

Witch Hazel

Latin Name: Hamamelis virginiana

ASTRINGENT

Use BARK; LEAVES; TWIGS

Native to Eastern U.S. and Canada

HISTORY: Native Americans: Tea Tonic; Gargle for mouth and throat irritations; Steam baths to loosen heavy phlegm and cough it up; Poultice for Swellings and Tumors

QUALITIES

1) Components: Tannins; Bitter; Volatile Oil

2) ASTRINGENT; Stops Bleeding inside and out; reduces Swelling; reduces Inflammation; soothing to Irritated Tissues and Mucous Membranes

- VENOUS System: Restores Tone; Circulation; Varicose Veins; Hemorrhoids; Hemorrhages (lungs, stomach, rectum, nose, uterus, kidneys); Dilated Facial Capillaries

- Strained and Bruised Muscles; Sprains; Arthritic Joints

- SKIN (cleanses and tones); Oily Buildup; Body Lotion; Massage liquid; Aftershave; Chaffing; Scratches; Wounds; Sores; Bed Sores; Insect Bites; After Shave; Crushed Fingers; Scalds; Burns; Sunburns; Antioxidant

- STUDY REVIEW (sunburn; antioxidant; photo-aging): A review of scientifically evaluated plant extracts showed that witch hazel contains antioxidant compounds which protect the skin from sunburn & photo-aging when administered topically or systemically. (Reuter 2010)

- FEMALE Congestive issues: Ovarian Congestion; Cervix, Uterus, Uterine Prolapse; Vagina; Vaginitis; Gonorrhea; Excessive Menstruation; Threatened Miscarriage; Following Childbirth; Sore Breasts

3) OTHER

- Prolapse Bowel; Diarrhea

- Testicular Congestion in men

- Fever; Headaches; Inflamed Eyes; Conjunctiva; Sore Throat; Tonsillitis

- Sedative

Witch Hazel References

Herb History and General Information

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Christopher, Dr. John R., *School of Natural Healing*. Provo, Utah: BiWorld Publishers, Inc.; 1976. Also, 20th Revised and Expanded Anniversary Edition, Springville, Utah: Christopher Publications, Inc.; 1996; pp 187-190

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 23, 2014

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Studies

Reuter J, Wölfle U, Korting HC, Schempp C. Which plant for which skin disease? Part 2: Dermatophytes, chronic venous insufficiency, photoprotection, actinic keratoses, vitiligo, hair loss, cosmetic indications. *J Dtsch Dermatol Ges*. 2010 Nov;8(11):866-73. doi: 10.1111/j.1610-0387.2010.07472.x. [PubMed]

Additional info on Studies:

SUNBURN; PHOTOAGING; ANTIOXIDANT

A review of scientifically evaluated plant extracts in dermatology showed that plant extracts from witch hazel (*Hamamelis virginiana*) contain antioxidant polyphenolic compounds which protect the skin from sunburn & photoaging when administered topically or systemically. Reuter 2010

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Abstract

This paper continues our review of scientifically evaluated plant extracts in dermatology. After plants effective against dermatophytes, botanicals with anti-edema effects in chronic venous insufficiency are discussed. There is good evidence from randomized clinical studies that plant extracts from grape vine leaves (*Vitis vinifera*), horse chestnut (*Aesculus hippocastanum*), sea pine (*Pinus maritima*) and butcher's broom (*Ruscus aculeatus*) can reduce edema in chronic venous insufficiency. Plant extracts from witch hazel (*Hamamelis virginiana*), green tea (*Camellia sinensis*), the fern *Polypodium leucotomos* and others contain antioxidant polyphenolic compounds that may protect the skin from sunburn and photoaging when administered topically or systemically. Extracts from the garden spurge (*Euphorbia peplus*) and from birch bark (*Betula alba*) have been shown to be effective in the treatment of actinic keratoses in phase II studies. Some plant extracts have also been investigated in the treatment of vitiligo, various forms of hair loss and pigmentation disorders, and in aesthetic dermatology.