



A stinging nettle.

Seedlings among grass.

Observe that the leaves have parallel venation. They are round and green in colour.

Rhizomes and roots of the stinging nettle.



A view of a cut stem of the nettle. It is slight yellow in colour. The longitudinal view of the cut stem, at a node.

The **stipules** of the nettle.

Observe the stinging hairs of the stinging nettle, they're white in colour.



The one at the left is a male, another is female (right).



A male stinging nettle.



Flowers of the male stinging nettle. These ones are yellow.



More male flowers. These ones are green in colour.



Purple flowers of the male nettle.



Flowers of the female nettle, green in colour.



Olive green flowers of the female.



The female bears fruits.



Closer view of the fruits.



Another view of the fruits.



The nettle's seed, germinating.



Gradually the plant comes out of the germinated seed.



The nettle can be used as an aliment, as shown in the above image.



The nettle as arranged with millet fritters.



Velika kopriva. (Úrtica dioíca.) Illustration #300 in: Martin Cilenšek: Naše škodljive rastline, Celovec (1892)

What Is Nettle Leaf Used For?

By [Sarah Lipoff](#), eHow Contributor

Nettle plants are found growing near streams, brooks and other water bodies. They have dark-green, serrated leaves. The most common type is the stinging nettle, which has needle-like hairs that secrete a toxin and sting if touched with bare hands. This plant has many medicinal uses, and is used dried. The leaves can also be blanched or sauteed, and eaten like spinach.

Nutritional Aspects

1. Nettle leaves are high in vitamins A and B, protein and chlorophyll. Nettle contains formic and caffeic acids, along with serotonin, high amounts of iron, potassium, calcium, fatty acids, folate and beta-carotene. They help maintain a healthy urinary tract and flush toxins from your system, which reduces fatigue and improve thyroid, kidney and bladder functions.

Anti-Inflammatory

2. Nettle leaf can inhibit the creation of prostaglandins, which can cause inflammation. This is helpful in treating pain related to sprains, tendonitis, arthritis, rheumatism and gout, according to the website dickcontino.com. An astringent can be made from the herb, which works externally on internal bleeding and hemorrhage. This can assist with shrinking inflamed tissues.

Prostate

3. Rain-tree.com states that recent studies indicate that nettle is able to help fight prostate inflammation, or prostatitis, and benign prostate hyperplasia. These studies have focused on the use of nettle root, along with the rest of the plant, mixed with other herbs in 20 clinical trials, with success in improving symptoms of benign prostate hyperplasia and prostatitis, which is inflammation of the prostate gland and surrounding tissues. Because of nettle's reputation as an anti-inflammatory, and by blocking hormone-chemical processes that may assist with the progression of benign prostate hyperplasia, nettle is gaining attention as a beneficial herb for prostate [health](#).

Allergies

4. Dickcontino.com finds nettle leaf beneficial in fighting allergies, because of the amount of vitamins and minerals naturally found in nettle leaf. With its anti-inflammatory abilities, nettle leaf is able to ease the inflammation caused by allergies and hay fever, and is able to help clear congestion of the nose and chest.

Diuretic

5. Stinging nettle has been used for many years as a diuretic and also to keep the urinary tract healthy. It has the ability to cleanse the system and help the flow of urine. Nettle can clear toxins from the system and remove gravel from the bladder. This helps prevent urinary tract infections.

Baldness

6. Nettle contains the ability to promote healthy hair growth. Rain-tree.com states that male and female baldness can be linked to dihydrotestosterone levels, and though no trials have been conducted, nettle can help stimulate the scalp and body to produce hair. Nettle can also be used to treat dandruff and as a tonic, to bring back the natural color of hair.

Considerations

7. Both rain-tree.com and dickcontino.com remind consumers that the Food and Drug Administration has not evaluated nettle leaf and that more clinical trials need to be conducted. Dickcontino.com finds that nettle leaf may interact with heart and diuretic medications. Talk with your doctor before adding nettle leaf into your diet. The leaves of the nettle are used to create an infusion, which can be made at home by boiling leaves and condensing, or can be purchased as a tincture, in which the nettle leaf infusion is dissolved in alcohol. Nettle leaves can be found in a tea, or in capsules.

