



ST. JOHN'S WORT

Hypericum perforatum



Areas of application

- Mild to moderate depression
- Inner restlessness, nervousness
- Sleep disorders
- Mood swings
- States of exhaustion
- Psychovegetative symptoms

Family

Hypericaceae

Based in

St. John's wort grows in Europe, Western Asia and North Africa

Plant parts used

Flowers and leaves

Ingredients

Hypericin, pseudohypericin, flavonoids and bioflavones are found in various species of the plant; St. John's wort also contains hyperforin and adhyperforin

Usage/Indications

St. John's wort is one of the most extensively researched medicinal plants and is best known for its mood-lifting effects. In 1970, its antidepressant effect was also confirmed by conventional medicine. The particular effectiveness of St. John's wort is due to the interaction of its active ingredients. Flavonoids and hypericins work together to have a positive effect on the mood and can help counteract depressive moods. The hyperforins it contains also contribute to its antidepressant, antibacterial and anti-inflammatory effects. St. John's wort is therefore often recommended as a herbal antidepressant for mild to moderate depression. Furthermore, St. John's wort is used to treat inner restlessness, nervousness and sleep disorders. The essential oils it contains have a calming and balancing effect and can thus promote general mental well-being. Overall, St. John's wort is regarded as a proven natural remedy for supporting mental balance and inner stability.

Side effects/Contraindications

St. John's wort can exacerbate skin problems and photosensitivity when exposed to direct sunlight. It may cause skin rashes, itching, gastrointestinal complaints, tiredness and restlessness, and there is a risk of serotonin syndrome, which includes dizziness, flu-like symptoms, confusion, muscle twitching and severe anxiety. It may affect the efficacy of other medicines (e.g. the contraceptive pill, psychotropic drugs, cholesterol-lowering and blood pressure-lowering medicines, heart medicines and sedatives). Not suitable for children under 12 years of age.

Good to know



St. John's wort has a photosensitising effect, which leads to increased light utilisation. Everyone has heard of so-called winter depression, which develops mainly due to a lack of light during the dark days.

This is where the plant can help.

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