

Deadly Nightshade ... a Medicine?

Belladonna. It means “Beautiful Woman” in that most poetic of languages, Italian. Our history tells us that the herb was made into eye drops to cause the pupils to dilate, thus making the eyes look more seductive. A ruse perhaps once employed by the Venetian courtesans? In any case, that falls under the category of “Don’t try this at home!”

Belladonna in gross form is very poisonous and ingestion of even a small amount can cause death. Not for no reason did my mother call it “deadly nightshade!” When I was a child, she made the plant known to me, and I steered clear – by no means tempted to sample the wares of the Grim Reaper.



Belladonna

Several of our edible plants are members of the same family: tomatoes, peppers, potatoes and eggplants. Not surprisingly, this group of foods is among the more common in the lists of food sensitivities. Some folks abstain from nightshade vegetables due to the fact that the plants, except the fruits, are poisonous, and the fruits contain small amounts of the toxins that are so deadly in larger quantities.

As with many toxic plants, however, [*Belladonna*](#) proves essential in every homeopathic emergency kit! One day recently, during a long drive, my husband suddenly experienced a wrenching pain in his back, near the kidney area. His face turned white. He broke out in a sweat. We had to pull over. But ta-da! I had my handy homeopathic remedy kit on hand. (I love being able to save the day!)

Belladonna, beautifully diluted from a pile of poisonous alkaloids, becomes a perfect palliative for pain!

But that's not all. "Beautiful woman" is also a first-line remedy to which we mommas most commonly turn in situations of high fever, especially in the early stages. We look for redness and heat in the face, glassy eyes and restlessness. While as Moms we know that fevers are normal to a degree in childhood, we don't want to let it go too far, so again, we look into our homeopathy kit.

Is not self-sufficiency great? We ARE beautiful women. Just keep that *Belladonna* out of your eyes and in the kit where it belongs!