

Oatstraw

Botanical Name: *Avena sativa*

Family: Poaceae

Energetics: Cooling, nutritive

Taste: Mild, slightly sweet, grassy

Actions: Nervine, nutritive tonic, mild sedative, supports hair and skin health, anti-inflammatory

Overview

Oatstraw is a nutritive, calming herb traditionally used to support nervous system health, reduce mild anxiety, promote restful sleep, and strengthen hair, skin, and bones.

Uses

Internal Uses

- Supports nervous system and mild anxiety
- Nutritive tonic for hair, skin, and bone health
- Mild sedative for sleep support
- Anti-inflammatory for general wellness

External Uses

- Infused oils for skin and hair
 - Baths for relaxation and skin nourishment
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Medication Interactions

- May enhance sedative medications
 - Generally safe with most medications, monitor for additive sedative effects
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Contraindications

- Pregnancy: generally safe in moderate amounts
 - Children: safe in teas or infusions
 - Allergy to grasses (Poaceae family)
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Caution & Safety

- Use moderate doses
 - Monitor for allergic reactions in sensitive individuals
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Herbal Pairings

Blends Well With

- Chamomile (calming synergy)
- Lavender (nervine support)
- Lemon Balm (calming and nutritive)

Avoid Combining With

- Sedative medications without supervision if high doses used
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Possible Side Effects

- Rare allergic reactions
 - Mild digestive upset if overconsumed
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Forms & Dosage

Tea / Infusion

- 1–2 tsp dried straw per cup water
- Steep 10–15 minutes
- 1–3 cups daily

Tincture (1:5)

- 1–2 mL, 1–2 times daily

External / Infused Oil

- Apply to skin or hair as needed
 - Add to baths for relaxation
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Notes

Oatstraw is a gentle, nutritive nervine ideal for calming, sleep support, and promoting hair, skin, and bone health. Suitable for teas, tinctures, and external infusions.

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