

230. *MITCHELLA REPENS* L. (RUBIACEAE) — Partridgeberry, Squawvine

Evergreen ground cover, quite attractive all winter with its red, barely edible fruits.

Sometimes combined with *Caulophyllum thalictroides* and *Eupatorium aromaticum*, in folk nostrums for female problems, e.g., hysteria, chronic uteritis, or parturition. Amerindians took the herb before confinement in order to render parturition safe and easy. Tierra mentions its use as a wash for sore eyes.²⁸ The herb has also been suggested for amenorrhea, diarrhea, dropsy, dysentery, dysmenorrhea, dysuria, gonorrhea, gravel, hysteria, leucorrhea, menorrhagia, polyuria, uterosis, and vaginitis.^{28 32 43} It has been called astringent, diuretic, tonic, especially to the uterus. Parvati mentions this as her favorite pregnancy herb, combined with a raspberry and chilled.⁴⁸ Tierra suggests a combination of partridgeberry, lobelia, raspberry leaves, and wild yam to prevent miscarriage;²⁸ Kloss, the berry tea with olive oil or cream to apply to sore nipples.⁴⁴ Parvati reports giving to hundreds of women coming off the pill or a pregnancy (either abortion, miscarriage, or nursing) a tea consisting of equal parts of squawvine, black haw, holy thistle, licorice, and sarsaparilla — with positive results. Steep 1 tablespoon of the mixture in a cup, taking 4 to 5 cups the first week, 2 to 3 cups the second week, 1 to 3 cups the third week, tapering off the mere sips in the fourth week. “This may also increase your fertility.”⁴⁸

Contains dextrin, mucilage, resin, and wax.² Not listed in most of the poisonous plant books.