

## Beth Root - *Trillium erectum*

Last Updated Saturday, 02 February 2008

Family: Liliaceae Some Common Names: birth root, wake robin, nodding wakerobin, Indian shamrock, lamb's quarters, Indian balm, ground lily, cough root, Jew's harp plant, milk ipecac, Pariswort, rattlesnake root, snakebite, three-leaved nightshade, trillium.. Some Common Uses: Antiseptic; Aphrodisiac; Astringent; Birthing aid; Expectorant; Poultice; Tonic; Uterine tonic.

The root is antiseptic, astringent, expectorant, aphrodisiac, tonic and uterine tonic and has been used over the centuries for a wide range of women's complaints. This includes treatment for menorrhagia, irregular periods, aid to childbirth by the native Indians, pain of periods and excessive vaginal discharge. Pregnant women should not take this herb.

Other uses of the herb are for stopping bleeding due to hemorrhage of the lungs or urinary tract and after parturition. Externally it is used for treat ulcers of the skin, gangrene, insect bites and sings. It can be used to treat sore nipples. The whole plant is used as a poultice for tumors and inflammations and ulcers.

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