

Hops Benefits – Sedative Nervine, Digestive Bitter & Hormonal Support

Botanical Profile

- Latin Name: *Humulus lupulus*
- Alternative Names: Common Hops, Beer Hops
- Plant Family: Cannabaceae (Hemp family)
- Parts Used: Strobiles (female seed cones)
- Origin: Native to Europe, Western Asia, and North America; cultivated globally

Hops is a potent sedative herb best known for its role in brewing beer, yet its medicinal virtues extend far beyond fermentation. It calms the nervous system, promotes deep rest, eases digestive discomfort, and gently supports hormonal balance. At Peridotflow Wellness Centre, we see Hops as a heavy exhale—an herb to lean into when tension grips the body or when rest feels far from reach.

Promotes Restful Sleep and Calms the Nervous System

Hops is a strong herbal sedative, particularly effective for insomnia marked by anxiety, restlessness, or an overactive mind. It works well in combination with other nervines like Valerian or Passionflower and can be helpful during stressful life transitions or chronic sleep challenges.

Relieves Nervous Tension and Physical Agitation

Its muscle-relaxant and calming effects make Hops a useful remedy for irritability, sensory overwhelm, and physical tension that results from mental stress. It can soothe nervous stomach, restlessness, and overstimulation held in the gut or limbs.

Supports Digestive Function as a Bitter Tonic

Hops stimulates bile flow, encourages healthy appetite, and aids sluggish digestion—especially when stress or nervousness impairs digestive fire. Its bitter profile makes it effective for bloating, gas, and post-meal discomfort.

Helps Ease Menopausal and Hormonal Discomforts

Hops contains phytoestrogens, making it a supportive herb for perimenopausal or menopausal individuals experiencing hot flashes, mood swings, or anxiety. It offers gentle support for hormonal recalibration, especially in blends for sleep or emotional support.

Acts as an Anti-inflammatory and Antimicrobial

Traditionally used for skin eruptions, minor infections, and as a poultice for inflammation, Hops also provides internal cooling for inflammatory states. It is mildly antimicrobial and can support the immune system during early infection stages.

Folklore & History

Hops has a long history in Europe as both a medicinal and brewing herb. Monks cultivated it in monastery gardens for its ability to calm the mind and support digestion after rich meals. Traditionally, pillows filled with dried Hops were used to ease insomnia, particularly for children or those recovering from illness. Its bitter spirit was thought to clear melancholy and promote peace.

Traditional Usage

Commonly prepared as tincture, tea, or infused into a sleep pillow. Used for sleeplessness, digestive complaints, menopausal tension, and to relax tight musculature. Often combined with Valerian, Skullcap, or Chamomile for gentle sedation or nervous system support.

Herbal Actions

Sedative, Nervine, Hypnotic, Bitter tonic, Antispasmodic, Anti-inflammatory, Antimicrobial, Phytoestrogenic

Energetics & Tissue States

Temperature: Cooling

Moisture: Moistening

Tissue States: Tense, Dry, Excited, Hot

Active Compounds

- Lupulin – Sedative resin rich in bitter acids
- Humulone and lupulone – Antimicrobial and anti-inflammatory
- Flavonoids and phytoestrogens – Hormonal support
- Essential oils – Nervine and digestive activity

Dosage & Preparation

- Tea: 1–2 tsp dried strobiles per cup, steep 10–15 mins; use in the evening
- Tincture: 1–3 ml before bed

- Sleep pillow: Dried hops in sachet under pillow or beside bed
- Bitter formula: Taken before meals to aid digestion

Safety & Contraindications

- Can cause excessive sedation—avoid with sedative medications
- May exacerbate depression in some individuals
- Not recommended during pregnancy due to phytoestrogenic effect
- May trigger reactions in those sensitive to Cannabaceae family

Herbal Pairings

- Valerian – for stronger sedative effect
- Skullcap – for tension in the nervous system
- Lemon Balm – for uplifting calm
- Chamomile – for gentle digestive-nervine support
- Passionflower – for circular thoughts and sleep disturbances

Peridotflow Perspective

Hops teaches surrender. It invites the body into rest, quiets the excess, and helps unwind long-held tension. At Peridotflow, we turn to Hops when the system is overwired and undernourished—when what's needed isn't more doing, but sacred stillness. It is the herbal embodiment of nightfall, helping us exhale into rest, release, and renewal.