

De geneeskrachtige werking van
Alchemilla mollis, VROUWENMANTEL

Bron: www.pfaf.org

Lady's mantle has a long history of herbal use, mainly as an external treatment for cuts and wounds, and internally in the treatment of diarrhoea and a number of women's ailments, especially menstrual problems. The herb is alterative, antirheumatic, astringent, diuretic, emmenagogue, febrifuge, sedative, styptic, tonic and vulnerary. The leaves and flowering stems are best harvested as the plant comes into flower and can then be dried for later use. The fresh root has similar and perhaps stronger properties to the leaves, but is less often used. The plant is rich in tannin and so is an effective astringent and styptic, commonly used both internally and externally in the treatment of wounds. It helps stop vaginal discharge and is also used as a treatment for excessive menstruation and to heal lesions after pregnancy. Prolonged use can ease the discomfort of the menopause and excessive menstruation. The freshly pressed juice is used to help heal skin troubles such as acne and a weak decoction of the plant has been used in the treatment of conjunctivitis.