

Common Name: **Lady's Mantle**

Genus: *Alchemilla*

Species: *vulgaris*

Family: Rosaceae

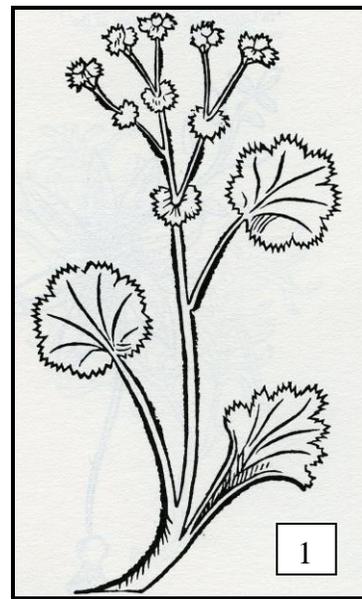
AKA: *A. xanthochlora*, Great Sanicle, Lion's Foot, Nine Hooks, Bear's Foot, Padelyon



## Historical Uses:

**Medical:** “Lady’s Mantle is very proper for those wounds that have inflammations, and it is effectual to stay bleeding, vomiting, fluxes of all sorts, bruises by falls or otherwise, and helpeth ruptures; and such women or maids that have flagging breasts, causing them to grow less and hard, being both drank and outwardly applied; distilled water drank for twenty days together helpeth conception, and to retain the birth, if the woman do sometimes also sit in a bath made of the decoction of the herb. It is one of the most singular wound herbs and therefore highly prized and praised, used in all wounds inward and outward, to drink a decoction thereof and wash the wounds therewith, or dip tents therein and put them into the wounds which wonderfully drieth up all humidity of the sores and abateth all inflammations thereof. It quickly healeth green wounds, not suffering any corruption to remain behind and cureth old sores, though fistulous and hollow.” (1)

“It is applied to wounds after the same manner as smaller Sanicle is, being of like efficacie: it stoppeth bleeding, and also the overmuch flowing of the natural sicknesse: it keeps downe maidens paps or dugs, and when they be too great or flaggy it makes them lesser or harder. (2)



**Folklore/Astrology:** “The “Lady” of Lady’s Mantle refers to the Virgin Mary. Dewdrops within the folds of its leaves were believed to absorb mystical powers from the plants foliage, and were widely used in alchemy. The plant when placed beneath a pillow, supposedly induced a peaceful sleep. Its temperature is hot and dry in the second degree. Under the rule of Venus.” (3)



Close-up of the flowers

**Plant type:** Perennial  
**Form:** mounding and spreading  
**Height:** 20”+/-  
**Flower color:** Tiny yellow-green flowers  
**Flowering period:** Late spring to early summer  
**Soil type/requirements:** Moist, well-drained soil  
**Hardiness zone:** USDA 4-7  
**Sun requirements:** Full sun or semi shade  
**Propagation:** By seed in early spring, by division in autumn or spring.

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### **Bibliography**

1. Culpepper, pg.
2. Gerard, pg.
3. Anderson, pg.
4. Grieve, pg. 462-463
5. Bown, pg. 110

**Other:** The margins of the leaf are cut into seven or mostly nine broad, but shallow lobes, finely toothed at the edges, from which it has obtained one of its local names: 'Nine Hooks.(4)

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### **Contemporary Uses:**

**Parts Used:** Whole plant. Gathered in June and July when the leaves are at their best, then dried.

**Medicinal:** A bitter astringent herb that controls bleeding and discharges. Internally used for excessive or irregular menstruation, menopausal problems, and diarrhea. Externally for vaginal discharge and vulval itching (5).

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**Area of Origin:** Northwest and central Europe to Greece

**Physical description:** Clump forming with hairy stems



Close-up of the leaf showing the serrated lobes

**Illustrations:**

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| 1. Schoffer's Herbal | 1485 |
| 2. PSUMG             | 2010 |
| 3. PSUMG             | 2013 |
| 4. PSUMG             | 2013 |