

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



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