumatic diseases.<sup>4</sup>

Blue vervain has also been used for anemia, arthritis, bronchitis, colds, cramps, depression, dysuria (difficult or painful urination), eczema, edema, fever (especially at the onset of flu), gout, headache, hemorrhoids, hysteria, insomnia, irregular menstruation, jaundice, malaria, melancholia, neuralgia, ocular (eye) disease, pertussis (whooping cough), pleurisy, premenstrual tension, rheumatism, skin diseases, ulcers and uterine disorders. Blue vervain is noted as especially beneficial for depression and debility associated with convalescence after fevers and influenza.<sup>1-6</sup>

Blue vervain should be used with caution in individuals with seizure disorders as large doses can cause CNS (central nervous system) paralysis, stupor, and clonic and tetanic seizures. In addition, blue vervain may enhance the effects of anticoagulant medications. Furthermore, animal studies indicate that blue vervain possesses weak parasympathetic properties that can stimulate uterine contractions. Thus, blue vervain is not recommended for use during pregnancy; however, it has been used to help labor contractions during childbirth.<sup>1,3,6</sup>

Blue Vervain Liquid is in an alcohol-free vegetable glycerin base.

### References:

- 1 Chevallier, A. *The Encyclopedia of Medicinal Plants*. NY, NY: Dorling Kindersley Inc., 1996.
- 2 Mowrey PhD, D. *The Scientific Validation of Herbal Medicine*. New Canaan, CT: Keats Publishing Inc., 1986.
- 3 Newall, C., et. al. *Herbal Medicines*. London, England: Pharmaceutical Press, 1996.
- 4 *PDR for Herbal Medicines, 1st Ed.* Montvale, NJ: Medical Economics Company, 1998.
- 5 Castleman, M. *The Healing Herbs*. NY, NY: Bantam Books, 1995.
- 6 Fetrow PharmD, C. & Avila Pharm D, J. *Professional's Handbook of Complementary & Alternative Medicines*. Springhouse, PA: Springhouse Corp., 1999.
- 7 Miller, L. & Murray, W. *Herbal Medicinals*. Binghamton, NY: Pharmaceutical Products Press, 1998.