



Wood Betony

Stock #740-6 (100 capsules)

Wood betony herb has been used throughout history, dating back to ancient Egypt, for its sedative effects on the nervous system. Wood betony acts as a relaxant and tonic for the nervous system, helping to calm nervous tension and soothe pain, especially nerve pain. Wood betony has been indicated for a variety of health problems, including arthritic conditions, gout, hypertension, menstrual pain, migraines, neuralgia, nervous disorders, rheumatism, sciatica, and headaches stemming from poor circulation and nervous tension. Wood betony has even been used topically as a poultice for bruises and wounds.¹⁻¹¹

Although few scientific studies have been published in peer-reviewed medical journals, Russian researchers have identified substances in wood betony that possess anti-inflammatory and hypotensive (blood pressure-lowering) actions. For example, wood betony contains the iridoid glycoside, harpagide, which demonstrates analgesic, antiarthritic and anti-inflammatory properties. Wood betony also contains betaine, a substance that has been shown to lower plasma homocysteine—homocysteine has been shown to elevate blood pressure and increase the risk of hypertension and cardiovascular disease. Such findings may help explain many of the herb's traditional uses.^{1,3,12-16}

It is important to note that large doses of wood betony can cause stomach irritation and vomiting. In addition, since wood betony has been used as a uterine stimulant for difficult or painful labor, it is not recommended for use during pregnancy.^{4,6-8,12}

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