

Capsella bursa-pastoris
Family: Cruciferae - cabbage
Parts Used: aerial parts, leaves, blossoms

I always loved this "weed" as a child because I love hearts and this particular plant has heart shaped seed pods that I always thought were the leaves. I find it interesting that the main use of Shepherd's purse is for stopping bleeding of all types when the seed pods are shaped like the heart which pumps blood.

Properties

Astringent, detergent, diuretic, hemostatic, styptic, vulnerary.

Energetics: cooling, drying
Systems Affected: cardiovascular

Uses

- Stops bleeding of all types both externally and internally.
- Cuts, wounds, and scrapes.
- Nosebleeds and hemorrhoids.
- Internal bleeding anywhere such as intestines, lungs, bladder, and kidney (as seen in urine), stomach (ulcers), uterus, etc.
- Help to regulate menstrual flow, heavy bleeding, and reduce postpartum bleeding.
- Can be used to stimulate uterine contractions for inducing labor in childbirth.
- Can equalize high and low blood pressure (combines well with hawthorn and linden blossoms).
- Hastens blood coagulation and constricts blood vessels while also expanding arteries and improving blood flow.
- Irregular heartbeat, heart disease and cardiac insufficiency.
- Shock (tincture under the tongue).
- Corrects prolapses of uterus, bladder, and other organs, moving them back into their correct positions.
- Aids with rheumatic aches and pains.
- Strengthens weak, strained, or pulled muscles.
- Kidney and bladder irritation, including blood and mucus in the urine.
- Earache

Herb Preparations

- Tea (not very tasty)
- Extract (best way to utilize this plant)
- Poultice, compress
- Powder, capsules
- Bath, wash, gargle

Foraging/Harvesting

This is one of the easy to identify plants by the heart shaped seed pods, topped with little white flowers. It also flowers and seeds all year long so can be picked anytime. Found in disturbed sites, roadsides, and as a garden weed.

- Cut aerial parts or pull up the entire plant if you are "weeding" for drying or processing.





Safety

Can stimulate uterine contractions so avoid taking while pregnant.