Read more: [What Is Nettle Leaf Used For? | eHow.com](http://www.ehow.com/about_5147351_nettle-leaf-used.html#ixzz1HOw0n5IV)

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The Benefits of Nettles Leaf



It may seem hard to get excited about consuming a plant which is commonly referred to as, "Stinging Nettles." Many people know the herb as an annoying garden weed, or a dangerous plant to avoid. Others have been warned to be frightened of the plant, as it delivers quite a stinging bite when it comes into contact with the skin. And, while it is true that you should take care when dealing with nettles in the plant form, after you read about the incredibly powerful effects of this herb on many systems in the human body, you make rethink your initial aversion to this potent little weed.

During the springtime, this "wonder weed" can be found growing in massive groves, especially in places that provide the exact conditions that nettles love: a semi-shady spot in some rich soil. For hundreds of years, many cultures from all over the world have been ingesting nettles as a energy tonic. But what did these ancient people know about nettles that we don't? Traditional practitioners of

natural medicine seem to have intuitively known that nettles is an excellent source of iron, protein and other important minerals for healthy living.

Whether in teas or in tinctures, traditional practitioners of herbal medicine have used nettles to make the eyes brighter, the hair shinier, and the blood clean and potent. Nettles is also used to increase the strength and length of hair in beauty regimes. In fact, some herbalists swear by organic nettles ability to actually stimulate hair growth in balding men!¹

It's also a well-known fact that drinking nettles can help improve the appearance of your skin, making it clearer and healthier. You can use nettles in a tea or tincture form, but it may also be used in the kitchen as an edible and tasty vegetable. You can cook with nettles just as you would any dark leafy green herb. With a 10 percent protein ratio, nettles are a wonderful additive to sauces, baked dishes or salads.

The History of Nettle Leaf



[source](#)

Nettle, or *Urtica dioica*, comes from the Latin root-word, "uro," meaning "I burn." This is most likely a direct reference to the curious stinging sensation that can accompany touching the plant. The Nettles plant has tiny little hairs on its leaves, and these hairs leave a stinging residue that affects human skin.

While today this plant can be found growing throughout the world — due to our newfound abilities to cultivate plants in controlled environments — it naturally grows in the more temperate regions. And although it grows perfectly well in the U.S., nettles is not native to North America, but was brought here, from England, by John Josselyn.

For hundreds of years, the root and leaves of this plant have been commonly used as a medicinal herb, a healthy vegetable for human consumption, as well as a tough material for making clothes. The ancient Greeks used the plant for a variety of everyday ailments such as arthritis, troublesome coughs, tuberculosis, and as a hair-growth tonic.^{2 3}

The Health Benefits of Organic Nettles Leaf

The known benefits of organic nettles leaf are extensive, as this plant has truly been used for centuries on end. Currently, there are several well-known, well-documented benefits of organic nettles, including:

- ← Female tonic, especially for young women beginning menstruation and older women in menopause.
- ← May assist the body in the detoxification of chemicals and [heavy metals](#)
- ← Helps to reduce water retention, and is particularly [helpful for PMS](#) and menorrhagia, a condition where there is heavy menstrual flow in women.
- ← Helps Stimulate mothers milk, and increases energy after childbirth.
- ← Natural testosterone booster which aids in increased vitality in men.
- ← Diuretic that increases uric acid secretion, while at the same time, resisting nighttime bathroom urges. Great for urinary problems and bed-wetting issues.⁴
- ← Sterols, one component of nettles, reduce the activity of DHT, a type of testosterone, causing enlarged prostate.⁵
- ← Anti-inflammatory capacities act to help many of the symptoms related to arthritis. The robust amounts of boron and silicon minerals reduce pain of osteoarthritis, tendinitis, bursitis, rheumatoid arthritis and gout. The leaves can be made into a paste to be rubbed directly on painful areas of skin for conditions such as rheumatoid arthritis.
- ← Anti-hemorrhaging qualities for internal bleeding, as well as small cuts and wounds
- ← Anti-asthmatic for both bronchial and asthmatic difficulties, helping to clear constricted bronchial and nasal passages⁶
- ← Magnesium components moderates the pain of Fibromyalgia
- ← Contains natural antihistamines. Wonderful for hay fever and allergies
- ← Natural kidney and adrenal-gland tonic
- ← Powerful analgesic
- ← Depurative agent



