

Nettle Root – Prostate Protector, Hormonal Balancer & Grounded Vitality

Botanical Profile

- Latin Name: *Urtica dioica radix*
- Alternative Names: Nettle Root, Urtica Root
- Plant Family: Urticaceae (Nettle family)
- Parts Used: Root (dried or fresh)
- Origin: Native to Europe, Asia, North America; naturalised in temperate zones worldwide

While Nettle leaf is renowned for its mineral nourishment, Nettle Root carries a very different strength—one that works with the hormonal and urogenital systems, particularly in men. At Peridotflow Wellness Centre, we honour Nettle Root as a deep, grounding support for the lower body, especially in cases of prostate imbalance, hormonal congestion, and urinary stagnation. It's a plant of rooted masculine vitality—stable, detoxifying, and quietly powerful.

Supports Prostate Health and Reduces Enlargement

Nettle Root is most famous for its use in benign prostatic hyperplasia (BPH), helping reduce prostate size and relieve symptoms such as frequent or incomplete urination. It doesn't directly affect testosterone levels but modulates inflammatory enzymes and hormone binding to support overall prostate balance.

Regulates Hormonal Metabolism in Men and Women

By influencing sex hormone-binding globulin (SHBG), Nettle Root can support healthy hormone circulation—particularly in men experiencing low libido, vitality loss, or estrogen dominance. It may also be helpful for women in cases of androgen excess or estrogen clearance issues.

Reduces Urinary Tract Inflammation and Frequency

Nettle Root acts as a mild anti-inflammatory and astringent to the urinary tract, helping soothe irritation and reduce overactive bladder symptoms. It's helpful in cases of dribbling, frequent urination, or bladder tension—especially when linked to prostate congestion.

Modulates Androgens Without Suppression

Unlike pharmaceutical hormonal treatments, Nettle Root works with the body to support hormonal balance. It gently influences the conversion and uptake of testosterone and dihydrotestosterone (DHT), making it a valued herb in both men's and women's endocrine formulations.

Supports Grounded Energy and Vital Force

This root's deep, earthy nature helps reconnect individuals with their physical body. It supports vitality, resilience, and a sense of being rooted—especially helpful when emotional overwhelm, hormonal swings, or overstimulation lead to disconnection.

Folklore & History

Though less documented in folklore than the leaf, Nettle Root has been dug and used by herbalists in Europe and Asia for generations. In older men's health traditions, it was considered a grounding and restoring tonic—called upon for urination issues, lower back weakness, and loss of masculine strength. Its strength lies beneath the surface, like its growth—quiet, stabilising, and powerful over time.

Traditional Usage

Typically tinctured or decocted for prostate and urinary health. Used long-term for best effect. Combined with saw palmetto or pygeum in traditional men's tonic formulas. Also incorporated in hormonal balancing blends for women needing androgen or estrogen clearance support.

Herbal Actions

Anti-inflammatory, Astringent, Hormone-modulating, Tonic, Antiproliferative, Diuretic (mild)

Energetics & Tissue States

Temperature: Cooling

Moisture: Slightly Drying

Tissue States: Damp-Stagnant, Relaxed, Atrophic

Active Compounds

- Lignans – Hormonal modulation
- Beta-sitosterol – Supports prostate and cholesterol balance
- Polysaccharides – Immune-modulating
- Sterols & Lectins – Anti-inflammatory and tissue-toning

Dosage & Preparation

- Tincture: 2–4 ml up to 2x daily
- Decoction: Simmer 1–2 tsp dried root in water for 15–20 minutes; drink 1–2x daily

- Capsule: 300–600 mg standardised extract daily
- Use long-term (6+ weeks) for cumulative benefits

Safety & Contraindications

- Generally safe and well-tolerated
- May mildly lower blood pressure or affect diuretic medication
- Use with professional guidance during pregnancy or with hormonal medications

Herbal Pairings

- Saw Palmetto – for synergistic prostate and urinary support
- Reishi – for deep-rooted vitality and inflammation regulation
- Schisandra – for liver support and hormonal clearance
- Dandelion Root – for detoxification and anti-inflammatory effect
- Ashwagandha – for adrenal and vitality support

Peridotflow Perspective

Nettle Root reminds us that strength lies in our roots. At Peridotflow, we turn to this quiet power when vitality has been stretched thin—by age, inflammation, or emotional depletion. It supports the masculine, but also anyone who needs grounding, clearing, and hormonal recalibration. A reminder that restoration doesn't always roar—it sometimes grows silently, underground.