

## Blue Cohosh - *Caulophyllum thalictroides*

Last Updated Saturday, 02 February 2008

Family: Berberidaceae

Some Common names: squaw root, papoose root, beechdrops, blueberry, blue ginseng...Some Common Uses: Blue Cohosh is a powerful women's ally, whose main action is on the uterus. It has a wide variety of uses, dating from when Native American Chippewa wise-women used a strong decoction for contraceptive purposes. According to history, the Indians would give the medication about 14 days before to delivery. This would result in a rapid and smoother delivery with less pain. It is also often used alone or in combination with other herbs for regulation the menstrual cycle and to ease painful cramps. It is also used in formulas to treat endometriosis, Chlamydia and cervical dysplasia.  
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