

Black Cohosh - *Cimicifuga racemosa*

Last Updated Saturday, 02 February 2008

Family: Ranunculaceae

Some Common Names: black cohosh, black snakeroot, macrotys, bugbane, bugwort, rattleroot, rattleweed...

Some Common Uses: Black Cohosh has a history of being used for rheumatism, arthritis and muscle pain. In recent years it is used for gynecological conditions such as hot flashes, night sweats, and vaginal dryness and menopause symptoms. It has been proven to create "estrogen-like" effect in the user, often reducing unpleasant menopausal symptoms. [Get Current Prices Click Here](#) - must be logged in or register.