

Motherwort – Heart Support, Womb Guardian & Emotional Grounder

Botanical Profile

- Latin Name: *Leonurus cardiaca*
- Alternative Names: Lion's Tail, Mother's Herb, Throw-Wort
- Plant Family: Lamiaceae (Mint family)
- Parts Used: Aerial parts (leaf and flowering tops)
- Origin: Native to Central Asia and Southeastern Europe; now found in temperate regions worldwide

Motherwort is a deeply grounding herb for heart, womb, and nerves. Traditionally used by midwives and herbalists as a tonic for emotional unrest, reproductive transitions, and cardiac support, it embodies the fierce and loving presence of the maternal archetype. At Peridotflow Wellness Centre, we honour Motherwort as a stabilising herb for those who feel anxious, emotionally overwhelmed, or unanchored during times of change or grief.

Calms Anxiety and Nervous Tension

Motherwort acts as a nervine and mild sedative, helping to ease anxiety, irritability, and emotional turbulence. It gently slows a racing heart, especially when symptoms are connected to emotional upset or hormonal shifts.

Supports the Heart—Emotionally and Physically

As its Latin name 'cardiaca' suggests, Motherwort is a traditional heart remedy. It tones the heart muscle, regulates palpitations, and supports blood pressure balance. Energetically, it brings strength and steadiness to the emotional heart, offering comfort during heartache, grief, or loss.

Regulates Menstrual Cycles and Eases Cramps

Motherwort supports uterine tone and helps bring balance to irregular or delayed menstruation. It eases menstrual cramps, tension, and PMS symptoms, particularly where emotional stress is involved. Often used during perimenopause for its cooling, calming nature.

Assists with Postpartum Recovery and Emotional Stability

Traditionally given to new mothers, Motherwort soothes the nervous system and supports recovery after childbirth. It helps ease emotional fluctuations, supports gentle uterine contraction, and reconnects the mother with her centre.

Eases Tension-Related Headaches and PMS Symptoms

Its antispasmodic and nervine properties make Motherwort helpful for headaches linked to stress, hormonal shifts, or emotional overwhelm. It can also reduce breast tenderness, tension, and emotional sensitivity before menstruation.

Folklore & History

Motherwort's name reflects its long-standing use in women's reproductive and emotional health. In European folk medicine, it was given to women during childbirth and after loss. Herbalists called it the 'mother of all herbs' for its ability to soothe the heart and womb. In traditional Chinese medicine, it is also used to move blood and calm the spirit, especially in cases of stagnation or suppressed emotion.

Traditional Usage

Traditionally prepared as a tea or tincture to calm the nerves, ease menstrual discomfort, and strengthen the heart. Used postpartum and in menopause for emotional and hormonal steadiness. Also taken during times of grief or separation to stabilise the emotional body.

Herbal Actions

Nervine, Cardiotonic, Antispasmodic, Uterine tonic, Emmenagogue, Hypotensive, Bitter

Energetics & Tissue States

Temperature: Cooling

Moisture: Slightly Drying

Tissue States: Tense, Stagnant, Excited, Dry

Active Compounds

- Leonurine – Uterine tonic and heart support
- Alkaloids – Nervous system activity
- Iridoids – Anti-inflammatory and antispasmodic
- Flavonoids – Cardioprotective and antioxidant

Dosage & Preparation

- Tea: 1–2 tsp dried herb per cup, steep 10–15 mins; up to 3x daily
- Tincture: 1–3 ml up to 3x daily
- Best taken in small regular doses over time
- Can be quite bitter—consider blending with aromatic herbs for taste

Safety & Contraindications

- Not recommended during pregnancy due to uterine-stimulating effects
- May slightly lower blood pressure—use with caution if hypotensive
- Strong taste may cause mild nausea in sensitive individuals
- Best avoided with heavy menstruation unless professionally guided

Herbal Pairings

- Lemon Balm – for emotional calm and heart-centred presence
- Passionflower – for overactive mind and nervous system
- Hawthorn – for cardiovascular and emotional heart support
- Raspberry Leaf – for womb toning in reproductive transitions
- Schisandra – for emotional resilience and liver clarity

Peridotflow Perspective

Motherwort is the herbal embodiment of the wise, grounded mother—unshaken, compassionate, and fiercely loving. At Peridotflow, we offer this herb to those navigating grief, hormonal change, heartbreak, or emotional chaos. It whispers: 'You are safe. You are held. Come home to your heart.'