

# Nettle

*Urtica dioica*

Leaves, root, whole herb

Nutritive Alterative

Blood/Liver/Urogenital

Extremely Generous Panacea



by Prashanti de Jager ©2013

for many more insights into Nettle read

[Aushadhi: Guide to High Himalayan Herbs](#)

If you could only have a few herbs, the 'World Herb' Nettle would certainly be one of them. Many species of humans have used this deeply nourishing Spring 'bitter green' for at least 80,000 years to make fabrics, ropes, meals and medicines. Simultaneously deeply cleansing and detoxing yet strongly nourishing and fortifying, it has an affinity for Blood/Liver as well the Genito-Urinary system where it also is a nutritive astringent.

## Names & Etymology

Nettle: needle, to sew, to knot

BicchuKas: biting grass

Urtica: Lt: uro/burn + urere/sting

Dioica: Gk: di/two + oikos/house

Gazaneh: stinger, Persian for Nettle

## Dosha & Energetics

Rasa (taste): astringent, bitter

Virya (strength): cooling

Vipaka (metabolites): pungent

Dosha (constitutions): V= P- K-

Prabhava (Power) Blood & Skin

## PhytoChemistry

Phenols, Sterols/Steroids, Phenylpropanes, Lignans, Terpenes, Glycosides, Vitamins, Minerals

## Actions

Liver/Blood Tonic, Blood Purifier, Nutritive, Astringent, Diuretic, Detox, Alterative, Bitter Spring Green Tonic, Expectorant, Digestive, Analgesic, UTI, Urinary Tonic, Hair

## Indications

Debilitation, Iron Deficiency, Blood Deficiency, Jaundice, Liver Disease, Inflammation, Rheumatism, Uterine hemorrhage, Hematuria, Urinary Tract, BPH, Insulin Imbalance

## Which Nettle is Superior?

Sure, High Himalayan Nettle is truly an epic herb, and as it is found around the world, I would recommend that you grow Nettle wherever you are, in your own garden, home, yard, or forest where she especially likes to grow along streams in the sun. People need to be in closer contact to herbs and Nettle is a great one to start with.