

Hibiscus Flower

Botanical Name: *Hibiscus sabdariffa*

Family: Malvaceae

Energetics: Cooling, slightly sour

Taste: Tart, fruity, slightly astringent

Actions: Antioxidant, diuretic, hypotensive, anti-inflammatory, digestive tonic

Overview

Hibiscus Flower is a cooling, tart herb used traditionally to support cardiovascular health, reduce mild high blood pressure, act as a diuretic, and provide antioxidant benefits. Its teas are commonly enjoyed for both health and flavor.

Uses

Internal Uses

- Supports healthy blood pressure
- Antioxidant and anti-inflammatory benefits
- Mild diuretic for fluid balance
- Digestive tonic and liver support

External Uses

- Infused water for skin tonics
- Baths for mild cooling and antioxidant benefits

Medication Interactions

- May enhance effects of antihypertensive medications
- Use caution with diuretics
- May affect blood sugar; monitor if diabetic

Contraindications

- Pregnancy: safe in moderate tea amounts
- Children: safe in tea form
- Allergy to Malvaceae family



Caution & Safety

- Moderate intake to avoid hypotension
- Monitor blood pressure if on medication
- May interact with blood sugar-lowering drugs



Herbal Pairings

Blends Well With

- Rosehips (vitamin C and antioxidant synergy)
- Hibiscus + Lemon Balm (calming and cardiovascular support)
- Ginger (warming and circulation support)

Avoid Combining With

- Antihypertensive or diuretic medications without supervision



Possible Side Effects

- Mild hypotension if consumed in excess
- Rare allergic reactions
- Digestive upset in sensitive individuals



Forms & Dosage

Tea / Infusion

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

Tincture (1:5)

- 2–4 mL, 1–2 times daily

Capsules / Powder

- 500–1,000 mg, 1–2 times daily

External Use

- Infused water or baths applied as needed

Notes

Hibiscus Flower is a cooling, tart herb ideal for cardiovascular, antioxidant, and digestive support. Enjoy as a refreshing tea or in herbal blends.

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