

Action	<p><b>Black Haw</b> <i>Viburnum prunifolium</i></p> <p>Acts mildly as a nerve sedative, and antispasmodic. Produces muscular relaxation and reduction of reflex irritation during pregnancy. Has a tonic and soothing influence on the entire uterine structures. Regulates sympathetic disturbances, from uterine irritation.</p>	<p><b>Helonias</b> <i>Chamelireum luteum</i></p> <p>Has a pronounced tonic influence, in general relaxation and feebleness of uterine structures. Specific in prolapsis, with a dragging or pulling down sensation in lower abdomen. When there is pelvic engorgement with prolapsis. Reproductive tropho-restorative</p>	<p><b>Blue Cohosh</b> <i>Caulophyllum thalictroides</i></p> <p>Has a wide influence on the reproductive organs increasing activity and reducing pain; widely used for uterine pain with fullness, ovarian neuralgia, endometritis, endometriosis pain and middle-schmerz.</p>	<p><b>Black Cohosh</b> <i>Macrotys Cimicifuga racemosa</i></p> <p>Exercises a wide influence on the nerve centers, and their blood supply. Is a mild motor depressant and nerve sedative. Positively relieves muscular soreness or aching, induced or idiopathic, from whatever cause. Relieves erratic nervous conditions; acts directly upon the reproductive functions.</p>	<p><b>Chaste Tree</b> <i>Vitex agnus-castus</i></p> <p>Corpus luteum insufficiency with elevated estrogen and/or deficient progesterone. Highly effective remedy for premenstrual and menopausal anxiety, hot flashes and uterine fibroids.</p>
On the Menstrual Function	<p>Indicated in dysmenorrhea, with cramp-like or spasmodic pains. Corrects nervous irritation and sympathetic disturbances; a tonic and corrective in persistent irregularity, either in duration or quantity.</p>	<p>Is auxiliary only in menstrual disorders, tends to regulate the menses when irregular from engorgement or misplacement, hormonal imbalance, or when influenced by frequent child-bearing. Corrects reflex irritation from menstrual disorders.</p>	<p>Indicated in amenorrhea, dysmenorrhea, irregular menstruation and PMS anxiety.</p>	<p>In menstrual disorders, accompanied with aching or muscular soreness, and cool skin. Relieves amenorrhea with these symptoms; will control congestive dysmenorrhea. Its influence here is enhanced by aconie or belladonna. Is beneficial in menorrhagia and metrorrhagia; is given in menstrual irregularities of young girls.</p>	<p>Hyper or poly-menorrhea, amenorrhea due to hormonal imbalance. Helps to re-establish normal cycle after use of birth control pills. Wide range of PMS symptoms.</p>
Prevent miscarriage or abortion	<p>The best of remedies for this purpose, reliable in emergencies if given in full doses, frequently repeated. Reliable in habitual abortion; will prevent induced abortion if membranes are not ruptured. Should be given in advance in habitual cases, and continued past the time.</p>	<p>Not to be relied upon in emergencies; of assistance to prevent abnormal conditions, which induce habitual abortion.</p>	<p>In small quantities mixed with viburnum it has a reputation for preventing premature labor.</p>	<p>Is not depended upon. Acts more like ergot; is given only in small doses, for its specific indications.</p>	<p>May be used up to third month of pregnancy to prevent miscarriage.</p>

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As a partus-preparator	Abates nerve irritation, restlessness, and hysterical symptoms and erratic pains, contributes to a normal condition; prevents morning sickness; premature contractions; induces cheerfulness and hopefulness and prevents accidents.	Is not used alone, but in combination with mitchella and cimicifuga produces a reliable compound. Does away with erratic pain, and liability to accidents or malpositions.	Frequently used in combination (Mother's Cordial), it prevents false labor pains, anxiety and promotes a healthy, easy labor.	The most frequently used remedy for this purpose, less reliable than mitchella; removes erratic pains, and irregular conditions; overcomes hysteria, soothes general muscular irritation; and conduces to a normal, easy, short labor	Has no direct influence
In labor	Promotes normal conditions, with regular normal contractions, soothes undue muscular irritation. Prevents hemorrhage.	Is not used in labor for any direct influence. The benefits obtained are secured by its previous use.	Stimulates strong, productive contractions. Useful in pokey labor (Rigid os 4-5 cm)	A most reliable oxytocic; produces normal regular intermittent pain; does away with erratic and irregular pains, especially if of rheumatic or neuralgic origin. Prevents postpartum hemorrhage; relieves nervous irritation.	Has no direct influence
After labor	Restores normal tone, and normal capillary circulation, prevents subinvolution, prolapsis, and malposition	Preserves tone in the structures, preventing subinvolution, prolapsus, and malpositions.	Helps to expel placenta; reduces post-partum pain; prevents uterine subinvolution	Relieves severe aching and muscular soreness, controls postpartum hemorrhage, promotes normal involution; militates against the recurrence of uterine misplacement; cures persistent leucorrhoea, especially if accompanied with relaxation and hypertrophy.	As a galactagogue to stimulate and maintain milk production (most effective first ten days after birth).
For other conditions	Is valuable in erratic conditions of the menstrual functions, and at the menopause. Valuable during protracted or eruptive fevers, where there is irregular menstruation, with impending uterine inflammation and sepsis.	Benefits urinary disorder; relieves the phosphatic and uric acid diatheses. Is of benefit in albuminuria if accompanied with hepatic complications; corrects liver and stomach disorders during pregnancy.	Effective for menopausal pain; low back pain with pain radiating down the legs; arthritic pain in small joints; spasmodic coughing.	This agent must not be classed as only a uterine remedy. It is of much value in fevers with its specific symptomatology and in inflammation of the kidneys and bladder and in malarial fevers. Aching and muscular soreness are its plain indications; of first importance with gelsemium in anuria, especially if causing eclampsia.	Teenage acne - boys and girls; premenstrual oral and genital herpes; carminative, useful for morning sickness up to third month. Hormonally related constipation.