

# SHEPHERD'S PURSE

*(Capsella bursa-pastoris)*

## *Clinical Summary*

### **Actions**

- Astringent
- Diuretic
- Antihæmorrhagic
- Urinary Antiseptic
- Styptic
- Oxytocic
- Urinary Antiseptic
- Antipyretic

### **Indications**

- Heavy menstruation, dysmenorrhœa, dysfunctional uterine bleeding, uterine hæmorrhage, reducing postpartum hæmorrhage
- Cystitis
- Diarrhœa
- Nose bleeds, superficial skin wounds and bruising

### **Traditional Use**

Shepherd's purse has a long history of medicinal use in Europe, China, Japan and Arabic countries. It is extensively prescribed in Traditional Chinese Medicine for the regulation of blood and to help with eyesight.

### **Energetics**

Cold, dry.

### **Constituents**

Tannins, flavonoids, amines (choline), amino acids, aliphatic and phenolic acids, volatile oil (camphor), resin, saponins, beta-carotene, sinigrin, which can be broken down to allyl isothiocyanate.

### **Use in Pregnancy**

Likely unsafe due to possible uterine stimulation, menstrual flow stimulation and miscarriage.

### **Contraindications and Cautions**

None known.

### **Drug Interactions**

Monitor with central nervous system depressants and thyroid hormone.

### **Administration and Dosage**

Liquid extract 1:1 in 25% alcohol  
20 to 80mL weekly