

## QUICK REFERENCE SHEET

# HOPS

*Humulus lupulus*



Part Utilized:  
Flower



### PROPERTIES:

Tonic, Expectorant, Nervine, Astringent,  
Antiseptic, Carminative, Vulnerary

### SYSTEMS AFFECTED:

Digestive, Nerve and Brain, Endocrine/Glandular  
(hypothalamus)

### POSSIBLE USES:

anxiety, colic, depression, nausea, nightmares

### INGREDIENT IN:

NS, NV

### GENERAL INFORMATION:

Hops is an herbal bitter and, as such, stimulates the digestive system. Several constituents, among them valerianic acid, are sedative in nature, decreasing restlessness and helping with insomnia. Hops relaxes smooth muscles and a minor constituent is thought to depress central nervous system activity. Hops is usually used as part of an herbal combination, rather than on its own. Hops is said to reduce the desire for alcohol.