

# Mugwort

**Botanical Name:** *Artemisia vulgaris*

**Family:** Asteraceae

**Energetics:** Warming, aromatic, bitter

**Taste:** Bitter, herbaceous, slightly pungent

**Actions:** Digestive stimulant, nervine, mild sedative, menstrual support, antimicrobial

---

## Overview

Mugwort is traditionally used for digestive stimulation, mild sedative effects, menstrual regulation, and as a tonic for nervous tension. It is also known for its aromatic and antimicrobial properties.

---

## Uses

### Internal Uses

- Stimulates digestion and appetite
- Mild sedative for nervous tension or sleep support
- Supports menstrual cycle regulation
- Mild antimicrobial effects

### External Uses

- Aromatic baths for relaxation
  - Infused oils for massage or skin tonic
- 

## Medication Interactions

- May interact with sedatives or sleep medications
  - Caution with blood pressure or anticoagulant medications
- 

## Contraindications

- Pregnancy: avoid (may stimulate uterine contractions)
  - Children: use with caution
  - Allergy to Asteraceae family
-

## **Caution & Safety**

- Use moderate doses only
  - Avoid prolonged use in sensitive individuals
  - May cause allergic reactions in some people
- 

## **Herbal Pairings**

### **Blends Well With**

- Lemon Balm (calming and digestive support)
- Chamomile (nervine and digestive synergy)
- Mugwort + Valerian (sleep support)

### **Avoid Combining With**

- Sedative medications in high doses without supervision
  - Herbs affecting uterine tone during pregnancy
- 

## **Possible Side Effects**

- Allergic reactions in sensitive individuals
  - Mild digestive upset
  - Excessive sedation if overused
- 

## **Forms & Dosage**

### **Tea / Infusion**

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

### **Tincture (1:5)**

- 1–2 mL, 1–2 times daily

### **External / Aromatic Use**

- Infused oils or bath as needed
-

## Notes

Mugwort is a warming, aromatic herb ideal for digestion, mild sedation, and menstrual support. Use with caution during pregnancy and in sensitive individuals.

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

---

© HomesteadGardener.ca | @YourHomesteadGardener