

# Devil's Claw

*Latin Name: Harpagophytum procumbens*

CLEANSING; INFLAMMATION; CIRCULATION; URINARY TRACT

Use SECONDARY ROOTS (Primary Roots are less active)

Found in Arid Savannahs of SW Africa; Poor Quality when Cultivated Elsewhere

NAMED for Seed Pod Capsule: resembles thorny, barbed CLAW

## HISTORY

- 1) For THOUSANDS of Years: AFRICAN NATIVES: Root Tea: ARTHRITIS; RHEUMATISM; GOUT; DISCOMFORT; DIGESTIVE. OINTMENT for SORES; BOILS
- 2) 1900s Introduced to Western Medicine: ARTHRITIS; DISCOMFORT
- 3) GERMAN Commission E: APPETITIE Stimulant; HEARTBURN; DEGENERATIVE disorders

## QUALITIES

- 1) Components: Bitter – DIGESTIVE; Increases Gastric Acid secretions
- 2) Reduces INFLAMMATION in joints; NEURALGIA; ARTHRITIS; RHEUMATISM (if severe, may take 4 weeks or more for benefit)  
- STUDY: "results of an open clinical study in 75 patients revealed a strong reduction of pain and the symptoms of osteoarthritis." (Wegener 2003)
- 3) TONIC; BLOOD PURIFIER; Helps overcome HARDENING of VEINS & ARTERIES; Keeps blood vessels ELASTIC; Maintains CIRCULATION; Lowers BLOOD PRESSURE and HEART RATE
- 4) CLEANSING; Removes Toxins; Reduces FEVER; LIVER; GALL BLADDER
- 5) Strengthens BLADDER and KIDNEYS; Low-Back DISCOMFORT
- 6) OTHER  
- DIABETES  
- HEADACHES: Slows AGING; Anti-OXIDANT

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## Devil's Claw References

### Herb History and General Information

Blumenthal M, Goldberg A, Brinckmann J, eds., *Herbal Medicine Expanded Commission E Monographs*. Austin, TX: American Botanical Council; Newton, MA: Integrative Medicine Communications; 2000

Henriettes Archives, Devil's Claw Monograph;1995 at <http://www.henriettes-herb.com> accessed July 22, 2014

Foster, Steven and Rebecca L. Johnson, *Desk Reference to Nature's Medicine*. Washington, D.C.: National Geographic; 2006; pp 132-133

Memorial Sloan Kettering Cancer Center. See [www.abouterbs.com](http://www.abouterbs.com) accessed July 28, 2014

Ritchason, Jack, N.D., *The Little Herb Encyclopedia*. Pleasant Grove, Utah: Woodland Health Books; 1995; pp 73-74

### Studies

Wegener 2003 at [www.pubmed.gov](http://www.pubmed.gov) accessed October 29, 2014. The results of an open clinical study in 75 patients suggest that this Devil's claw extract has a clinically beneficial effect in the treatment of arthrosis of the hip or knee.

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#### Additional info on Studies:

“... multicentre drug surveillance study for about 12 weeks was conducted in 75 patients with arthrosis of the hip or knee...The results of the study revealed a strong reduction of pain and the symptoms of osteoarthritis. There was a relevant improvement of each WOMAC subscale as well as of the total WOMAC index: 23.8% for the pain subscale, 22.2% for the stiffness subscale and 23.1% for the physical function subscale. The WOMAC total score was reduced by 22.9%. VAS pain scores were decreased by 25.8% for actual pain, 25.2% for average pain, 22.6% for worst pain and 24.5% for the total pain score. The physicians reported a continuous improvement in typical clinical findings such as 45.5% for pain on palpation, 35% for limitation of mobility and 25.4% for joint crepitus...Although this was an open clinical study, the results suggest that this Devil's claw extract has a clinically beneficial effect in the treatment of arthrosis of the hip or knee.” (Wegener 2003)