

These folios are intended to offer brief and concise information about the preparation and uses of North American botanicals...to encourage the viewing of our herbs as LIVING PLANTS, not merely abstract roughage purchased in commerce, derived from sources mysterious



Anemone Pulsatilla

Prepared by Michael Moore

(1) Anemone pulsatilla, (A. hirsutissima, A. patens, Pulsatilla ludoviciana) (2) Anemone occidentalis (3) Anemone tuberosa.

The taxonomy of these plants is very fuzzy...as are the plants themselves. I like the minority botanical viewpoint that places a few Anemones into a Pulsatilla genus, characterized by long feathery achenes...plumed seeds meant to wind-seed. Hence the common name, Wind Flower. These three Anemones are chemically similar (with several Eurasian relatives)...and as a group supply us with the drug: Pulsatilla. The vast majority of North American Anemones seem to have little or no value as a "pulsatilla"...I have chewed and tasted most of them



Anemone occidentalis, from subalpine California. The plant on the left has just begun to bloom in the early spring. Late-spring plants on the right have grown to nearly their full height.

Photos by Mimi Kamp

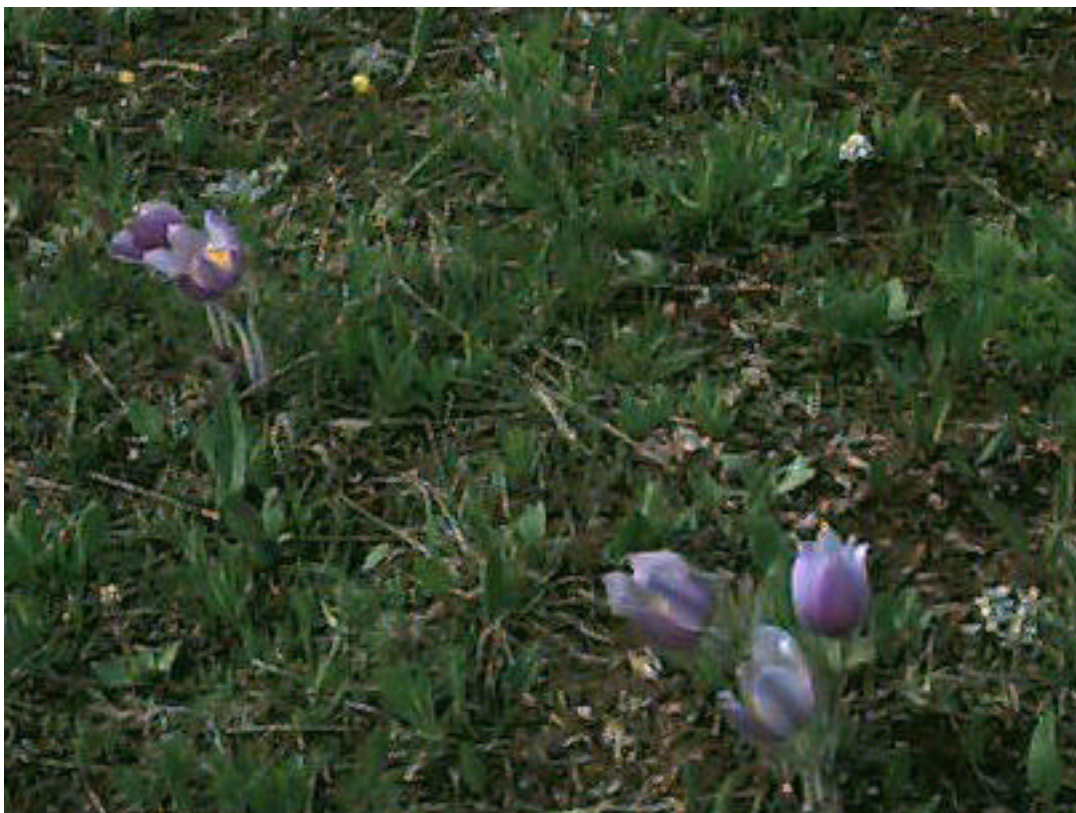
PLANT PART..... FRESH HERB-from spring flowering to early seeding.

PREPARATION:

- Tincture of the fresh plant [1:2]. Despite many references to the contrary, **ONLY** the fresh plant is potent.

DOSAGE: 3-10 drops, to 4X a day. **USE WITH CARE.**

NOTE: The medicine works quickly...the active constituents are camphor-like and acrid, similar to those found in such relatives as the Buttercups. Its absorption is quick, effecting the central nervous system almost immediately, rather than the usual pattern of gradual absorption from the intestinal, through the liver, thence into general circulation. Several drops on the tongue or with a little water is the appropriate dose. Larger amounts won't help if smaller ones don't. It simply means the herb is inappropriate. Large amounts (usually over 30 drops) may produce strong effects on the autonomic nervous system, with a sense of cold, a clammy sweat and even dizziness...the small doses produce NO side effects. This dichotomy may seem peculiar, but a LITTLE Pulsatilla effects the brain only...large doses are absorbed in general circulation and produce a predominantly somatic response



Anemone patens (also called *A. pulsatilla*, *A. hirsutissima*, *Pulsatilla hirsutissima* and *P. ludoviciana*. Young spring plants in a field in the Bighorn Mountains of Wyoming. The best-known of the medicinal Pulsatillas

Photo by Michael Moore



Anemone tuberosa - Desert Windflower - SE Arizona
Thicket habit

Photo by Mimi Kamp

SUMMARY OF USES:

Insomnia, nervousness, and a generally agitated emotional state with gloom and distress. Wan and chilly, not hot and flushed.

CONTRAINDICATIONS:

Pregnancy, bradycardia, acute and febrile conditions.

SPECIFIC INDICATIONS:

- Increased intraocular pressure; lachrymitis; glaucoma in aged or tired; viral iritis; full-blown styes on lids; ophthalmalgia;
- Eyestrain with orbital pain; conjunctivitis, watery and inflamed with grainy vision.
- Tongue white coated with nausea, or creamy white, with taste of rancid fats.
- Otitis media; tinnitus.
- Dry cough, hectic, with mucus vomiting, gagging, no overt disease.
- Delirium tremens in asthenics.
- To prevent anxieties when insomnia is feared.
- Incontinence from chronic nephritis or acute lower urinary tract infections.
- Amenorrhea with depressions.
- Dysmenorrhea, with depressions and lengthy history of PMS.
- Impotence/frigidity, from constant anxiety and depression regarding sexuality with fear of no arousal, lubrication or erection.
- Leukorrhea; hypersecretory, milky, little smell.
- Orchitis/epididymitis, with red, enlarged and painful testicles, no major pathology.
- Lactation, suppressed from nervousness, mild sympathetic excess, with painful, swollen breasts.
- Depression with nervous irritation.
- Hysteria, in depressive states.
- Migraine headaches, as a vasodilator.
- Dopamine/prolactin antagonist, for in PMS symptoms from a short progesterone phase
- Minor symptoms derived from elevated cerebrospinal fluid pressure and caused by catecholamine excess; PMS (see previous), orbital headaches, some neck pain.



Anemone tuberosa - Desert Windflower - SE Arizona
Open rocky habit
Photo by Mimi Kamp

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