

Passionflower – Nervous System Sedative, Emotional Unwinder & Sacred Stillness Ally

Botanical Profile

- Latin Name: *Passiflora incarnata*
- Alternative Names: Passion Vine, Maypop
- Plant Family: Passifloraceae (Passionflower family)
- Parts Used: Aerial parts (flower, leaf, stem)
- Origin: Native to the southeastern United States; now cultivated in Europe and temperate regions worldwide

Passionflower is a gentle, yet effective sedative nervine with a gift for quieting the mind, soothing the heart, and supporting peaceful rest. Its unique beauty reflects its essence—unwinding tangled thoughts, easing inner tension, and inviting the nervous system into stillness. At Peridotflow Wellness Centre, Passionflower is honoured for its ability to help the sensitive and overwhelmed drop into sacred calm, especially during times of transition, grief, or overthinking.

Eases Anxiety, Racing Thoughts and Restlessness

Passionflower is a key ally for circular thoughts, overthinking, and nervous energy that won't settle. It calms mental chatter and supports a sense of inner safety, helping those with anxiety, hypervigilance, or nervous exhaustion find relief.

Supports Deep, Restorative Sleep Without Grogginess

Unlike stronger sedatives, Passionflower eases the transition to sleep without dulling awareness. It supports healthy sleep cycles and is especially useful for those who wake often, struggle to fall asleep, or feel wired and tired.

Soothes Nervous System Tension in the Body

As a nervine and mild antispasmodic, Passionflower helps relax physical symptoms of stress—tight chest, muscle tension, trembling, or heart palpitations. It's ideal for Vata-type nervousness or trauma responses held in the body.

Calms the Heart and Emotional Overwhelm

Passionflower gently opens and soothes the heart space. It is especially useful for heartbreak, grief, hormonal shifts, or emotional upheaval. Its signature includes emotional gentleness, spiritual calm, and openness to inner peace.

Supports Menopause and Hormonal Imbalance

By relaxing the nervous system and modulating GABA activity, Passionflower helps manage symptoms such as hot flashes, anxiety, and insomnia related to hormonal transitions. It's a trusted companion during perimenopause and menopause.

Folklore & History

Named by Christian missionaries who saw the flower as a symbol of the Passion of Christ, Passionflower was long revered by Indigenous peoples of the Americas for its calming properties. It was traditionally used in ceremonies, sleep preparations, and for nervous conditions. Its climbing, spiralling tendrils reflect its gift of releasing what is tangled and drawing the spirit into stillness.

Traditional Usage

Typically tinctured or steeped as an infusion. Combined with Skullcap, Valerian, or Lemon Balm for sleep and emotional regulation. Used traditionally to treat restlessness, spasms, insomnia, and conditions linked to emotional trauma.

Herbal Actions

Nervine, Sedative, Anxiolytic, Hypnotic (mild), Antispasmodic, Hypotensive

Energetics & Tissue States

Temperature: Cooling

Moisture: Slightly Moistening

Tissue States: Tense, Excited, Dry, Deficient

Active Compounds

- Flavonoids (including chrysin) – Anxiolytic and GABA-modulating
- Harmala alkaloids – Nervous system relaxation
- Maltol – Sedative
- Glycosides – Hypotensive and calming

Dosage & Preparation

- Tincture: 1–4 ml up to 3x daily or 30 minutes before sleep
- Infusion: 1–2 tsp dried herb per cup, steep 10–15 mins
- Combine with Valerian for sleep or Skullcap for nervous tension
- Safe for long-term use when needed

Safety & Contraindications

- Generally very safe
- Avoid high doses during pregnancy
- May potentiate sedatives or anxiolytic medications
- Start with low doses and build gradually

Herbal Pairings

- Skullcap – for circular thoughts and emotional trauma
- Valerian – for stronger sedative effect
- Lemon Balm – for uplifted calm
- Oat Seed – for deep nervous rebuilding
- Rose – for emotional tenderness and heart medicine

Peridotflow Perspective

Passionflower is the thread between chaos and calm. She teaches us to release the tangled, the overactive, and the overwhelmed, guiding us gently into presence. At Peridotflow, we offer her medicine to those navigating grief, restlessness, or spiritual overdrive. She doesn't force stillness—she invites it. And in that invitation, peace is remembered.