THE BENEFITS OF THE USE OF SHEPERD’S PURSE IN HERBAL PREPARATIONS
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THE BENEFITS OF THE USE OF SHEPERD’S PURSE IN HERBAL PREPARATIONS

HISTORY OF SHEPERD’S PURSE

Latin name: Capsella bursa-pastoris; Capsella means a little box or capsule, alluding to the seed vessels; bursa-pastoris means a pouch or purse of a shepherd.

Common names: Shepherd's Bag, Shepherd's Scrip, Shepherd’s Sprout, Lady’s Purse Cocowort, Pick-Pocket, St. James’ Weed, Bad Man’s Oatmeal, Poverty Purse, Money Bags, Old Woman’s Bonnet, Windflower, Shepherd’s Heart, Witches’ Pouches, Rattle Pouches, Case-Weed, Pick-Purse, Blind-Weed, Pepper-and-Salt, Poor Man’s Parmacettie, Sanguinary, Mother’s Heart.

Shepherd’s Purse is a humble little plant that many people have spent hours pulling out of their soil with no knowledge of the power contained in such a prevalent weed. This magnificent plant has been used by herbalists as well as many midwives and housewives for centuries with miraculous results in stopping hemorrhages of the stomach, the lungs, the uterus, and bleeding from the kidneys. Culpeper said, "This plant is a remarkable instance of the truth of an observation which there is too frequently room to make, namely, that Providence has made the most useful things most common, and for that reason we neglect them: few plants possess greater virtues than this, and yet it is utterly disregarded."
It is Native to Europe and got its name from its resemblance to the triangular flat pouch carried by shepherds. Culpeper explains that “....it was the shepherds who noticed that the sheep and cows ate huge quantities of the plant to repair the uterus after giving birth.” (Schneider)

This herb has a long history of use for many ailments throughout the ages. It was used as early as c.132-63 BC by Mithridates The Great, who was king of Pontus (Northern Turkey). Shepherd’s purse was listed as one of as many as 65 ingredients used by Mithridates in a poison antidote known as Antidotum Mithridaticum or in English, Mithridite. In his youth, after the assassination of his father Mithridates V in 120 BC, he is said to have lived in the wilderness for seven years. While there, he cultivated an immunity to poisons by regularly ingesting sub-lethal doses. He invented this complex antidote against poisoning during this time. One of the reasons he did this was to gain position and power by poisoning his opposition.

Pandanius Dioscorides (40-90 AD) practiced in Rome at the time of Nero. He was a surgeon with the army of the emperor. Therefore, he had the opportunity to travel extensively, seeking medicinal herbs from all over the Roman and Greek world. He wrote the famous 5 volume herbal, De Materia Medica which formed the core of the European pharmacopeia through the 19th century. In this writing he used shepherd’s purse as an emmenagogue as well as other ailments. “It seems that shepherd’s purse attracted particular popularity in China during the reign of the Sung dynasty (960-1279) when it was an ingredient in a traditional soup.....The Norsemen introduced the plant to Greenland in
the late 9th Century and, to this day, it can still be found in the same place that it was originally planted.” (Eland)

Tragus (Hieronymus Bock 1546), used shepherd’s purse to treat abnormal female hemorrhaging. In his 1633 herbal Gerard, the naturalist and herbalist, talks of gathering mallow, shepherd's purse, sweet woodruff, bugle and Paul’s betony in the meadows. He used shepherd’s purse to stop bleeding in any part of the body, and for wounds. He used the juice, decoction, or poultice of the plant. In the 1600’s Nicholas Culpeper, a famous botanist, herbalist, physician and astrologer used shepherd’s purse for many ailments including fever, jaundice, buzzing in the ears and for pain.

In 1650 Adriaen Van der Donck was a lawyer and landowner in the New Netherland. When he first arrived in the country, he was immediately impressed by the land, which, in contrast with the Netherlands, was thickly forested, hilly, and full of wildlife. He would often neglect his work to spend time exploring. During these excursions, he learned a great deal about the land and spent time with the Indians, ate their food, and became adept at their language. Van der Donck recorded their customs, beliefs, and their medicine. He made a list of many healing herbs he found here. Shepherd’s purse was included in this list. He described the medicinal values of the herbs: “The land is full of different kinds of herbs and trees besides those enumerated, among which there undoubtedly are good simplicia, with which discreet persons would do good; for we know that the Indians with roots, bulbs, leaves, &c. cure dangerous wounds and old sores...” (simplicia were herbal remedies). (McCully)
In the 1800’s, the plant once again became very famous thanks to an Italian herbalist, Count Mattei, who made it the main ingredient in his “electric fluid”. “It was effective against all kinds of bleeding, especially for blood in the urine.” (Schneider) In America, a physician and surgeon-general of New York State, Samuel Mitchell....“amassed a private collection of wild plants in the New York City region, listing their known medicinal uses. Shepherd’s purse was included as one of those herbs.” (McCully) During the first and Second World Wars, shepherd’s purse was used as a hemostatic and an oxytocic remedy in the event of a difficult childbirth.

