

Agnus Castus - Vitex Tincture 50ml



Brand:

Product Code: 722301199299

Availability: 2 - 3 Days

Weight: 150.00kg

Dimensions: 0.00cm x 0.00cm x 0.00cm

Price: \$27.80

Description

Traditionally, *Agnus castus*, aka vitex, chaste berry, Monks Pepper and other local names has been a European remedy for controlling and regulating the female reproductive system. Long used to regularize monthly periods and treat amenorrhea and dysmenorrhea, it was used to help ease menopausal problems and aid the birth process. Hippocrates, Dioscorides, and Theophrastus mention the use of Agnus Castus for a wide variety of conditions, including hemorrhage following childbirth, and also to assist with the 'passing of afterbirth'. Decoctions of the fruit and plant were also used in sitz baths for diseases of the uterus. One of the most commonly used herbs for regulating hormones and relieving menstrual difficulties and is considered to be the best herb for ailments such as fibroid cysts of the uterus and endometriosis. Though in the Americas Wild Yam root also is excellent for introducing estrogen into the body as well.

Agnus castus can stimulate the release of Leutenizing Hormone (LH) and inhibit the release of Follicle Stimulating Hormone (FSH). Suggesting that the volatile oil has a progesterone-like effect. Its benefits stem from its actions upon the pituitary gland specifically on the production of luteinizing hormone. This increases progesterone production and helps regulate a woman's cycle. Agnus Castus may also regulate prolactin secretion. The ability to decrease excessive prolactin levels may benefit infertile women. With its emphasis on long-term balancing of a woman's hormonal system, Agnus Castus is not a fast-acting herb. For premenstrual syndrome or frequent or heavy periods, Agnus Castus can be used continuously for four to six months. Women with amenorrhea and infertility can remain on Agnus Castus for twelve to eighteen months, unless pregnancy occurs during treatment. It is not recommended for use during pregnancy.

Directions: 1 or 2 Droppers full under the tongue 2-3 times a day or as needed. If alcohol sensitive, place desired amount in Hot Tea or water, alcohol will evaporate in 1-2

minutes.