

QUICK REFERENCE SHEET

PASSION FLOWER

Passiflora incarnata



Part Utilized:
Aerial portion



PROPERTIES:

Nervine, Sedative, Antispasmodic, Tonic (nerve, cardiovascular), Analgesic

SYSTEMS AFFECTED:

Nerves, Brain, Cardiovascular, Digestive

POSSIBLE USES:

anxiety, irritability, insomnia, panic attacks, depression, blood pressure, nightmares

INGREDIENT IN:

CB, MW, NS, NT, NV, NVC

GENERAL INFORMATION:

It has been shown that Passion Flower enhances the nervine and anti-depression effects of St. John's Wort when the two herbs are combined. Passion Flower is an herb renowned for the treatment of many of the less than pleasant symptoms sometimes experienced by women during menopause.

Passion Flower is considered a mild cardiovascular tonic, and is believed to lower systolic blood pressure numbers, gradually and without side-effects while, at the same time, reducing anxiety and tension overall.

One suggested use for Passion Flower is as a tea, consumed warm at bedtime, to improve the depth and quality of sleep during the night. Passion Flower is effective for stomach upsets and conditions that are tied to stress or nervous tension.

In some ways, Passion Flower is similar to Valerian, but much milder and more pleasant. Passion Flower mixed with Motherwort makes an excellent substitute for the endangered herb, Lady Slipper.