

## QUICK REFERENCE SHEET

# ST. JOHN'S WORT

*Hypericum perforatum*



Part Utilized:  
Whole Plant



### PROPERTIES:

Antidepressant, Tonic, Antimicrobial, Antiviral,  
Sedative, Anti-inflammatory, Astringent,  
Expectorant, Diuretic

### SYSTEMS AFFECTED:

Nervous, Urinary, Reproductive, Digestive

### POSSIBLE USES:

neuralgias, encapsulated viruses, bed-wetting,  
menstrual pain, diarrhea, headaches

### INGREDIENT IN:

ABF, LN, MS, MW, NT, PN

### GENERAL INFORMATION:

St. John's Wort acts as a tonic for the nervous system and can be used for nervous exhaustion, long-term anxiety, sleep difficulties, and for depression. It may also be helpful in treating the anxiety of withdrawal with addictions. St. John's Wort is said to alleviate the lowered vitality that may accompany menopause.

The sedative effect of this herb reduces blood pressure, while supporting capillary fragility. St. John's Wort benefits the uterus and can be used for painful, heavy, irregular periods, as well as for the symptoms of PMS. This herb also has a diuretic action. It has been used to good effect for bed-wetting in children. Perhaps it is the diuretic effect or the sedative, calming effect, or maybe, it is a combination of the two attributes that make it so effective.

St. John's Wort appears to act against encapsulated viruses. Those tested were herpes viruses and HIV, as well as hepatitis B and C. St. John's Wort also has an expectorant action, while at the same time calming the patient. Truly an amazing combination of healing properties.

The astringent and antimicrobial action is effective in the digestive tract where it can treat gastroenteritis, diarrhea, and dysentery. It is also said to help ulcers and gastritis.

St. John's Wort can be used both internally and externally for nerve pain and any kind of trauma to the nervous system. It is excellent used as a remedy for neuralgias such as trigeminal pain, sciatica, back pain, headaches, and shingles.

In 15 separate clinical trials patients given a placebo experienced more symptoms than those given extracts of the herb. There is, from time to time, concerns raised about St. John's Wort reacting negatively to medications. I can find no actual proof—or even reasonable anecdotal evidence—to support this idea. St. John's Wort has been highly valued since antiquity.