

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
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Medication Interactions

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

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.

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