

Hawthorn

Botanical name: *Crataegus* spp.

Energetics/Actions: Sour, sweet, warm to neutral, dry, cardiac tonic, antispasmodic, antihypertensive

Description

Hawthorn has long been considered to be a sacred tree in the Christian tradition and has always been associated with the month of May. It is a strengthening herb which can be good to use after a loss (think 'heartbreak'). Today, Hawthorn is commonly used in Europe to treat mild congestive heart failure and arrhythmias. It is rich in antioxidants that strengthen and protect the heart. Hawthorn also acts as a mild anti-anxiety herb.



Uses

High blood pressure: Well known as an antihypertensive.

Congestive heart failure: Improved exercise tolerance and decreased shortness of breath.

Coronary artery disease: Decreased symptoms of angina (chest pain). Acts as a cardiac tonic for mild symptoms.

Palpitations: Good for use with heart palpitations and general nervousness.

Dose

Leaves and Flowers Infusion: 2 teaspoons to 1 cup water, steep 30 minutes, take 3 times a day.

Fruits: Decoction 6-16 gm in water.

Tincture of Leaves and Flowers and/or Fruits: 1-2 ml 3 times a day.

Safety Information

Safe as recommended.