



Supporting the birth that is right for you!

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## Herbs and Pregnancy

*By Rebecca Pugh*

Here is a basic listing of herbal usage in pregnancy. Please refer to Rosemary Gladstar's [Herbal Healing for Women](#) for more information.

Below is a list of herbs to **avoid** during pregnancy:

- Dong quai
- Tansy
- Rue
- Pennyroyal oil
- Goldenseal
- Senna
- Cascara Segrada

The following herbs should **only** be used during the last few days of pregnancy and during labor to encourage smooth birthing:

- Angelica-most popular for retained placenta
- Black Cohosh-uterine relaxant, promotes regular contractions
- Blue Cohosh-uterine stimulant used for delayed or prolonged labor
- Motherwort-facilitates childbirth, tones the heart
- Pennyroyal Leaf-reduces cramps and tension, facilitates labor and delivery
- Yarrow-stops bleeding and inflammation
- Cotton Root Bark-stimulates contractions

The best herbs for pregnancy are listed below with their basic actions:

- Dandelion-nutritious, purifies and builds the blood
- Nettles-nutritious, high in iron and calcium, galactagogue
- Uva Ursi-used to treat urinary cystitis
- Red Raspberry-the ultimate pregnancy herb, tones entire reproductive system, relieves morning sickness, prepares for birth, facilitates after birth recovery, nutritious
- Yellow Dock-blood and lymph cleanser, reduces hemorrhage
- Squaw Vine-tones and nourishes uterus and balances hormones
- False Unicorn-prevents miscarriage, tones and invigorates reproductive system
- Cramp Bark-uterine relaxant for pre-term labor and afterbirth pains
- Shepherd's Purse-used for childbirth related hemorrhage
- Vitex-regulates hormones, galactagogue, stimulates pituitary
- Arnica-used before and after birth to reduce bleeding, bruising, and soreness associated with birth
- Blessed Thistle-digestive aid, encourages and enriches milk production
- Ginger-excellent for morning sickness, to ease digestion, and to warm and stimulate

**Herbs are never a substitute for health care. Consult your midwife before taking any herb.**