

Cramp Bark

Latin Name: Viburnum opulus

AntiSPASMODIC; NERVE SEDATIVE

Use BARK (Inner Bark the best)

Shrub or Small Tree: Native to Gueldersland (a DUTCH Province); Throughout England; Northern U.S. and Canada

HISTORY

1) RUSSIANS Used berries: High BLOOD PRESSURE; HEART issues

QUALITIES

1) Components: BITTER; TANNINS

2) CRAMPS; SPASMS of all kinds; Muscle SPASMS; HEART muscle tension; CONVULSIONS; Hysteria; Headaches; ASTHMA; Coughs; Colds; Lungs; Kidneys; Intestinal Cramping; Bleeding and Stomach ULCERS; Colic; MENSTRUAL Cramps

3) WOMEN: Female REGULATOR; RELAXANT for OVARIES and UTERUS; helps prevent MISCARRIAGE; Nervousness when PG

4) OTHER

- SKIN; Eczema

- Rheumatism

Cramp Bark References

Herb History and General Information

Felter, Harvey Wickes, M.D., and John Uri Lloyd, Phr. M., Ph.D. *King's American Dispensatory*; 1898. See excerpts at <http://www.henriettes-herb.com> accessed July 22, 2014

Grieve, M. *A Modern Herbal, Vol I & II*. New York and London: Hafner Publishing Co.; 1967. See excerpts at www.botanical.com accessed July 22, 2014

Ritchason, Jack, N.D. *The Little Herb Encyclopedia*. Pleasant Grove, Utah: Woodland Health Books; 1995; pp 67-68

Studies

No studies available as of October 22, 2014