

Black Haw Bark - Viburnum prunifolium

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Family: Caprifoliaceae (honeysuckle)Some Common Names: American Sloe, Cramp Bark, Stag Brush, High Bush Cranberry, snowball Bush, High Cranberry, Rose Elder, Nannybush...Some Common Uses: Uterine tonic, sedative, nervine, spasmolytic, anti-asthmatic, hypotension...

The stem bark is used as a muscle antispasmodic and has sedative effects. In earlier years the Native Indians used the stem bark to treat mumps. The bark is used to treat high fevers and as a pain reliever. Creams can be made and applied topically for muscle cramps or muscle tension.

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