

# **Passiflora (Passionflower)**

**Botanical Name:** *Passiflora incarnata*

**Family:** Passifloraceae

**Energetics:** Cooling, nervine

**Taste:** Mildly bitter, slightly sweet

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

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## **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.

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## **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
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## **Medication Interactions**

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

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

- Moderate doses recommended
  - Avoid excessive sedation
  - Monitor for allergic reactions
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## 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
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## Possible Side Effects

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

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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