

## PASSION FLOWER

**Botanical Name:**

*Passiflora incarnata*

**Common Names:**

Maypop, passion vine, granadilla

**Parts used:**

The aboveground parts (flowers, leaves, and stems)

**Active Components:**

Contains primarily flavonoids that are believed to have relaxing and anti-anxiety effects.

**Looks like:**

Passion flower is a perennial climbing vine with a strong stem that grows to a length of nearly 10 meters. The flowers vary in color from white to pale red. According to folklore, the plant was given its name because the flower resembles the crown of thorns worn by Jesus during the crucifixion. It produces a small berry-like fruit called granadilla or water lemon.

**Where it's grown:**

The plant is native to the southeast U.S., Argentina and Brazil. It is now also grown throughout Europe.

**History:**

Passion flower has a long history of use for symptoms of restlessness, anxiety, and gastrointestinal spasms. The effects of this herb were believed to be primarily on the nervous system thus its benefits were touted for those with anxiety due to mental worry and overwork.

**Use:**

Herbalists use passion flower in relieving anxiety, insomnia and related nervous disorders, including nervous gastrointestinal complaints.