“In John Josselyn’s Herbal, it is one of the plants named as unknown to the new world before the Pilgrim Fathers settled there.” (Grieve) When the European colonists arrived in North America during the sixteenth and seventeenth centuries, they brought with them many plants that rapidly spread throughout the continent.

Grieve writes:

Its haemostyptic properties have long been known and are said to equal those of ergot (Claviceps purpurea) and hydrastis (Hydrastis canadensis). During the great war, when these were no longer obtainable in German commerce. The liquid extract of capsella bursa-pastoris was used as a substitute, the liquid extract being made by exhausting the drug with boiling water. (Grieve)

The Native American Indians used shepherd’s purse as a vegetable food like cabbage, for bleeding and many other uses. Mendocino Indians used the seeds as a staple food and the Apache tribe used them to make flour. Some of the Apache tribe used it for
flavouring. The Cherokee also used shepherd’s-purse as a spice. The Cherokee, Apache, Thompson Cahuilla tribes ate the leaves as a vegetable. The Mohican Indians used the plant to treat stomach disorders and to expel worms. The Chippewa, Mahuna and Costanoan tribes used it as a remedy for dysentery. Chippewa Indians also used the leaves for headaches. The North American Menominee Indian tribe used it as a remedy for poison ivy sores by steeping the herb plant in water.

Shepherd’s purse may be considered a weed by many people in many parts of the world, but it is still used extensively today by many midwives for hemorrhage, herbalists for a variety of uses and by many people just as a salad green. Its use as a salad green is more common than many realize. In China it is commercially grown for consumption. ‘Stir-fried shepherd’s Purse leaves’ is considered a local delicacy. In Shanghai they are stir-fried as rice cakes and other ingredients or as part of the filling in Wontons. It is one of the ingredients of the symbolic dish consumed in the Japanese spring-time festival, Nanakusa-no-sekku. In Korea it is known as naengi and its roots are one of the ingredients of the characteristic Korean dish, namul (fresh greens and wild vegetables). It is even used in Chinese dumplings.

LOCATION OF SHEPERD’S PURSE

Shepherd’s purse is a common weed of the Cruciferous order, said to be found all over the world and flourishing nearly the whole year round in some warmer climates. It thrives in open areas, pastures, lawns, gardens, fields, in waste places and along roadsides. If you look for it in the early spring, summer and fall, you will most likely find it close by. It can prove very
useful in emergencies for bleeding and many other afflictions if time is taken to learn how to use this blessed herb.

The small, white flowers with 4 petals make this plant easy to recognize. They bloom throughout the spring, summer and fall. This plant is easy to grow, even in the poorest soils, but it will grow to 2 feet or more in rich soil. Shepherd's purse starts off its life as a rosette flat on the ground with basil rosette leaves. It then sends up a branching stem that bears a few smaller alternate clasping leaves. The distinctive feature that would make you certain that you're looking at shepherd's purse is the heart-shaped seed pods which resemble the leather pouches in which the shepherds carried their food. If you see these heart shaped seed pods along a stem, you can be sure you've found shepherd's purse.

A lot of people get shepherd’s purse leaves confused with dandelion leaves. They do look similar, however dandelion leaves have rosettes that face toward the center of the plant and shepherd's purse leaf rosettes face outward. You can also identify the difference in the two herbs by ripping the leaves and only dandelion leaves will put out a milky white sap.

**CHEMICAL CONSTITUENT OF SHEPERD’S PURSE**

Constituents: flavonoids (luteolin 7-rutinoside and quercitin 3-rutinoside), polypeptides, fumaric and bursic acids, amines (choline, acetylcholine, histamine and tyramine), saponins, tannin, mustard oil, volatile oil (including camphor), and a soft resin. It also contains
compounds (such as fumaric acid), which are known to have anti-cancer effects. The tea is sometimes recommended as a general tonic.

