

# BLUE COHOSH

a BotanoLogos Monograph

---

**COMMON NAME:** Blue Cohosh  
**FAMILY:** Berberidaceae (Barberry)

**BOTANICAL NAME:**  
*Caulophyllum thalictroides*

**PART USED:** Root and rhizome

**ACTIONS:** Anti-spasmodic, analgesic, oxytocic, emmenagogue, abortifacient

**ENERGETICS:** Cool, bitter

**BOTANY:** One of the first plants to appear in the cove forest and other deeply shaded, moist woodlands. It is a lush perennial about two feet tall with compound leaves each with two to three delicately lobed leaflets. There is a blue-green cast to the underside of the leaves, in contrast with the vivid yellow green of the leaf surface. Small, greenish-yellow flowers, composed of tiny sepals, with even smaller petals at the base, appear in branching, terminal clusters in April. Look for the fruit, dark blue and about the size and color of a blueberry, in midsummer.

**ABOUT:** Blue cohosh is a tonic for the female reproductive system. It strengthens uterine function and is often used in formulas to increase fertility, especially for women with a history of miscarriage. As an analgesic it relieves pain caused by endometriosis, fibroid tumors, polycystic ovaries (PCOS), menstrual and menopausal discomfort.

It also relieves bronchial spasms due to asthma, persistent cough, and bronchitis.

## INDICATIONS:

- Menstrual pain, PMS symptoms, ovarian pain, endometriosis, pain due to fibroids or cysts (ovarian or uterine).
- Delayed menses.
- As a uterine tonic during the last three to four weeks of pregnancy, "partus preparator." See caution below.
- Bronchial spasms, coughs, and bronchitis.
- Rheumatic or arthritic pain in the small joints.



**Notes from Patricia**

BotanoLogos School of Herbal Studies

Georgia's Premier School of Herbal Studies for 27 years!

[www.wildhealingherbs.com](http://www.wildhealingherbs.com)

## CONTRAINDICATIONS:

Contraindicated in pregnancy. **May act as an abortifacient.** Most midwives and herbalists do not use blue cohosh at all during pregnancy since there have been reports that *Caulophyllum* use in pregnancy has resulted in cases of congestive heart failure in newborns.

## BLUE COHOSH PREPARATIONS:

**Tincture:** Tincture fresh root at a ratio of 1 part herb to 2 parts menstruum using 70% alcohol. Tincture dry root at 1 part herb to 5 parts menstruum, using 50% alcohol.

**Tea:** Decoct 1 teaspoon dry herb or 2 teaspoons fresh herb per cup of water. Decoct (simmer) for 10 minutes, covered.

**DOSAGES:** High doses of Blue Cohosh may cause headache, nausea or even vomiting. Start with a low dose and increase slowly. If you experience discomfort, discontinue use.

**Tincture:** 10 to 30 drops tincture in a small amount of water three to four times a day for acute symptoms. As a uterine tonic, 30 drops twice a day for several months.

**Decoction:** Drink ½ cup of decoction three to four times a day as needed to relieve symptoms. As a tonic, drink 2 cups of decoction per day for several months.

© 2020 Patricia Kyritsi Howell

Feel free to share if you give me credit and don't make any changes.



**Notes from Patricia**  
BotanoLogos School of Herbal Studies  
*Georgia's Premier School of Herbal Studies for 27 years!*  
[www.wildhealingherbs.com](http://www.wildhealingherbs.com)