

Goat's Rue

Latin Name: Galega officinalis

Increases MILK Production; Lowers BLOOD SUGAR

Use Flowering stems and leaves

Native to southern and eastern Europe; western Asia

Likes moist, rich, fertile soil

When crushed, gives off rank odor; Has disagreeable, bitter taste

HISTORY

- 1) Middle Ages: Plague, Fevers; Infectious diseases
- 2) German's called it the pestilence herb
- 3) European Folk lore: Improve LACTATION in nursing mothers; Diabetes; weak Diuretic; Worms
- 4) Culpeper said "...very refreshing to wash the feet of persons tired with overwalking"

QUALITIES

- 1) CONTENTS: Bitter; Tannins; Galegin (lowers blood sugar levels)
- 2) Galactagogue; Increases Nursing Mother's Milk
- 3) Skin ULCERS; used in Ointments to heal after plastic surgery
- 4) Lowers BLOOD SUGAR; along with other herbs: used to Stimulate ADRENAL GLANDS, PANCREAS, Digestive Enzymes
- 5) OTHER: Antibacterial; Fevers (induces sweating); Inhibits blood clotting

CAUTION: Grazing animals have been poisoned by herb

Goat's Rue References

Herb History and General Information

Culpeper, Nicholas, M.D. and Thomas Kelly, *The Complete Herbal*, [Culpeper-Orig 1653] updated and revised; Compiled using additional writings from Culpeper legacy. London: Thomas Kelly; 1846

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

Foster, Steven and Rebecca L. Johnson, *Desk Reference to Nature's Medicine*. Washington, D.C.: National Geographic; 2006; pp 184-185

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

Studies

No studies found as of October 30, 2014