[source](#)

Natural Compounds in Nettles Leaf

While there has been some debate as far as the active compounds in nettles leaf, currently scientists believe that the plant is mainly comprised of complex sugars, called polysaccharides, as well as lectins. The anti-inflammatory properties are believed to come from the prostaglandins.

Active constituents in nettles leaf also include high levels of protein, calcium, phosphorus, iron, magnesium, and beta-carotene. The herb also holds high amounts of the vitamins A, C, D, and B complex. The leaves contain histamine, which causes the distinctive burning sensation, as well as sterols, boron and silicon compounds.

The Cultivation of Nettles Leaf

Nettles grow best in a temperate environment, with partial shade and mineral-rich soil. Once grown, the leaves are collected using rubber gloves to protect against their sting. The most useful and medicinal part of the plant is the smaller, younger leaves, which you can pick from the top of the stem. The best time for harvesting nettles is during the spring, before the plant begins to flower. During this time, the leaves are at their peak nutritive capacity.

Side Effects or Contraindications of Using Nettles Leaf

Consult with a health care practitioner before taking organic nettles leaf if you are currently being treated with medication. Some medicines may interact negatively with the plant. Also, the aforementioned stinging sensation is the most obvious side effect to be aware of when dealing with nettles leaf. The sting can also cause a red rash, which can be relieved through rubbing the juice of the nettle onto the burn, but the rash is not dangerous. Due to the detoxification elements of nettles, in tea, tincture or capsule form, nettles may cause mild gastrointestinal distress in some people. The leaf is considered safe for women who are pregnant or breast-feeding.

Nettle Leaf

Botanical: *Urtica dioica* **Family:** Urticaceae (nettle) **Other common names:** Nettle, Common Nettle, Net Plant, Devil's Leaf, Great Stinging Nettle, Dwarf Nettle

Mineral and vitamin rich Stinging Nettle is a naturally nutritious way to help maintain a healthy **urinary tract** and **flush toxins** from your system. It is said to **uplift a weary body, reduce fatigue** and also improve **thyroid, kidney and bladder functions**. Nettle is also considered an age-old remedy for **allergies and respiratory problems**.

*"Tender-handed grasp the nettle
And it stings you for your pains.
Grasp it like a man of mettle
And it soft as silk remains."*

History:

Stinging Nettle is a fibrous plant, native to Eurasia, but distributed throughout the temperate regions of the world. It grows as a weed on roadsides and in waste places and thrives in moist, nitrogen-rich soil in sun or dappled shade. Stinging Nettle is a perennial herb with erect stems that may reach seven feet in height with coarse-toothed leaves that are covered with severely stinging bristles. Its botanical name, *Urtica*, is derived from the Latin, *urere*, meaning "to burn," referring to the plant's stinging hairs; and the common name, Nettle, is derived from its Anglo-Saxon and Dutch equivalent, *netel* or *noedl*, meaning "needle," possibly referring to the sharp sting of the leaves or its use in cloth making. Although Stinging Nettle is widely recognized as a stinging weed that produces a burning rash when touched, it deserves greater appreciation for its nutritive and medicinal uses. It was once widely drunk as a nutritious spring tonic (the boiling process removes the sting), as it is rich in protein, iron and vitamins. Its use may be traced

