

# PASSION FLOWER

Passiflorae herba



## Areas of application

- Nervous restlessness
- Difficulty falling asleep
- Stress and inner tension
- Mild anxiety
- Irritability
- Heart problems caused by anxiety
- Autonomic symptoms (e.g. gastrointestinal discomfort)

## Family

Passiflora family

## Based in

Subtropical and tropical regions of Central, North and South America, from where Spanish conquistadors brought them to Europe.

## Plant parts used

The leaves and flowers

## Ingredients

Flavonoids, cyanogenic glycosides, free amino acids and polysaccharides

## Usage/Indications

In herbal medicine, Passion flower is primarily used to treat nervous restlessness, sleep disorders and stress-related complaints. Its active ingredients, including flavonoids and alkaloids, have a mild sedative effect without causing severe drowsiness or dependency. It is therefore particularly suitable for people who suffer from inner tension, irritability or difficulty falling asleep. Passion flower does not simply have a calming effect, but also regulates the nervous system. This means it can help relax the mind without causing drowsiness or making you feel 'dazed'. This is partly due to its influence on the neurotransmitter GABA in the brain, which plays a central role in relaxation and stress reduction. It is primarily indicated for mild anxiety, nervous heart complaints and difficulty falling asleep. Due to its good tolerability, it is a popular herbal alternative to synthetic sedatives.

## Good to know



Passion flower helps you relax without making you feel drowsy. Unlike many traditional sedatives, it has little effect on mental alertness – making it ideal for dealing with everyday stress when you want to stay calm but still be able to concentrate on your work.

## Side effects/Contraindications

Passion flower is generally well tolerated. Side effects such as nausea, dizziness or tiredness are rare. Caution is advised when carrying out activities that require concentration.

It is not recommended for use in cases of hypersensitivity, during pregnancy and while breastfeeding, or in combination with strong sedatives. Medical advice should be sought beforehand in the case of children or persistent symptoms.

## BIBLIOGRAPHY

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