

# CHASTETREE

*(Vitex agnus-castus)*

## Clinical Summary

### Actions

- Hormone Regulator
- Female Tonic
- Uterine Tonic
- Galactagogue

### Indications

- Menstrual disorders including:
  - Irregularities of the menstrual cycle
  - Infertility
  - Habitual miscarriage
  - Symptoms of premenstrual syndrome and/or menopause
  - Hormonally induced acne (in both sexes)
  - Cyclical breast pain and benign breast disorders
  - Ovarian cysts
  - Fibroids
  - Endometriosis
  - Latent hyperprolactinaemia
  - Polycystic ovary syndrome (PCOS) although this is contentious
- To help re-establish the cycle after use of the contraceptive pill
- To aid the expulsion of the placenta after birth
- Postnatal depression
- Fibromyalgia
- Hypothyroidism
- Restless leg syndrome
- Sleep maintenance insomnia
- Lactation support (low doses only)

### Traditional Use

Chastetree has been called the “most archetypal” of all female reproductive herbs.

### Energetics

Cooling and warming potential, dry, neutral.

### Constituents

Essential oils, iridoid glycosides, diterpines, flavonoids, terpenoids, neolignans, phenolic compounds, glyceride and essential fatty acids.

### Use in Pregnancy

Likely to be safe, but cannot be confirmed. In practice some herbalists use it during the first 10 weeks of pregnancy in cases of difficult conception. Not traditionally recommended in pregnancy.

### Contraindications and Cautions

People with tumours sensitive to oestrogen or progesterone should avoid using this herb until safety can be established. It has been suggested that the ability of chastetree to reduce prolactin levels may inhibit medical investigations and may mask diagnosis and proper treatment of prolactinoma.

Use moderately during breastfeeding.

### Drug Interactions

People taking medicines with contraceptive, hormonal and/or dopaminergic actions should consult their health professional prior to combined use with chastetree.

### Administration and Dosage

Liquid extract 1:1 in 45% alcohol  
5 to 20mL weekly