

Passiflora (Passionflower)

Botanical Name: *Passiflora incarnata*

Family: Passifloraceae

Energetics: Cooling, nervine

Taste: Mildly bitter, slightly sweet

Actions: Nervine, sedative, mild antispasmodic, calming, sleep support

Overview

Passiflora, or Passionflower, is traditionally used to calm anxiety, relieve mild nervous tension, support restful sleep, and reduce muscle spasms. It is gentle and effective for mild sedative purposes.

Uses

Internal Uses

- Reduces anxiety and nervous tension
- Promotes restful sleep
- Mild antispasmodic for digestive and muscular discomfort
- Calming nervine for emotional support

External Uses

- Rarely used externally; sometimes in infused oils or bath blends for relaxation

Medication Interactions

- May enhance sedative or anti-anxiety medications
- Monitor if taking other nervines or sleep aids

Contraindications

- Pregnancy: generally safe in moderation; high doses to be avoided
- Children: safe in teas in moderation
- Allergy to Passifloraceae family

Caution & Safety

- Moderate doses recommended
- Avoid excessive sedation
- Monitor for allergic reactions

Herbal Pairings

Blends Well With

- Lemon Balm (calming synergy)
- Chamomile (nervine and sleep support)
- Lavender (relaxing and aromatic)

Avoid Combining With

- Sedative medications in high doses without supervision

Possible Side Effects

- Mild sedation
- Rare allergic reactions
- Excessive sleepiness if combined with other sedatives

Forms & Dosage

Tea / Infusion

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

Tincture (1:5)

- 1–2 mL, 1–2 times daily

External / Bath Infusion

- Add to bath for relaxation as desired



Passiflora is an effective, gentle sedative and nervine herb ideal for anxiety relief, sleep support, and mild antispasmodic use. Best used in teas, tinctures, or aromatic bath blends.

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