

## **Blackberry Leaf Profile**

### **Also known as**

Rubus fruticosus, Black Berry, Bramble, Dewberry, Goutberry, Rubi Fruticosi Folium, Rubi Fruticosi Radix, Rubus affinis, Rubus plicatus, Thimbleberry.

### **Introduction**

The blackberry is a berry that grows on small, bushy vines, each berry (or drupe) a cluster of small, black fruits. In Britain, the same plant is usually called bramble, because of its prickly thorns, or brambles. The plant is also known as cloudberry (in northern Europe) and dewberry (in the American South). Blackberry brambles can become quite invasive if left to their own devices. Many earth based and Wiccan religions claim that blackberry leaves can help return evil to enemies that sent it, and may also help remove evil spirits from your home. Superstition in the United Kingdom holds that blackberries should not be picked after Michaelmass (September 29th) as the devil has claimed them, having left a mark on the leaves by urinating on them. There is some value behind this legend as after this date wetter and cooler weather often allows the fruit to become infected by various molds such as Botryotinia which give the fruit an unpleasant look and may be toxic

### **Constituents**

Tannins, gallic acid, villosin, starch, and calcium oxalate.

### **Parts Used**

Dried leaf.

### **Typical Preparations**

Washes, compresses, and baths. Can be taken internally as a tea, capsule or extract. Leaf is slightly sweet and may be sprinkled on food.

### **Summary**

According to the Greeks, the leaves were chewed to relieve bleeding gums and mouth ulcers, and that they could even cure snakebites. Black berry leaf contains tannins that cross-link proteins in mucous membranes. The tannins make the herb useful in treating mild diarrhea and also sore throat. Native Americans used them as a poultice for wounds, rashes, and insect bites. In addition, the vitamin C in the leaves helps strengthen the immune system and promotes tissue repair.

### **Precautions**

None.

## **Blackberry Root Profile**

### **Introduction**

Blackberry root is dug from the American blackberry, *Rubus villosus*, which is closely related to the European blackberry, *Rubus fruticosus*. The blackberry in all its forms and parts has been used for thousands of years as a food, as well as medicinally.

### **Constituents**

Tannins, gallic acid, villosin, starch, and calcium oxalate.

### **Parts Used**

Root.

## Typical Preparations

Teas and tinctures.

## Summary

Blackberry root is used to treat diarrhea, for which it is considered more effective than blackberry leaf. Blackberry is an excellent, safe and gentle astringent remedy that can be used in all situations that call for this action. It may be used in diarrhea, dysentery and other problems associated with "loose bowels". It was traditionally used in Britain externally as wash in a whole range of skin eruptions and burns. It will help stop bleeding and may be used in leucorrhoea. It is also considered a stronger astringent than the leaves

## Precautions

Avoid excessive use (more than three times a day). People with sensitive stomachs who take consume too many fluids with tannins (of any origin, even coffee or tea) can experience stomach upset.

## Blackberry, American

**Botanical: *Rubus villosus* (AIT.)**

**Family: N.O. Rosaceae**

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---**Synonyms**---Brombeere. Bramble, or Fingerberry. Or. Nigrobaccus, and R. Cuneifolius.

---**Parts Used**---Leaves, root, bark.

---**Habitat**---Cultivated in United States of America from a *European species*.

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---**Description**---It is prepared in thin tough flexible bands, outer surface blackish or blackish grey, inner surface, pale brownish, sometimes striped, with whitish tasteless wood adhering. It is inodorous, very astringent (root more so than the leaves) and rather bitter.

---**Constituents**---Tannic acid is abundant in it up to 10 per cent, and can be extracted readily by boiling water or dilute alcohol.

---**Medicinal Action and Uses**---An astringent tonic for diarrhoea, dysentery, etc. It is very similar in action to the wild English Blackberry.

---**Preparations**---Fluid extract of dried bark of root *Rubus*, U.S.P., 15 minims.

Syrup of *Rubus*, U.S.P., 1 fluid drachm.

---**Other Species**---Of the genus *Rubus* a large number are indigenous in the United States, where they are called Blackberry, Dewberry, Cloudberry. Most of them are shrubby or suffruticose briars, with astringent roots and edible berries, some have annual stems without prickles, these are called Raspberries.

Blackberry

**MEDICINAL:** A syrup made from the root is used to treat diarrhea and upset stomach (good for treating children). An infusion of the leaves is good for treating diarrhea and sore throat.

**MAGICKAL:** Blackberry leaves are used in money spells, as are the berries.

**GROWING:** Blackberries are perennial vines that grow in many areas, depending on the variety. They require full sun, very good air circulation, fertile soil that is kept moist, not soggy. Do not grow where you have grown other fruits or vegetables, to avoid transferring diseases to the young vines. Some varieties need pollinators, so check with your local nurseries to find a variety best suited to your needs and climate.