



Goat's Rue – The Gentle Milk-Giver and Pancreatic Ally

Botanical Profile

- Latin Name: *Galega officinalis*
- Alternative Names: French Lilac, Professor Weed
- Plant Family: Fabaceae (Legume family)
- Parts Used: Aerial parts (leaf and flowering tops)
- Origin: Native to Europe and Western Asia

Goat's Rue is a softly powerful herb traditionally used to promote lactation and regulate blood sugar. A member of the legume family, it has long held a place in herbal practice as a galactagogue and a pancreatic support. At Peridotflow, we work with Goat's Rue when nourishment, both physical and energetic, needs amplification—from new mothers seeking to feed their babies, to those managing insulin resistance and metabolic fatigue.

Enhances Breast Milk Production

Goat's Rue is one of the most respected galactagogues in Western herbal medicine. It stimulates mammary tissue and gently encourages milk flow, especially helpful in mothers with a delayed let-down or supply issues. It is often used in the early postpartum period to establish or increase milk production. Best used alongside hydration, proper nourishment, and emotional support for best results.

Supports Blood Sugar Regulation

Rich in compounds structurally related to the pharmaceutical metformin, Goat's Rue offers a gentle hypoglycaemic action. It supports pancreatic function and enhances the body's ability to metabolise glucose. Historically used in early diabetes care, it may assist those with insulin resistance, PCOS, or blood sugar instability when paired with lifestyle measures.

Tonic for the Pancreas and Endocrine System

Beyond its blood sugar effects, Goat's Rue acts as a broader tonic for endocrine health, especially the pancreas. It nourishes exhausted systems where there has been long-term metabolic strain, helping restore balance and resilience to the hormonal networks that regulate nourishment and growth.

Mild Diuretic and Detoxifying Ally

Goat's Rue has gentle diuretic properties, supporting the elimination of metabolic waste and helping to reduce fluid retention. This contributes to a clearer internal terrain for metabolic and hormonal processes to stabilise and re-align.

Postpartum Recovery and Energetic Grounding

Energetically, Goat's Rue is grounding, moistening, and toning. It supports a recovering postpartum body, not just physically in milk production, but emotionally—nourishing those who feel depleted, unanchored, or overwhelmed by new motherhood or nourishment-based roles in life.

Folklore & History

Goat's Rue's name comes from its historical use as fodder for goats, believed to increase their milk supply. Traditional European herbalists used it for both animal and human lactation and to support those with signs of wasting or weakness. Its biochemical profile inspired the development of the drug metformin, widely used in modern medicine for diabetes management.

Traditional Usage

Commonly prepared as an infusion or tincture. Often taken for 2–6 weeks postpartum or during periods of endocrine stress. Also used in blends for blood sugar balance or hormonal nourishment.

Herbal Actions

Galactagogue, Hypoglycaemic, Pancreatic Tonic, Diuretic, Mild Bitter, Endocrine Supportive

Energetics & Tissue States

Temperature: Slightly cooling

Moisture: Moistening

Tissue States: Dry, Atrophic, Deficient, Weak Digestion

Active Compounds

- Galegine – an alkaloid with blood sugar-lowering activity
- Flavonoids – antioxidant and circulatory
- Saponins – support absorption and immune response
- Chromium – may enhance insulin sensitivity

Dosage & Preparation

- Infusion: 1–2 tsp dried herb per cup, steep 10–15 mins, 2–3x/day
- Tincture: 2–4 ml up to 3x/day
- Combine with other galactagogues or metabolic herbs for synergy

Safety & Contraindications

- Use under guidance in cases of blood sugar medication use
- Avoid during pregnancy unless specifically indicated
- May cause mild gastrointestinal upset in sensitive individuals
- Not recommended for use in hyperglycaemia without practitioner oversight

Herbal Pairings

- Fenugreek – powerful lactation synergy
- Blessed Thistle – galactagogue and bitter
- Cinnamon – blood sugar stabiliser
- Schisandra – endocrine harmoniser
- Nettle Seed – rejuvenating tonic for postpartum depletion

Peridotflow Perspective

Goat's Rue carries the essence of quiet nourishment—it moves slowly but surely, working beneath the surface to restore supply, flow, and metabolic rhythm. At Peridotflow, we turn to her when nourishment is needed not only through food or milk, but through care, rest, and groundedness. She reminds us that nourishment is not just what we give to others, but what we allow ourselves to receive.