Its Haemostatic action is due to the presence of tyramine and other amines. The acetylcholine, choline and tyramine have been shown to produce a decrease in blood pressure and haemostatic activity in vivo. The polypeptides have a contractile action on the uterus. The flavonoids have an anti-inflammatory action and the tannins are astringent. The mustard oil makes it effective as a diuretic.

MEDICINAL QUALITIES OF SHEPERD’S PURSE

Shepherd’s purse is most well-known for its hemostatic medicinal qualities, but it has many more medicinal benefits. It has been found to be a good diuretic, vasoconstrictor, vulnerary, antiscorbutic, stimulant, styptic, nutritive, and blood coagulant. It is healing for earaches, and is effective in cases of difficult or excessive menstruation. It has an astringent action in cases of diarrhea, is effective in regulating blood pressure whether the pressure is high or low, it is said to normalize circulation and is a wonderful heart tonic.

It has also been used with good results as an oxytocic to promote uterine contractions during childbirth and can promote bowel movements as well. It relieves inflammation in acute urinary infection and stimulates kidney excretion of uric acid; Thus making it helpful in decreasing the frequency of gout attacks and arthritis episodes. It even has a mild antibiotic effect toward gram positive bacteria. In treating malaria, shepherd’s purse extract has been used as a quinine substitute as well.
The leaves are highly nutritious, having ample amounts of vitamins A, C, calcium, manganese, zinc, iron, and even Omega-3 fatty acids. The leaves are very high in thiamin (B1), choline, inositol, and fumaric acid. They are a good source of ascorbic acid (C), riboflavin (B2), calcium, potassium, and phosphorus. They also provide beta carotene (A), vitamin K, niacin, iron, and rutin. The vitamin K is the key element in helping blood to clot properly and abate hemorrhage.

**CONTRA-INDICATIONS OF SHEPERD’S PURSE**

The only contra-indication found in the use of shepherd’s purse has been its use during pregnancy as it causes uterine contractions. Although midwives, Polly Block and Katherine Tarr, both recommended the use of shepherd’s purse in cases of threatened miscarriage, varicose veins and for protein in the urine. They helped many women through pregnancies with guidance in nutrition and herbal supplements with good results. Therefore, the recommendation in this writing is to use good judgment and if needed during pregnancy, take in tonic doses as recommended by Block in the dosage and applications section of this writing.

**KNOWN HERBAL FORMULAS OF SHEPERD’S PURSE**

**For uterine hemorrhage:** Anti-bleed or Hemorrhage Styptic formulas

Anti-bleed from Sunstone formulas has an alcohol extract. Ingredients: Organic or wild-harvested herbs: Shepherd's purse aerial parts, Bayberry root, Beth root, Cranesbill rhizome,
Periwinkle aerial parts, Plantain leaf, Cayenne fruit; Other organic ingredients: Grain alcohol, apple cider vinegar, vegetable glycerin, purified water.

Hemorrhage Styptic Ingredients: Shepherd’s purse, Mistletoe, Blue Cohosh Root, Bayberry root bark, Yarrow, Lobelia, Cayenne, Soak in vegetable glycerin and distilled water to make a glycerin extract or you can soak it in 90 proof vodka to make an alcohol extract.

Shepherd’s purse combines well with Beth root and Golden seal in menorrhagia and with Bucku in cystitis. It is also often combined with Cayenne or Couchgrass. For bleeding of the kidneys, it is recommended to combine shepherd’s purse with horsetail grass or marshmallow root. To regulate blood pressure it has been combined with hawthorn berry and lime blossoms.

**DOSAGE AND APPLICATIONS OF SHEPERD’S PURSE**

**Preparations and dosages:**

Do not keep shepherd’s purse longer than a year. Fresh is always best, but the dried herb is effective as well.

- **Infusion:** Steep 1 heaping tsp. dried herb in 1 cup water for 20-30 minutes. Take 1 to 3 cups a day, unsweetened, a mouthful at a time.
- **Strong infusion for post-partum hemorrhage:** Steep ¼ cup dried, cut shepherd’s purse and ¼ cup of either mistletoe or bayberry dried/cut in 2 cups water for 20-30 minutes. Strain. Take several mouthfuls every 2-3 minutes. Drink cold. It is
recommended to take with a ¼ to ½ tsp. cayenne and either bayberry or mistletoe as the other herb.

- Cold extract: Soak 3 tsp. fresh herb in 1 cup cold water for 8 to 10 hours. Take in the course of a day.

