

## Passionflower

Botanical name: *Passiflora incarnata*

Energetics/Actions: Bitter, cool, tonic to the nervous system, sedative, antispasmodic

### Description

A trailing vine native to the American midwest and southeast, passionflower was given its name by Jesuit missionaries. This plant grows ornate and beautiful flowers and the aerial portions (flowers, leaves, stems) are used to make herbal medicine. The berries are also edible (and tasty!). Passionflower is one of the first herbs to try for anxiety and insomnia. A lovely, gentle, heart calming herb, it is calming without being too sedating. It has been used as a calming agent during drug withdrawal.



### Uses

Insomnia: Relaxing and most effective in a formula with skullcap and hops.

Anxiety: Good for stress reduction and helpful with conditions that are aggravated by stress, like high blood pressure and digestive issues. Studies show it may have the same effects as some anti anxiety medications.

### Dose

Tea: 2 teaspoons in 1 cup of boiling water, steep for 10-15 minutes. Take 1 hour before bedtime.

Tincture: ½ teaspoon up to 3 times a day. May be mildly sedating. Use with skullcap and hops for sleep.

### Safety Information

Not for use in pregnancy or breastfeeding. Ask your health care provider if you are taking other medications. Not for long term use: take a break after 2 weeks of use.