



Capsella bursa-pastoris

Family: Cruciferae (cabbage, broccoli, cauliflower)

Parts: Aerial, leaves and blossoms

I always loved this "weed" as a child because I loved hearts and this particular plant has heart shaped seed pods that I always thought were the leaves. I find it interesting that the main use of Shepherd's purse is for stopping bleeding of all types, when the seed pods are shaped like the heart which pumps blood.

Properties: astringent, detergent, diuretic (urine flow), hemostatic (stops internal bleeding), styptic (stops external bleeding), vulnerary (wound healing).

Uses:

- Stops bleeding of all types both externally and internally.
- Cuts, wounds, and scrapes.
- Nosebleeds and hemorrhoids.
- Internal bleeding anywhere such as intestines, lungs, bladder and kidney (as seen in urine), stomach (ulcers), uterus, etc.
- Help to regulate menstrual flow, heavy bleeding, and reduce postpartum bleeding.
- Can be used to stimulate uterine contractions for inducing labor in childbirth.
- Can equalize high and low blood pressure (combines well with hawthorn and linden blossoms).
- Hastens blood coagulation and constricts blood vessels while also expanding arteries and improving blood flow.

 **Annie's Place**

- Irregular heartbeat, heart disease and cardiac insufficiency.
- Corrects prolapses of uterus, bladder and other organs, moving them back into their correct positions.
- Aids with rheumatic aches and pains.
- Strengthens weak muscles.
- Kidney and bladder irritation, including blood and mucus in the urine.
- Earache

Methods of Use:

- Tea (not very tasty)
- Tincture (best way to utilize this plant)
- Poultice, compress
- Powdered, capsules
- Bath, wash
- Leaves can be eaten as a survival food. Harvest before the plant flowers for this purpose.

Care/Harvesting:

This is one of the easy to identify plants by the heart shaped seed pods, topped with little white flowers. It also flowers and seeds all year long so can be picked anytime. Found in disturbed sites, roadsides, and as a garden weed.

- Cut aerial parts or pull up the entire plant if you are "weeding" for drying or processing.

Caution:

Can stimulate uterine contractions so avoid taking while pregnant.

Disclaimer: The Information contained on this handout is for educational purposes only and as a guideline for your personal use. It is not intended to replace the advice of a licensed physician. Those who follow these suggestions do so at their own risk.