- Tincture: Take 20 to 40 drops, two or three times a day. 40 drops equals approximately ½ tsp.

- Strong tincture dosage for hemorrhage should be estimated by the person’s weight. For a smaller person, start with ½ tsp. every 2-3 minutes. For a larger frame, start with ¾ tsp. every 2-3 minutes. It is good to give with cayenne tincture mixed in if the shepherd’s purse tincture doesn’t have some in it. Remember, when you don’t see results, give a higher dose and give it more frequently.

**Fresh Alcohol or Glycerin preparations:**

To get shepherd’s purse’s medicinal benefit, the whole plant is used. To make an extract, rinse the plants well. Then chop them up, put in a glass jar and cover with 90 proof vodka or a mixture 50% glycerin and 50% steam distilled water. Let sit for 4 weeks, shake bottle several times a day. Then strain out the liquid medicine from the greens. The medicinal properties will have been transferred into the vodka or glycerin/water. This is your liquid shepherd’s purse extract. Take that for the benefits listed. If you don’t have time to wait a full six weeks to get the benefit of this extract, you can use it after one or two weeks, just increase the amount of the extract you’re taking. The same instructions can be followed using the dried herb.
Shepherd’s purse is helpful in many female conditions including; excessive menstrual flow, facilitating childbirth, menopause, painful menstruation (combined with other herbs), uterine hemorrhage, helps regulate menstruation during puberty and can be applied externally as a compress for swollen breasts. It is typically used during childbirth and is often combined with other herbs such as; yarrow, mistletoe, plantain or cayenne to stop bleeding. These herbs also facilitate delivery of the afterbirth as shepherd’s purse has a similar action to oxytocin by stimulating to uterine muscles to contract. Block liked to combine it with either mistletoe or capsicum. She would often give a cup of cold shepherd’s purse tea with ¼ to ½ tsp. of capsicum. She also gave shepherd’s purse during labor to prevent hemorrhage if she felt it was a possible issue for that particular mother.

In case of threatened miscarriage, Block says:

“The following suggestions will usually prevent miscarriage if applied at the onset of symptoms and if a fetal Malformation or detect is not promoting the loss. 1. Immediate bed rest. 2. One cup strong catnip, shepherd’s purse and false unicorn tea. Her recommended dosage ½ cup every 20 minutes until cramps have completely ceased. (Catnip tea for a week afterward) 3. Lobelia tincture on bottoms of feet, under arms, over abdomen (for contractions).” (Block)

In Katherine Tarr’s book she recommends 1 or 2 cups of shepherd’s purse tea a day for protein in the urine, varicosities, and to prevent uterine hemorrhage. She also used Shepherd’s purse during childbirth for vitamin K, which helps with blood clotting, and mistletoe to help the uterus contract. Moore suggests using shepherd’s purse alone or with cotton root bark during childbirth to help the uterus contract. The dosage he suggests for
shepherd’s purse alone is 1 tsp. shepherd’s purse tincture in warm water, or make a warm cup of the infusion. When combining it with cotton root, take ½ tsp. shepherd’s purse tincture with 1 tsp. cotton root bark tincture in warm water. He says to “sip slowly after most of the cervical dilation has occurred. At least twice that I know of, midwives or physicians using shepherd’s purse before substantial dilation have seen hourglass contractions occur in the mother’s uterus.” (Moore)

Shepherd’s purse has also been used for, varicose veins, hemorrhoids, edema, bleeding lungs, fevers, kidney issues, chronic diarrhea, dysentery, colic, stomach hemorrhage, passive hemorrhage from mucous membranes, intestinal bleeding, bloody urine, urine with white mucous discharge, ulcerated or abscesses of the bladder, bedwetting in children, dropsy, catarrhal conditions of the bladder and ureters, earaches (as a strong decoction-then used as drops), headaches and stomach cramps (as an infusion).

In ancient Chinese medicine, it was used to treat many eyesight problems including blurriness or spots. Another use of shepherd’s purse that is not known to many people is its value in calming children.

