

Devil's Claw

Stock #255-9 (100 capsules)



Devil's claw, native to South Africa, is commonly used in that country for treating fever, indigestion, malaria, and even skin cancer. African natives apply an ointment made of devil's claw on boils, sores and skin ulcers. In Europe, devil's claw is often drunk as a tea for obtaining relief from allergies, arthritis, diabetes, and senility, among other problems.¹

German researchers have determined that devil's claw may be beneficial for a wide range of health concerns, including bladder, kidney and liver diseases, as well as allergies, arteriosclerosis, fibrositis, gastrointestinal disorders, gout, headaches, heartburn, lumbago, menstrual problems, neuralgia, nicotine poisoning, and spondylosis—a condition of the spine characterized by fixation or stiffness of a vertebral joint. In recent years, human clinical trials have shown devil's claw to be beneficial for arthritis, rheumatoid arthritis, and rheumatism, thus confirming folk uses of the herb. Devil's claw may also be beneficial for digestive disorders involving the gallbladder and pancreas.¹⁻⁴

Devil's claw tuber has been found to contain three primary constituents: the iridoid glycosides known as harpagide, harpagoside, and procumbide. These components may be responsible for the herb's analgesic (pain-relieving) and anti-inflammatory properties, according to French researchers. Devil's claw also contains bitter substances which stimulate gastric secretions to enhance digestion. Devil's claw may also possess some astringent, sedative, and lymphatic-stimulant properties.^{2,3,5}

A clinical study conducted by German researchers found that devil's claw demonstrated anti-inflammatory action comparable to phenylbutazone, a popular anti-arthritic drug. Analgesic effects were also documented, as was a decrease in uncommonly high blood levels of cholesterol and uric acid.¹

Additionally, devil's claw is also used, especially in Europe, as an appetite stimulant and digestive aid.¹

Individuals with duodenal or gastric ulcers should avoid using devil's claw, due to the herb's ability to stimulate stomach acid production.⁵

References:

- 1 Tyler PhD, Varro E. *The Honest Herbal*. Binghamton, NY: The Haworth Press, Inc., 1993.
- 2 Bown, Deni. *Encyclopedia of Herbs & Their Uses*. NY, NY: Dorling Kindersley Inc., 1995.
- 3 Chevallier, A. *The Encyclopedia of Medicinal Plants*. NY, NY: Dorling Kindersley, 1996.
- 4 Weiner, M. and Weiner, J. *Herbs That Heal: Prescription For Herbal Healing*. Mill Valley, CA: Quantum Books, 1994.
- 5 Lininger DC, S., et al. *The Natural Pharmacy*. Rocklin, CA: Prima Health, 1998.