

Lavender

Botanical name: *Lavandula officinalis*

Energetics/Actions: Spicy, bitter, cool, nervine, carminative, antispasmodic, antidepressant

Description

Lavender is a mild and safe herb, yet it is effective for many different conditions. The name comes from the Latin *lavare*, which means “to wash” because it was used to perfume Roman baths.



Uses

Anxiety: Traditionally used for symptoms of nervous disability: nervous headache, nervous cough and nausea and stomach cramps related to anxiety. A 6 week study showed 80 mg lavender to be as useful as anti anxiety medication (benzodiazepines).

Sleep disturbance: Particularly useful for people suffering from insomnia related to anxiety. Does not cause sedation.

Depression: Can reduce symptoms of depression as a side effect of anxiety.

Dose

Tea: 2 teaspoons of lavender blossoms, steep 10 minutes

Tincture: 2-4 ml two times a day

Gel capsule: 80 mg once a day

Safety Information

No known contraindications.