Masanobu Fukuoka writes:

When you gather the seven herbs of spring, your spirit becomes gentle. And when you eat bracken shoots, osmund, and shepherd’s purse, you become calm. To calm restless, impatient feelings, shepherd’s purse is best of all. They say that if children eat shepherd’s purse, willow buds, or insects living in trees, this will cure violent crying tantrums, and in the old days, children were often made to eat them. Daikon
(Japanese Radish) has for it's ancestor the plant called Nazuna (shepherd's purse), and this word Nazuna is related to the word nagomu, which means to be softened. Daikon is the "herb that softens one's disposition. (Survival)  

It is best to use a fresh infusion or decoction in cases of hemorrhoids, hematuria, headache or chronic diarrhea. For nose-bleeding, the juice is soaked on cotton and applied. Use as a fomentation for arthritic, gout inflammation, bruises or strained muscles.

Dr. Ellingwood in his valuable work on therapeudics says of shepherd's purse:

This agent has been noted for its influence in hematuria...soothing irritation of the renal or vesical organs. In cases of uncomplicated chronic menorrhagia (excessive menstruation) it has accomplished permanent cures, especially if the discharge be persistent. The agent is also useful where uric acid or insoluble phosphates or carbonates produce irritation of the urinary tract. Externally the bruised herb has been applied to bruised and strained parts, to rheumatic joints, and where there was ecchymosis or extravasation within or beneath the skin...(Grieve)

For relief of an earache, King suggests, “crush the plant to a pulp. Put several drops into the ear canal and place some sterile cotton or paper over the ear opening. For nose bleeds, chew or crush up the plant to a moist pulp and insert into bleeding nostrils.”(King)

Culpepper says:

It helps bleeding from wounds - inward or outward - and: 'if bound to the wrists, or the soles of the feet, it helps the jaundice. The herb made into poultices, helps inflammation and St. Anthony's fire. The juice dropped into ears, heals the pains,
noise and matterings thereof. A good ointment may be made of it for all wounds, especially wounds in the head.' It has been used in English domestic practice from early times as an astringent in diarrhoea; it was much used in decoction with milk to check active purgings in calves. (Grieve)

European herbalists have used shepherd's purse for centuries as a tea to stop internal bleeding and hemorrhaging. The alcoholic extract (tincture) of fresh shepherd's purse is very effective as well in stopping hemorrhaging, heavy menses, bleeding from endometriosis, etc. Midwives have used it with success in stopping hemorrhaging with much success when other medicine is not available or isn’t effective. King said, "we have used it to stop bleeding during childbirth with much success. Also, for bleeding of the nose, stomach, intestines, uterus and hemorrhoids."\(^{14}\)

Another well-known use of shepherd's purse is its value in helping to regulate excessive menstrual flow. Try taking an infusion, one cup 1-3 times a day, or 2 capsules 1-3 times a day or you can take 20-40 drops of the tincture 1-3 times a day. One woman noted “This is seriously the best thing that I ever used! It cut my period time from 14 days to 4....by my third pill, I saw a significant difference in the amount of flow I was having...” (Anonymous)

It has been used in cases of uterine and bladder prolapse. There are several instances where some women tried taking shepherd's purse tincture for prolapse and within a few hours to a few days they were completely well again and the organs had been moved back into their normal places. Most of the women who took shepherd’s purse also did some form of exercise. Yoga, walking or jogging are helpful. Kegel exercises are a must.
Any other exercise to strengthen the inner core muscles would be beneficial. Reflexology can also be helpful. For prolapse you can combine shepherd's purse with uva ursi, couch grass, corn silk, buchu, horsetail or bayberry or motherwort. Or you can make a combination with a few of them and use a little more shepherd's purse than the other herbs.

Its use as a salad green is still one of its favored uses. People have been eating this plant for thousands of years and it is still cultivated in many countries. Shepherd's purse is one of the earliest wild greens in the spring. In the early spring, before the flower stalks appear, the leaves are good in salads or cooked as greens. When the plant flowers, the larger basal leaves tend to die off, leaving only the smaller leaves clasp ing the stem. These are edible, but they get tougher as the plant grows and they develop a stronger flavor. The young leaves and flowers taste the best. The seeds, leaves, flowers and root of this plant are edible.

Shepherd's purse is valued by another group of animals besides cows and sheep. It is grown specifically to supplement animal feed for many other animals. Birds, including grouse, chaffinches and goldfinches and other wild birds enjoy the seeds. Chickens will eat the entire plant. When they do, their egg yolks change to a dark greenish brown color. It is fed to caged birds as well.
PERSONAL EXPERIENCE

Shepherd's purse has been a favorite herb in my family since my childhood. I remember watching my mom boil water and throw in several handfuls of the dried herb after she had given birth to help slow the after bleeding. Later on in my life, each time I had given birth, my mom would come to my home and make the same herb tea for me. I hadn’t realized what a blessing that was until I had talked to many women who always had bleeding for 5 or more weeks after giving birth and I never bled after 2 ½ to 3 weeks postpartum.

