

Nettle



Scientific name: *Urtica dioica* L.

Common name: Nettle

Traditional name: Anjare

Part used: Root and rhizome

Description & characteristics:

Pieces are light brownish white, nodular and very hard and rigid with radiating longitudinal lines and prominent bifurcations at the nodes that have a longitudinal hollow channel.

Temperament: hot and dry

Functions:

Molattif (attenuant) slimy humors, absorbent, resolution of rigid tumefactions, , diuretic of urine, menstrual, milk and sweat, purification of chest, lung, and stomach.

Traditional uses:

Purification of chest and lung, diuretic

Modern uses:

Prostate problems, irritable bladder.

According to the Alken criterion in relieving the symptoms of phase I and II of benign prostatic hyperplasia, according to the Vahlensieck criterion in relieving the symptoms of the phase II and III

Dosage:

One cup a day (add 4-6 grams of crushed root to cold water. After boiling for one minute, cover the dish. After ten minutes, strain and drink)

Side effects:

- Mild complaints of digestive system
- Decreased urine formation
- Allergic skin reactions and edema

Precautions and warnings:

If blood seen in the urine or acute residual of urine complaint consult a doctor to continue using it.

Use in pregnancy and breastfeeding:

It is forbidden to use the root of the plant during pregnancy.

Contraindications:

pregnancy

Interactions:

One to two hours interval considered from supplements containing iron.

Pharmaceutical forms available in natural products pharmacy:

Combination: nettle root in combination with other herbs

- Diuretic powder

References:

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