

# Red Raspberry

Latin Name: *Rubus idaeus*

Also known as: Garden Raspberry, Hindberry, Hindbur

## Scientific Classification

*Rubus idaeus* is the cultivated variety. *Rubus strigosus* is the wild variety.

Family: Rosaceae – rose family

Genus: *Rubus* – blackberry

Species: *R. idaeus* – American red raspberry

Influence on the Body	(PRINCIPAL ACTIONS are listed in CAPITAL LETTERS)
<i>Blood and Circulatory System</i>	HEART • mild alterative (purifies the blood, cleanses, and induces efficient removal of waste products)
<i>Blood Sugar</i>	diabetes
<i>Body System</i>	stimulant • tonic • MUCOUS MEMBRANES • astringent (tightens, constricts and tones tissues, reduces swelling and mucous discharge)
<i>Digestive Tract</i>	stomachic (strengthens stomach function) • ulcers • DIGESTIVE DISORDERS • indigestion • antacid (corrects acid conditions in the stomach, blood and bowels) • NAUSEA • ANTI-EMETIC (relieves stomach, helps prevent vomiting) • VOMITING • GAS • GASTRITIS • BOWEL PROBLEMS • colic (severe abdominal pain) • constipation • laxative • DIARRHEA • dysentery (bowel inflammation) • hemorrhoids
<i>Eyes</i>	eyewash • ophthalmia (eye inflammation)
<i>First Aid</i>	wounds • fractures
<i>Infections and Immune System</i>	COLDS • coughs • FEVERS • refrigerant (cools, reduces fever) • diaphoretic (promotes perspiration, increases elimination through the skin) • FLU • cholera (serious infectious disease) • measles
<i>Inflammation</i>	rheumatism
<i>Lungs and Respiratory System</i>	bronchitis
<i>Mouth, Nose &amp; Throat</i>	teething • spongy gums • canker sores • MOUTH SORES

	<ul style="list-style-type: none"> <li>• sore throat • thrush (fungal infection of the mouth)</li> </ul>
<i>Nervous System</i>	nervous conditions • ANTI-SPASMODIC
<i>Reproductive System</i>	<p>gonorrhea</p> <p><i>Male:</i> • prostate gland</p> <p><i>Female:</i> • FEMALE ORGANS • MENSTRUAL IRREGULARITIES • emmenagogue (promotes menstrual flow) • leukorrhea (vaginal discharge) • vaginitis (vaginal inflammation) • douche • strengthens and tones UTERUS • MORNING SICKNESS • PREGNANCY • MISCARRIAGE preventative • anti-abortive • LABOR PAINS • oxytocic (stimulates contractions accelerating childbirth) • PAINLESS CHILDBIRTH • AFTER-BIRTH PAINS • hemostatic (stops bleeding) • breast feeding discomfort • LACTATION • galactagogue (enhances lactation of nursing mothers)</p>
<i>Urinary Tract</i>	urinary problems • cystitis (urinary bladder inflammation)

**Key Properties:**

- FEMALE HERB – normalizes menstrual flow, strengthens uterus and female organs, helps prevent miscarriage, regulates birth contractions, eases labor and childbirth, helps stop hemorrhaging
- ASTRINGENT – has anti-inflammatory and toning effects on mucous membranes, cleanses and firms tissues of the mouth, throat, stomach, intestines, and urinary tract
- digestive aid – relieves nausea, gas, and diarrhea, soothes mucous membranes of the digestive tract

**Primarily affecting:** FEMALE ORGANS • MUCOUS MEMBRANES  
• GENITO-URINARY SYSTEM • STOMACH

<b>History</b>	<p>Red Raspberry has been used for many centuries by women for morning sickness and to strengthen the walls of the uterus and female organs.</p> <p>Native Americans used the herb as a healing astringent by making an infusion of the root bark and applying it to sore eyes. The fresh fruit of red raspberry was used for dissolving tartar on the teeth.</p>
<b>Attributes</b>	<b><u>Key Components:</u> (including, but not limited to)</b>

*Nutrition*

Vitamins A • B1 (thiamine) • B3 (niacin) C • D • E • Calcium (good source) • Iron (good source) • Magnesium • Manganese (good source) • Phosphorous • Potassium • Selenium • Sodium • Sulfur  
Fruit Sugars • Pectin • Tannins

Raspberry leaves are a rich source of calcium, iron and manganese. Red Raspberry leaves have at least twice the manganese content of any other herb. Raspberries rank near the top of all fruits for antioxidant strength.

*Hormones for Men and Women*

The benefits of red raspberry leaves are well known. They have been used by herbalists and midwives for hundreds of years to balance hormones. The herb is a specific for reproductive health in both men and women of all ages. Raspberry leaves contain raw materials that help the body produce its own estrogen.

Drinking raspberry leaf tea helps relieve painful menstruation and regulates menstrual flow. If menstruation is too heavy, it will lighten without abruptly stopping.

*Pregnancy and Childbirth*

Red Raspberry helps to strengthen the walls of the uterus and supports the entire female reproductive system. Raspberry leaf tea is commonly used to relieve morning sickness and may be taken throughout pregnancy.

Red Raspberry helps reduce the chance of miscarriage and premature birth. It helps the body coordinate uterine contractions. It decreases contractions in the second trimester of pregnancy, reduces false labor pains prior to birth, and assists labor by stimulating contractions at the time of delivery. Herbalists and midwives recommend taking raspberry leaf tea freely throughout pregnancy to render childbirth less laborious.

Regular use of the tea will fortify uterine tissues to the extent that it helps prevent tearing of the cervix during birth. Red Raspberry helps prevent hemorrhaging during and after labor, and it can reduce afterbirth pains. It is not a conventional pain-killer, so red raspberry can safely cross the placental membrane without depressing the respiratory and circulatory centers in the brain of the developing fetus.

