

Cimicifuga racemosa

Cimicifuga racemosa, commonly known as Black Cohosh, is a perennial flowering plant native to North America. It has been traditionally used for centuries in herbal medicine, particularly for women's health and menopausal support. Today, Black Cohosh is widely included in dietary supplements and wellness formulations related to hormonal balance.

Key facts

- **Scientific name:** *Cimicifuga racemosa*
- **Common names:** Black Cohosh
- **Family:** Ranunculaceae
- **Active compounds:** Triterpene glycosides, flavonoids
- **Typical forms:** Capsules, tablets, tinctures, extracts

Botanical characteristics

Cimicifuga racemosa is a tall perennial plant with large compound leaves and elongated clusters of white flowers. The underground rhizomes and roots are harvested and processed into medicinal preparations used in traditional and modern herbal medicine.

Traditional and modern uses

Traditionally, Black Cohosh has been used to support women's reproductive health and menopausal wellbeing. In modern herbal medicine, it is frequently promoted for menopausal symptoms such as hot flashes, mood changes, and general hormonal support.

Mechanism and research

Research suggests that compounds in Black Cohosh may influence neurotransmitter and hormonal signaling pathways. Clinical studies have explored its role in menopausal symptom management, although results remain mixed and further research is still ongoing.

Safety and regulation

Black Cohosh is generally considered safe when used in moderate amounts for short-term use. However, concerns regarding possible liver-related side effects have been reported in rare cases. Individuals with liver disease or hormone-sensitive conditions should consult healthcare professionals before use.

Culinary and supplement context

Cimicifuga racemosa is primarily used in herbal supplements and women's wellness products rather than culinary applications. It remains widely available in capsules, extracts, and menopause-support formulations globally.