

# Wormwood

**Botanical Name:** *Artemisia absinthium*

**Family:** Asteraceae

**Energetics:** Warming, bitter

**Taste:** Very bitter, aromatic

**Actions:** Digestive stimulant, bitter tonic, antiparasitic, nervine, mild antimicrobial

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## Overview

Wormwood is traditionally used to support digestion, stimulate appetite, aid in parasitic infections, and provide gentle nervine and antimicrobial support. It is a powerful bitter herb and should be used cautiously.

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## Uses

### Internal Uses

- Stimulates digestion and appetite
- Supports liver and gallbladder function
- Anti-parasitic and antimicrobial
- Mild nervine support

### External Uses

- Infused oils or poultices for muscle pain or insect repellent
- Aromatherapy in small amounts for alertness

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## Medication Interactions

- May interact with medications for seizures or liver conditions
- Avoid combining with other bitter herbs in high doses

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## Contraindications

- Pregnancy: avoid (can stimulate uterine contractions)
- Epilepsy or seizure disorders: avoid
- Children: not recommended
- Allergy to Asteraceae family

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## Caution & Safety

- Use only in small, controlled doses
- Do not take long-term internally without guidance
- Can cause nausea or neurological effects if overconsumed

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## Herbal Pairings

### Blends Well With

- Gentian (digestive synergy)
- Fennel (digestive support)
- Chamomile (mild calming and digestive support)

### Avoid Combining With

- Other potent nervines or antispasmodics without supervision
- High doses of stimulants or epileptogenic herbs

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## Possible Side Effects

- Nausea or vomiting if overused
- Neurological effects (tremors, seizures) in high doses
- Allergic reactions in sensitive individuals

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## Forms & Dosage

### Tea / Infusion

- 1 tsp dried herb per cup water
- Steep 5-10 minutes, short-term use only
- 1 cup daily for digestive support

### Tincture (1:5)

- 0.5-1 mL, 1-2 times daily

### External / Infused Oil

- Apply in small amounts to muscle aches or as insect repellent

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Wormwood is a powerful bitter herb ideal for short-term digestive stimulation and antiparasitic use. Use with caution and never in high doses internally.

*For educational purposes only; not intended to diagnose, treat, or cure any condition.*

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