back to the Bronze Age when it was greatly valued in Scotland and Ireland for its fibers that were made into a durable cloth, a use that continued into the twentieth century. In the second and third centuries B.C., Stinging Nettle was prescribed for hemlock and henbane poisoning and as a cure for snakebite and scorpion sting. The legions of Julius Caesar were said to have introduced Nettles to Britain, thinking they would need it to flog and rub their limbs to keep warm in the colder climate of the north; and the Roman, Pliny, prescribed the juice of Stinging Nettle in the first century as an anti-allergen to alleviate the plant's own sting. Since ancient times, Stinging Nettles have been an important treatment for hay fever, arthritis, asthma, tuberculosis and even baldness. It was also considered an excellent rubefacient, an agent that irritates and causes blood to flow to an affected area and consequently relieving inflammation; and until recently, "urtication," or beating with Nettles, was a standard folk remedy for arthritis, rheumatism and gout. Stinging Nettle is highly nutritious and has been cooked as a spinach-like vegetable (harvested when the plant is young) or pureed into soups. The plant provides a commercial source of chlorophyll and yields a green dye that has been used in paints and cloth dyeing. Some of the many constituents in Stinging Nettle include protein, B-vitamins and vitamins A and C, high amounts of chlorophyll, formic, caffeic and malic acids, serotonin, glucoquinones, exceptionally high amounts of iron, silica, potassium, calcium, magnesium, copper, manganese, phosphorus, selenium, sulfur, zinc, tannins, histamine, mucilage, ammonia (which causes the stinging), lecithin, lycopene, essential fatty and other acids, folate, beta-carotene and choline.

Beneficial Uses:

Stinging Nettle has been used for centuries to nourish the urinary tract. Long used as a diuretic, it cleanses the entire system by promoting the flow of urine and also aids kidney and bladder function. The herb is used to expel gravel from the bladder, flush toxins from the system and combat urinary infections.

In the specific case of men's health, the herb has been helpful in treating benign prostatic hyperplasia.

As an anti-inflammatory, Nettle appears to inhibit the manufacture of prostaglandins, which may cause inflammation, and has thus been helpful in easing neuralgia, sprains, tendonitis, sciatica, arthritis, rheumatism and gout. The herb is also thought to purify the blood and neutralize and prevent the crystallization of uric acid, further helping to alleviate inflamed arthritic joints, gout and rheumatism.

As an astringent, Stinging Nettle has been effective in stopping external (with topical use) and internal bleeding. It helps to reduce menstrual flow, uterine and internal hemorrhage, blood in the urine, diarrhea and dysentery.

The herb's astringency also shrinks inflamed tissues and helps to alleviate hemorrhoids.

Stinging Nettle is a nutritive that has been used for centuries as a tonic that nourishes and detoxifies the entire system. High in iron content, it is considered beneficial for anemia by building red blood cells, and the high vitamin C content ensures that the iron will be absorbed by the body. It is also mineral and vitamin rich and is good for debilitated conditions.

Stinging Nettle is used to cleanse the digestive tract, promote healthy digestion and ease stomach problems.

With regard to women's health issues, Stinging Nettle is believed to be effective against vaginal infections, such as Candida, a yeast infection. In cases where there is excessive menstrual flow, the herb helps to control uterine hemorrhage and also treat anemic conditions that result from excessive blood loss.

Moreover, Stinging Nettle is supposed to be good for expectant mothers as both a nutritive and by guarding against bleeding, and it is also believed to promote milk production in nursing mothers.

Stinging Nettle is said to be a fine circulatory stimulant, opening blood vessels and increasing blood circulation throughout the body. This circulatory action is believed to uplift a weary body and relieve fatigue and exhaustion.

The iodine content in Stinging Nettle is said to stimulate healthy thyroid function and is thought to be helpful in treating goiter.

Stinging Nettle is a well-known for hay fever and other allergies. It helps to relieve inflammation caused by allergic reactions and clears congestion in the nose and chest.

Moreover, it is considered an expectorant that expels phlegm from the stomach and clears mucus from the lungs, which is helpful in cases of respiratory problems.

