

Passionflower

(HERB)

Latin Name: *Passiflora incarnata L.*

FAMILY: Passifloraceae

PARTS USED: Whole flower (flower, leaves, stem, roots)

AGE 1 + years (very small doses)

APPROPRIATE: 4 + years normal child dose

ENERGETICS: Cooling, Calming

TASTE: Sweet, Sour, mildly bitter

ACTIONS: Nervine, Hypnotic, Anxiolytic, Sedative, Antispasmodic, Anodyne

USES: Generally used as a sleep aid for those experiencing insomnia due to restlessness, overexcitement, and overstimulation. Promotes a peaceful, restful sleep.

Dosage/Serving Size
Tea: ½ tsp in 8 oz boiling water and steeped for 15 minutes.
Tincture: 5 drops – 4 ml (depending on age and body size) just prior to bed
Syrup: see directions on bottle

SAFETY: GRAS; Can cause overexcitement in children under 4 if given in large doses. In VERY large doses, vomiting may occur.
Not contraindicated during pregnancy or lactation, however, it is always good to discuss this with your OB or midwife.

PREPARATIONS: Capsule, Syrup, Tablet, Tincture, Tisane (herbal tea)

NOTES + RESEARCH:

- Found to work equal to methylphenidate in children with ADHD. (source)

References:

Passiflora incarnata in the treatment of attention-deficit hyperactivity disorder in children and adolescents: <https://www.openaccessjournals.com/articles/passiflora-incarnata-in-the-treatment-of-attentiondeficit-hyperactivity-disorder-in-children-and-adolescents.pdf>



The extracts obtained from *Passiflora incarnata* can be considered as appropriated sleep inducers. <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5699852/>

Benefits of passionflower for anxiety and insomnia
<https://www.medicalnewstoday.com/articles/323795.php#anxiety>

Passionflower, an overview: <https://www.encyclopedia.com/plants-and-animals/plants/plants/passionflower>

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