

# St. John's Wort

**Botanical Name:** *Hypericum perforatum*

**Family:** Hypericaceae

**Energetics:** Cooling, mildly drying

**Taste:** Bitter, slightly astringent, aromatic

**Actions:** Nervine, mild antidepressant, anti-inflammatory, wound healing, antiviral

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## Overview

St. John's Wort is traditionally used for mood support, mild depression, nerve health, and wound healing. It is also mildly anti-inflammatory and antiviral.

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## Uses

### Internal Uses

- Supports emotional and mental well-being
- Mild antidepressant and nervine effects
- Anti-inflammatory support
- Antiviral properties

### External Uses

- Infused oils or salves for cuts, bruises, and nerve pain
- Topical anti-inflammatory applications

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## Medication Interactions

- Strongly interacts with antidepressants, oral contraceptives, anticoagulants, and other medications metabolized by the liver
- Consult a healthcare provider before internal use with medications

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## Contraindications

- Pregnancy: avoid medicinal doses
- Children: avoid high doses
- Allergy to Hypericaceae family
- Current use of prescription medications without medical supervision



## Caution & Safety

- Can cause photosensitivity in some individuals
- Avoid taking with prescription medications without guidance
- Moderate doses recommended

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## Herbal Pairings

### Blends Well With

- Lemon Balm (calming synergy)
- Chamomile (nervine support)
- Valerian (sleep support)

### Avoid Combining With

- Antidepressants or other medications without professional guidance

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## Possible Side Effects

- Photosensitivity (sunburn risk)
- Mild digestive upset
- Rare allergic reactions
- Interference with medications

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## Forms & Dosage

### Tea / Infusion

- 1-2 tsp dried flowers per cup water
- Steep 10-15 minutes
- 1-2 cups daily (short-term use recommended)

### Tincture (1:5)

- 2-4 mL, 1-2 times daily

### External / Infused Oil

- Apply to cuts, bruises, or irritated skin as needed

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St. John's Wort is a potent nervine and mild antidepressant. Best used cautiously internally, with external applications safe for skin and nerve support.

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