

Linden

Botanical name: *Tilia* spp

Energetics/Actions: sweet, cooling, relaxant, demulcent, anti inflammatory, antispasmodic, mildly astringent, diaphoretic, diuretic, vasodilator

Description

Linden is a resilient and long-lived tree with heart-shaped leaves, considered to be holy by many ancient European cultures. There are many different species of Linden that are used medicinally and *Tilia cordata* is considered by many herbalists to be the most potent species. Some species of Linden are native to Europe and others are native to the Eastern US. Linden is traditionally used throughout Europe and by several Indigenous North American Tribes for many symptoms (see below). The flowers are most commonly used as medicine and make a soothing, aromatic tea. Honey from Linden flowers is highly prized. There is not much scientific research available on Linden; the listed uses and doses are based on traditional use.



Uses

Stress and anxiety: Linden is known for its calming effects and is traditionally used for grief and heartbreak. It is particularly useful for irritability associated with anxiety and mild depression.

Combines well with passionflower.

Upper respiratory illness: Traditionally used to calm dry coughs, treat mild fevers, and soothe the throat and mucous membranes. Combines well with Elderberry.

Gastrointestinal discomfort: Promotes healthy digestion, calms stomach ache, useful for diarrhea. Combines well with Licorice.

Heart health: Herbal constituents of Linden have a relaxing effect on the cardiovascular system. Combines well with Hawthorn.

Dose

Tea of dried flowers: 2 teaspoons in 1 cup of boiling water. Cover and steep 10 minutes. May be taken up to 3 times a day as needed.

Safety Information

Not for use in children under the age of 2. If you have heart disease, talk to your health care provider before using. There have been rare cases of allergic skin reactions from touching Linden trees.