

From our friends at "Back to Herbs"



Mugwort

Mugwort is a perennial plant that is a member of the daisy family and a relative of ragweed. It is native to Asia and Europe and now grows as a weed in North America. It can grow to 6 feet tall, with stalks of small reddish-brown or yellow flowers in summer. The dried leaves and roots of the plant are used in herbal remedies.



Artemisia vulgaris (mugwort or common wormwood) is one of several species in the genus

Artemisia which have common names that include the word mugwort. This species is also occasionally known as Artemisa, Carline Thistle, Chiu Ts'ao, Common Mugwort, Douglas Mugwort, Felon Herb, Chrysanthemum Weed, Wild Wormwood, Old uncle Henry, Sailor's Tobacco, Naughty Man, Old Man or St. John's Plant. Mugwort should not be confused with St. John's Wort (*Hypericum perforatum*) or wormwood (*Artemisia absinthium*), despite their similar names.

The mugwort has a large number of uses, and has been traditionally used to treat digestive disorders, and it has also been used as a tonic for various remedies. The herb can also be used as a bitter, and for improving digestion and bringing in an increase in appetite. The mugwort is known to be milder in action than most other species of *Artemisia*, and this means that it can be taken for improving appetite, digestive functions, and absorption of nutrients over long periods of time, in small dosages. Mugwort is promoted to treat stomach and intestinal disorders such as colic, persistent vomiting, diarrhea, constipation, flatulence, and cramps. Mugwort is a known traditional herbal remedy for worms, and when it is used in lowered dosages over a specified period of time, it can prove to be extremely effective.

In Europe, mugwort is assumed to be a uterine stimulant, but this idea is in direct opposition to the Chinese concept of using mugwort to prevent miscarriage in a woman, and also to reduce and to stop excessive and heavy menstrual bleeding. Menstrual pain can be alleviated successfully with the help of mugwort, and when it is used externally in the form of a moxa stick on specific acupuncture points, it can even help turn a breech baby around in the womb.

The herb is also widely used as an antiseptic, antibacterial, and antifungal and is known to provide relief in cases of malaria. The mugwort plant contains essential oils (such as cineole, or wormwood oil, and thujone), contains a volatile oil, a sesquiterpene lactone, flavonoids, triterpenes, and coumarin derivatives. The plant, called nagadamni in

Sanskrit, is used in Ayurveda for cardiac complaints as well as feelings of unease, unwellness and general malaise.

The herb has also been promoted as a treatment for a wide range of other conditions, including headaches, nose bleeds, muscle spasms, epilepsy, circulatory problems, menopausal and menstrual complaints, chills, fever, rheumatism, asthma, dermatitis, dysentery, gout, and infertility.

Some proponents claim mugwort is a sedative and use it to treat neuroses, hysteria, general irritability, restlessness, insomnia, anxiety, mild depression, anorexia, and opium addiction. Dried mugwort, or moxa, is used in moxibustion treatments to treat cancer. Mugwort is available as a mixture of dried leaves and roots, an extract, tincture, tea, and in pill form. Mugwort can also be used as a poultice. It is also used in North American flower remedies and made into homeopathic preparations.

Western mugwort has several medicinal uses. It excites gastric juices and bile secretion. Therefore, it is useful in dyspeptic ailments accompanied by a lack of appetite, and in gastric atony. Its antispasmodic action helps alleviate pain caused by hepatic colic in gallstone cases. It has been used since ancient times to regulate menstruation in women who experience a difficult and painful period. In Mexico, the Huicholes drink juice made from the leaves to treat abdominal pain. The indigenous people of Quebec used the plants native to the area, *Artemisia canadensis* and *A. ludoviciana*, to prepare a stomachic and vermifuge infusion, as well as poultices used for treating burns.

In Traditional Japanese Medicine as well as Chinese Medicine, Chinese mugwort (*Folium Artemisiae argyi*) is used for moxibustion, for a wide variety of health issues. The herb can be placed directly on the skin, attached to acupuncture needles, or rolled into sticks and waved gently over the area to be treated. In all instances, the herb is ignited and releases heat. Not only is it the herb which is believed to have healing properties in this manner, but it is also the heat released from the herb in a precise area that heals. There is significant technique involved when the herb is rolled into tiny pieces the size of a rice grain and lit with an incense stick directly on the skin. The little herbal fire is extinguished just before the lit herb actually touches the skin.

Used for centuries as an alternative medicine, it has been used for the following properties:

- antibacterial
- anthelmintic (expelling or destroying parasitic worms (as tapeworms) especially of the intestine) anti-inflammatory
- antiseptic
- antispasmodic
- carminative (able to relieve flatulence)
- cholagogue (an agent that promotes an increased flow of bile)
- diaphoretic (increase sweating)
- digestive
- diuretic
- emmenagogue
- expectorant
- haemostatic (retards or stops bleeding)
- nervine (soothes nervous excitement)
- purgative
- stimulant
- stomachic
- and tonic, cleansing toxins from the blood

It is used in alternative medicine to expel intestinal worms, nervous and spasmodic affections, asthma, sterility, functional bleeding of the uterus and menstrual complaints, and diseases of the brain. As a gargle for sore throat, a wash for sores and a poultice for infections, tumors and to stop bleeding. These actions and uses are now backed by scientific studies on the plants main constituents. The leaves have an antibacterial action, inhibiting the growth of Staphococcus aureus, Bacillus typhi, B. dysenteriae, streptococci, E. coli, B. subtilis, and pseudomonas.



Be sure to try NSP's Para Cleanse (10 Day) or Artemisia Combination (100 caps).

References:

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Yours in Good Health!

Sincerely,

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