

# Butterfly Pea Flower

**Botanical Name:** *Clitoria ternatea*

**Family:** Fabaceae

**Energetics:** Cooling, neutral

**Taste:** Mild, earthy, slightly sweet

**Actions:** Antioxidant, anti-inflammatory, cognitive support, nervine, adaptogenic

---

## Overview

Butterfly Pea Flower is known for its vibrant blue color and antioxidant properties. Used traditionally in Ayurvedic and Southeast Asian medicine, it supports cognitive function, reduces inflammation, and has a calming effect on the nervous system. The flowers are often used for teas, tonics, and natural colorants.

---

## Uses

### Internal Uses

- Cognitive support and memory enhancement
- Mild anxiolytic and nervine support
- Antioxidant and anti-inflammatory support
- Eye health (rich in anthocyanins)
- Used in teas and beverages for relaxation

### External Uses

- Cosmetic applications (hair and skin tonics)
- Antioxidant skin washes or compresses
- Natural colorant for culinary and cosmetic purposes

---

## Medication Interactions

- Generally considered safe; no significant documented interactions
- Caution if taking sedatives or CNS depressants

---

## Contraindications

- Pregnancy and breastfeeding: limited research; moderate use considered safe in foods
- Children: safe in culinary or tea doses
- Individuals with hypersensitivity: monitor for mild reactions



## Caution & Safety

- Consume in moderation for internal use
- Topical use: patch test recommended
- Avoid high-concentration extracts without guidance

---



## Herbal Pairings

### Blends Well With

- Lemongrass (aromatic, calming synergy)
- Peppermint (digestive and aromatic support)
- Rose (mild nervine and flavor pairing)
- Chamomile (calming and anti-inflammatory)
- Lavender (soothing, aromatic synergy)

### Avoid Combining With

- CNS depressants in high doses without supervision
- Allergic plants from Fabaceae family if sensitive

---



## Possible Side Effects

- Mild digestive upset if consumed in excess
- Rare allergic reactions
- Temporary staining of teeth or tongue from pigments in tea

---



## Forms & Dosage

### Tea / Infusion

- 1-2 tsp dried flowers per cup
- Steep 5-10 minutes
- 1-3 cups daily

### Powder / Capsules

- 500-1,000 mg, 1-2 times daily

### Tincture (1:5)

- 2-4 mL, 1-2 times daily

## **Cosmetic / Topical Use**

- Infused water for skin or hair rinse
- Compress for mild skin soothing

---



Butterfly Pea Flower is a gentle and visually striking herb with calming, antioxidant, and cognitive-supporting properties. Its versatility in teas, tonics, and topical applications makes it an attractive addition to any herbal library.

*For educational purposes only; not intended to diagnose, treat, or cure any condition.*

---

© HomesteadGardener.ca | @YourHomesteadGardener