

Analgesic Nervine Formula

Anti-inflammatory, antispasmodic, and sedative formula for stress, inflammation, and pain

Pain, inflammation, and stress are often connected. Inflammation causes pain, pain causes tension, and tension causes more pain. An Analgesic Nervine Formula can help to break this vicious cycle. It contains herbs that reduce inflammation, relax muscle spasms, calm nervous tension and stress, and ease pain.

This formula can be helpful for many conditions. It can reduce stress, anxiety, tension, and nervousness. It can help relax muscle spasms for menstrual cramping and other spastic pain. It can be helpful for arthritic pain, tension headaches, and backache. It may also help insomnia caused by pain and muscle tension.

Here is a breakdown of the herbs that contribute their properties to the benefits of this formula.

White Willow (*Salix alba*)

White willow contains salicylates, the compounds upon which aspirin was based. White willow has a milder anti-inflammatory and pain-relieving action than aspirin but is also free of aspirin's side effects. White willow has been used for thousands of years to reduce inflammation and ease pain from conditions like headaches and arthritis.

Black Cohosh (*Cimicifuga racemosa*)

Although black cohosh is usually promoted as a female herb it also contains salicylates and has been used to reduce inflammation and ease pain. In addition, black cohosh is also an antispasmodic, so it eases muscle spasms and cramps, which further aids its ability to ease minor pains. It has been used to treat inflammation, swelling, and pain from insect and snake bites, relax the bronchial passages in asthma, and ease cramping and discomfort associated with PMS.

Hops (*Humulus lupulus*)

This bitter-tasting herb is one of the safest sedatives in the world and can be helpful for stress, insomnia, nervousness, cramps, tension, and insomnia. It has analgesic or pain-relieving qualities as well. It helps to ease an over-irritated nervous system and calm down people with fiery personalities. It lowers blood pressure and helps a person relax and go to sleep.

Valerian (*Valeriana officinalis*)

Valerian is a powerful nervine with strong sedative effects on the central nervous system. It contains valepotriates which lower blood pressure, calm nervous tension, and relax muscle spasms. It is often combined with hops to help people relax and go to sleep.

It also has analgesic properties and has been used to ease neuralgia, afterbirth pain, tension headaches, leg cramps, and other forms of pain.

Wood Betony (*Betonica officinalis*)

This bitter herb has an action on the nervous system that calms the mind when a person can't relax because they tend to overthink things. They can't listen to their gut instincts and their overly intellectual analysis of situations can cause them to become mentally exhausted, resulting in headaches and back pain. Wood betony has also helped some types of migraine headaches and facial pain caused by neuralgia. It can also ease pain from injuries and help them to heal.

Devil's Claw (*Harpagophytum procumbens*)

This healing plant from Africa has a wonderful ability to reduce inflammation and ease pain associated with arthritis and rheumatism. It can also help to increase motility in the joints. It may also be helpful for backache, neuralgia and neuritis, and bursitis.

Capsicum (*Capsicum annuum*)

Capsicum contains capsaicin, a compound that blocks substance P receptors in the nervous system. Substance P is the neurotransmitter involved in signaling pain to the brain. Capsaicin, which is also responsible for the peppers' hot or stimulating sensation, blocks pain transmission when applied topically or taken internally. Capsicum also acts as a catalyst in the formula, easing pain by stimulating blood flow to the tissues.

Ginger (*Zingiber officinalis*)

Ginger also acts as a catalyst in this formula, stimulating circulation to tissues, which delivers oxygen and nutrients needed for tissue repair. Ginger also has mild anti-inflammatory properties and can be helpful for digestive pain and menstrual cramping.

Suggested Use

To reduce pain associated with arthritis, PMS, headaches, backaches, and muscle tension, take two capsules three times daily with meals. You can also take the formula to ease stress and tension.

Selected References

- Natural Healing with Herbs* by Humbart Santillo B.S., M.H.
- Nutritional Herbology* by Mark Pedersen
- The Illustrated Herb Encyclopedia* by Kathi Keville
- Strategies for Health* by Steven Horne

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