

RASPBERRY

(*Rubus idaeus*)

Clinical Summary

Actions

- Astringent
- Partus Preparator
- Uterine Tonic
- Antidiarrhoeal
- Antispasmodic
- Anti-Inflammatory
- Antioxidant

Indications

- Prepares the uterus for childbirth, reduces the pain of uterine contractions during childbirth, makes contractions more effective and productive, thereby easing and shortening the duration of the birth and reducing the risk of haemorrhage, aids with the production and maintenance of breastmilk, dysmenorrhea, menorrhagia, general and uterine tonic following surgery to the uterus such as the removal of fibroids, termination of pregnancy or a curett
- Diarrhoea, to improve digestion
- Inflammation of mouth and throat, tonsillitis, allergies, influenza, conjunctivitis (locally as eye lotion)
- Soothes the kidneys and urinary tract

Traditional Use

Midwives have used raspberry leaves since ancient times to prepare the uterus for childbirth in an attempt to facilitate a complication-free labour.

Energetics

Cool, dry.

Constituents

Flavonols (quercetin, kaempferol), polyphenols (ellagic acid), tannins, volatile oils.

Use in Pregnancy

Likely to be safe, but safety cannot be confirmed (first trimester), likely to be safe (second and third trimester). There is no evidence of harmful effects on the foetus, despite consumption by a large number of women. Clinical studies suggest that it is safe to use after the first trimester, although it is prudent to ensure close professional supervision.

Contraindications and Cautions

As tannins may reduce the absorption of other substances, it is recommended to take raspberry leaf preparations separately (by at least two hours) from other medications. The high tannin concentration means it should be avoided in constipation, iron deficiency anaemia and malnutrition. Use cautiously in highly inflamed or ulcerated conditions of the gastrointestinal tract.

Drug Interactions

Due to its high tannin content raspberry may decrease absorption of iron, calcium and magnesium, as well as some drugs. As such, it is advised to separate the administration of these substances by at least two hours.

Administration and Dosage

Liquid extract 1:1 in 30% alcohol
30 to 170mL weekly