Observational studies were conducted wherein midwives monitored the efficacy and safety of raspberry leaf tablets (2.4gm daily) taken from 32 weeks pregnancy until the commencement of labor. Analysis of the findings suggested

that labor was shortened by an average of 10 minutes. An unexpected finding was that the women in the raspberry leaf group were less likely to require an artificial rupture of membranes, a caesarean section, forceps, or vacuum birth, than the women in the control group. No adverse side effects were identified for mother or baby while taking the herb.

I believe the outcome would have been much more dramatic if the women had taken red raspberry leaf from the beginning of their pregnancy and taken it in a liquid form, such as tea or tincture.

Raspberry leaf tea helps prepare the breasts for nursing by cleansing and purifying the blood. Its high iron content enriches the early colostrum found in mother's milk and increases overall milk supply.

*Mucous Membranes*

Raspberry leaves have been used to clean and heal cankerous conditions of mucous membranes throughout the body. Tannins found in red raspberry tighten tissues and have an anti-inflammatory effect on mucous membranes and skin abrasions. Tannin-rich raspberry leaves are used as a wound treatment, mouthwash, gargle, and internal tea for the digestive tract.

Raspberry tea is mild and pleasant to the taste. It is soothing for stomach aches and bowel problems in children and adults. Red Raspberry's astringent qualities help control the bowels and is a long-established remedy for dysentery and diarrhea, especially in colicky infants. For flu and diarrhea in children, drink the tea and use as an enema, if needed. Raspberry leaf is an excellent herb for children to use for colds and fevers.

Red Raspberry helps relieve urethral irritation and is soothing to the kidneys, urinary tract, and ducts. The herbal tea makes an effective eyewash for swollen and inflamed eyes.

<b>Herb Parts Used</b>	Leaves and fruit
<b>Preparations and Remedies</b>	<p>Red Raspberry is a mild, pleasant, stimulating, astringent tonic.</p> <p><i>Infusions</i> <i>Red Raspberry Leaf Tea:</i>            Pour 1 cup boiling water over 1 or 2 teaspoons of the dried leaf. Steep for 10 minutes, strain and sweeten to taste.</p>

During pregnancy, drink two to three cups daily. Use for morning sickness, to neutralize acid, to aid digestion, and to strengthen the uterus for childbearing.

Use a strong infusion as a gargle for cankers, sore throat, thrush, and spongy gums.

For hemorrhoids, drink plenty of red raspberry leaf tea daily. Make a decoction with equal parts witch hazel and red raspberry. Apply to the affected area with a clean cloth or cotton ball (which may be left on overnight for added benefit).

A cold infusion of raspberry leaves is a reliable remedy for extreme laxity of the bowels. It is also useful in stomach complaints of children.

*Lactation Tea:* (see BLESSED THISTLE preparations)

*Ginger Tea:* (see GINGER preparations)

*Yarrow Tea:* (see YARROW preparations)

*Stomach Tea:*

A strong tea made from slippery elm and red raspberry is excellent to help cleanse the stomach and soothe irritation and relieve gas.

*Enema and Douche*

Use tea for an enema preparation and as a douche to soothe irritated membranes, as needed.

*Douche:*

Mix together equal parts of the following:

Goldenseal • Red Raspberry • Echinacea • Slippery Elm

*Wash*

Make a strong infusion using one ounce of the herbs to one pint boiling distilled water. Cool and strain. Add one teaspoon raw apple cider vinegar, if desired. Douche in the morning and evening. Use for problems with the uterus, infections, candida and vaginitis.

The infusion is a valuable wash for sores, wounds, skin ulcers, and raw surfaces.

*Eye Wash:* (see GOLDENSEAL preparations)

<i>Ointment</i>	<i>Yarrow Ointment:</i> (see YARROW preparations)
<b>Safety</b>	<p>No health hazards or adverse side effects are known. Red Raspberry leaf tea has been used safely for centuries by children, adults, pregnant women and nursing mothers, and the elderly.</p> <p>More and more I hear of women being told that red raspberry leaves are dangerous during pregnancy. Considering the vast amount of historical data we now have, I find this to be simply absurd. Once again, I question the motives behind these suggestions.</p>
<p><b>Plant Profile</b></p> <p><i>Description</i></p> <p><i>Growing Red Raspberry</i></p>	<p><i>Natural Habitat:</i> Indigenous to Europe and Asia, red raspberry is widely cultivated in temperate climates and grows abundantly in North America.</p> <p>Red Raspberry is a perennial plant with a biennial growth habit (meaning, it dies down in winter and revives each spring from the root, not flowering until the second year). It grows in hedges, thickets, and neglected fields. The stalks are generally erect (growing three to six feet), freely branched, are covered with small, straight, slender thorns, and have pale green leaves that are double serrated on the edges.</p> <p>Small, white or rose-colored flowers bloom from May through July in simple clusters, followed by fruit. The fruit is not a true berry, but an aggregate of a number of red, hairy drupelets containing small seeds. The red juice is sweet, acidulous and pleasant to the taste. The odor is characteristic and aromatic.</p> <p>Red Raspberry hedges are generally propagated by suckers (secondary shoots from the base of the plant). Place the plants about two feet apart in rows, allowing four or five feet between rows. If planted too closely, the fruit does not fully develop. It is wise to replant every three or four years, as the fruit on old plants is apt to deteriorate.</p> <p>In October, cut down all the old wood that has produced fruit in the summer and shorten the young shoots to about two feet in length. Dig spaces between rows and dress with a little manure. Beyond weeding during the summer, no further care is needed.</p>