This herb became endeared to me several years ago when my mom called in an emergency and asked me to hurry over and bring some shepherd’s purse. She was hemorrhaging badly with her normal menstrual cycle. I rushed over and mixed 1 cup of water with several teaspoons of an alcohol extract of shepherd’s purse and added a good amount of cayenne to it. I had her drink several swallows every 2 minutes with immediate results. Within 15 minutes we were all relieved that the bleeding had almost completely stopped.

I learned a new use for shepherd’s purse after my 8th child was born. I made what is called a ‘shock drink’ to take after the birth. I mixed 3 cups warm water with 4 Tbsp. raw apple cider vinegar, 4 Tbsp. honey and 3 tsp. of cayenne. Then I added a few teaspoons of a glycerin extract of shepherd’s purse. I drank plenty of this drink the first few days postpartum and was happy and thankful to learn that it also relieves after birth pains.
substantially. I have made this same drink after my 3 subsequent deliveries with the same results. It is wonderful to not have to worry about difficult after birth pains any more.

Midwives have used this as one of their main herbs to prevent or stop uterine hemorrhages for decades. During my apprenticeship as a midwife, I had many opportunities to put this herb into use and observe the effects. A woman asked for help in preventing hemorrhage with her anticipated birth and expressed concern because she had such a severe hemorrhage with her last birth where she almost had to have an emergency hysterectomy. Her body didn’t respond to the medicines at the hospital. During her labor with us, we gave her doses of a shepherd’s purse and cayenne extract every hour as well as chlorophyll with vitamin C. After the birth, we gave her 1 teaspoon of a mixture of the anti-bleed and hemorrhage styptic combinations every few minutes. She was given Pitocin as well. All who attended this birth were amazed at how effective everything worked. We all knew it was the herbs and supplements that kept the mom from hemorrhaging. The couple was very thankful.

An aunt of mine told me years ago of her experience with shepherd’s purse. She had hemorrhaged with many of her births and learned about the value of this herb in stopping uterine hemorrhage. She took shepherd’s purse for two weeks prior to her last birth and had no hemorrhage. She was very happy about the results.

The experiences we have with herbs hands on are always the ones that teach us the most and give us a deep gratitude for the power of herbs. I believe I love this herb so much because it has been such a blessing to me personally. My favorite experience with shepherd’s purse was at the birth of my last baby. I have nearly always hemorrhaged after
giving birth. This last delivery was different. During my friend’s and my midwife training, we learned a lot about how to stop hemorrhage with herbs especially shepherd’s purse. We combined this knowledge and applied it at my birth. I took shepherd’s purse extract during labor as well as red raspberry herb tea. After the baby was born, I was given a teaspoon of hemorrhage styptic and anti-bleed combined, then a dropper of rescue tincture. We alternated these two combinations every few minutes until the risk of hemorrhage was over. It worked wonderfully. I have given the combinations we used in the herbal formulas section of this writing.

It is common for midwives in my area of Utah to carry shepherd’s purse to every birth. When hemorrhage is suspected to be an issue before birth, It is given at least every hour. When bleeding starts to appear more than normal after the birth, it is the first herb of choice. It is given frequently and if needed other herbs are given with each dose. Our two favorite herbal combinations to give with it are Anti-bleed or hemorrhage styptic. These both have shepherd’s purse in them as well, but we have found that when extra shepherd’s purse is given with anti-bleed or hemorrhage styptic, they work more quickly.

It is also a wonderful help in the case of blood clots after giving birth. I attended a birth where the parturient had given birth and I had an impression to give a tsp. of shepherd’s purse glycerin extract every 5 or 10 minutes. She didn’t have large amounts of bleeding during the hour after birth. Then she had a grapefruit sized blood clot. I felt that it was the shepherd’s purse that helped control the bleeding and expel the blood clot without any problems.
After using shepherd’s purse many times during my work as an assistant midwife and now as a midwife, I will always carry this herb in my herbal first-aid kit as well as my birth kit. I have never seen any adverse side effects and have never had to worry about giving too much of it. It is a very safe and effective herb that I am thankful for. King said “This herb is a must on camping trips or on a hike when accidents are bound to happen. Used internally and externally, bleeding should never be life-threatening if you’re familiar with the properties of Shepherd's Purse.” (King)
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