

hepatitis, cholangitis, cholecystitis, and habitual constipation.³⁰ Russians also recommend the herb for bronchial asthma.³³² Roots and seed are prescribed as a vermifuge. Clinical experiments are said to have confirmed the utility of the herb as a hemostatic. It is also used in anemia, asthma, bronchitis, constipation, diabetes, diarrhea, dropsy, dysentery, dysmenorrhea, dyspnea, epistaxis, gastritis, gravel, hematoptysis, headache, jaundice, malaria, menorrhagia, nephritis, neuralgia, palsy, paralysis, pertussis, piles, rheumatism, sciatica, and tuberculosis, and as a hair tonic. Algerians powder nettle and jasmine for gonorrhoea.³⁸ Roots are diuretic. Juice of the plants is used as an external irritant. Decoction of plant is anthelmintic, antiseptic, astringent, depurative, diuretic, emmenagogue, rubefacient, and vasoconstrictor. Homeopaths prescribe a tincture of the flowering plant for agalactia, beestings, burns, colic, dysentery, erysipelas, erythema, gout, gravel, hemorrhage, lactation, leucorrhoea, malaria, menorrhagia, phlegmasia, preventing calculus, renitis, rheumatism, sore throat, splenitis, uremia, urticaria, vertigo, whooping cough, and worms.

Dried, young preflowering plants contain, per 100 g, 30.4 g crude protein, 3.4 g fat, 10.3 g cellulose, 39.6 g N-free extract, 16.3 g ash, 2970 mg Ca, 680 mg P, 32.2 mg Fe, 650 mg Mg, 3450 mg K, 140 mg Na, 4.3 mg Mn, 540 mg S, 680 mg Si, 270 mg Cl, and 20.2 mg beta-carotene. Oil from the seeds contained 11.5% oleic-, 73.7% linoleic-, 1.7% linolenic-acid, and *circa* 7.0% saturated acid (mainly palmitic), 4.5% glycerol, and 1.6% unsaponifiable material. Fresh plant material contained 80 µg vitamin B₁ per 100 g and 15.7 mg chlorophyll. Betaine, choline, and lecithin occur in the leaves. Carbonic, formic, and silicic acids are also reported, with phytosterins and tannin.

Toxicity — The sting is due to acetylcholine, histamine, and 5-hydroxytryptamine. Toxic effects from drinking nettle tea have been recorded: gastric irritation, burning sensation of the skin, edema, and urine suppression. Juice contains lecithin and is an antidote for the nettles own sting, and will quickly relieve the stinging sensation when rubbed on the affected spot. Juice of dock (*Rumex*) or touch-me-not (*Impatiens*) which usually grows nearby has the same beneficial action. Rosemary, sage, or mint leaves rubbed on nettle stings also relieve the itching. Classified by the FDA⁶² as an Herb of Undefined Safety.