

ALFALFA

(Medicago sativa)

Clinical Summary

Actions

- Hormone Modulator
- Tonic
- Antioxidant
- Detoxifier
- Hepatoprotective
- Antidiabetic
- Antirheumatic
- Cardiotonic

Indications

- Debility, convalescence especially after blood loss and during anaemia
- Menopausal symptoms
- Central nervous system disorders
- Digestive disorders
- Mild hypothyroidism
- Supporting healthy cholesterol levels
- Arthritis
- Diabetes

Traditional Use

It has a long tradition of use as an Ayurvedic medicine used in central nervous and digestive system disorders. The late Australian herbalist Dorothy Hall said protein allergies are alfalfa's main symptom indicators including a digestion of protein problem contributing to allergies to milk, eggs, cheese, meat, mosquito bites, prawns or oysters.

Energetics

Cooling.

Constituents

Isoflavones, vitamins, coumestrol, genistein, daidzein, alkaloids asparagine and trigonelline.

Use in Pregnancy

Not recommended because alfalfa contains constituents with possible oestrogenic activity.

Contraindications and Cautions

Because alfalfa seems to have oestrogenic effects women with hormone sensitive conditions should avoid alfalfa. Some of these conditions include breast, uterine and ovarian cancer, as well as endometriosis and uterine fibroids.

Drug Interactions

Because alfalfa contains a large amount of vitamin K concomitant use can reduce the anticoagulant activity of warfarin.

Administration and Dosage

Liquid extract 1:1 in 25% alcohol
30 to 210mL weekly