Used externally, modern herbalists use Stinging Nettle as a hair tonic and growth stimulant and also an antidandruff shampoo. Nettle tea is also considered an effective hair tonic that may bring back the natural color of the hair. A

poultice made of the leaves alleviates pain due to inflammation, and the dried powdered leaf is said to stop nosebleed. As a wash, Stinging Nettle is good for burns, eczema, insect bites and wounds. Ironically, although Stinging Nettle is a stinging plant, it is sometimes used in cosmetics as a facial. Stinging Nettle tea is an old-fashioned remedy for fever, colds and la grippe, and it has also often been used to relieve backache.

**Provided itself beneficial in research that involved people, endorsed by Germany's Commission E for Therapeutic use, Arthritis, Bladder Stones, Gravel, Hay Fever, Kidney Stones, Prostate enlargement (benign), Prostatitis, Urinary Pain or Problems, Urinary Tract Infections.

*Provided itself beneficial in research that did not involve people, the study could have been done in a test tube, petri dish or animals for Therapeutic use, Allergies, Asthma, Bed-wetting, Bronchitis, Bug Bites,, Burns, Consumption, Dermatitis, Diarrhea, Dysentery, Fever, Goiter, Gout, Hemorrhage, Hives and other Skin Eruptions, Nosebleeds, Oral Inflammation, Osteoarthritis, Osteoporosis, Rhinitis, Sciatica.

Contraindications:

None

Return to Liquid Tinctures [Nettle](#) [Anemia / Allergy](#)

Return to Medicinal Tea [Allergy](#) [Anemia](#) [Arthritis](#) [Gout](#) [Kidney](#) [Thyroid](#) [Urinary, Bladder Tract Infection](#)

Return to Bulk Herbs [Nettle Leaf, Root](#)

DANDELION



Flower Details

1. Dandelions are a perennial plant that grows best in full sun with moist soil. Once the plant is established, though, it can handle shade and water deprivation. The plant bears bright yellow, round flowers, and leaves that have a tooth-like shape. The plant's name comes from the French phrase *dent de lion*, or lion's tooth.

The roots of the dandelion can extend as far as 15 feet into the ground, though they are usually 6 to 18 inches deep. Any broken parts of the plant excrete a milky white substance. The flowers grow all year, without pollination, and once they ripen completely they turn into seeds that can fly away and grow new plants.

Uses

2. Dandelions have many culinary uses. All parts of the plant can be eaten, including as part of salads, cooked or sauteed, even fried. Dried dandelions are used to make tea, and the flowers can be turned into wines.

Dandelion flowers can also be used in decor, and the plant has traditionally been used for medicinal purposes.

Health Benefits

3. Dandelions are rich in beta carotene, iron, calcium and vitamin A. They are known as an effective diuretic, and have traditionally been used to help in the treatment of the liver and gallbladder, including aiding in removing gall stones and helping to decrease liver swelling. Dandelion can also help with minor indigestion.

The white sap of the plant can also be used to improve skin complexion and to help heal skin blemishes such as blisters.

However, according to the National Institutes of [Health](#), dandelions have not been scientifically proven as a medical treatment.

Spread

4. After dandelion seeds are carried away from the plants by the wind, they can fly for miles. After landing, the seeds can sprout right on the soil's surface at any time of year, which allows new plants to grow easily. If the plant is cut off, it can also regrow.

Dandelions are hardy plants, and easily adapt to difficult growing conditions, such as dry soil or competition with plants such as grass.

Control

5. Because dandelions germinate so easily and are challenging to kill, they can be difficult to remove from grass, [gardens](#) and orchards.

If you want to remove dandelions from your yard, dig out single plants as soon as you spot them, before they have time to produce seeds. Keep an eye on the plant's location to be sure it doesn't return. If there are many plants growing in a single place, cut off the flowers so they can't become seeds and then control the area by covering with landscape fabrics or seeding more turf grass. You can also try spot treating with herbicide. In an orchard, try planting a cover crop that will choke out the growing dandelions.

Read more: [Dandelion Flower Facts | eHow.com](http://www.ehow.com/about_5374101_dandelion-flower.html#ixzz1HOub2JvS)
http://www.ehow.com/about_5374101_dandelion-flower.html#ixzz1HOub2JvS