

ACTAEA RACEMOSA OR CIMICIFUGA RACEMOSA

Black cohosh
Ranunculaceae

Gynecological and neuromuscular disorders



Gynecological disorders:

Painful ovulation, with hemorrhaging.

Cramping menstrual pain, proportional to the menstrual flow, compelling the patient to bend double. Irregular, spasmodic, painful labor (childbirth) .

«**Cimicifuga racemosa** is the younger woman's **Lachesis**.»

Neuromuscular disorders:

Backache, particularly involving the first four dorsal vertebrae.

Cervical pain.

Torticollis improved by holding the head back.

Tendinitis.

Aggravation:

- during menses,
- from cold.

Improvement:

- with warmth.