Lemon Balm Laura Clifford

Name: Melissa Officinalis, (Lamiaceae)

Parts used: Aerial Parts

Habitat: Grows worldwide. Originally from Southern Europe, Northern Africa, Western Asia.

Historical Use: By the Mayans as an aphrodisiac. Used in Mexico as a tea and to flavor alcoholic beverages, particularly margaritas

Uses: Anxiety, Strengthen Nervous System, Constipation, Tension, Headache, Delayed & Painful Menstruation, Urinary Infections, Nervous Exhaustion, Lethargy

Actions: Nervine Tonic/ Strengthener, Antidepressant, Stimulant, Aphrodisiac, Testosterogenic, Laxative, Diuretic, Antiseptic, Increases Blood Circulation to the Pelvis

Constituents: Arbutin, Volatile Oils containing Delta-Cadinene and Thymol, Cyanogenic Glycoside, Resin, Gums

Infusion: 1x per day

Tincture: 30 drops 4x per day

Capsules: can also be taken in pill form

Harvest: Harvest leaves in summer

Taste: Slightly Bitter, Spicy, Warming

Combines: Wild Oat, Nettle, Ginseng, Skullcap, Vervain, Wood Betony, St. John’s Wort, Holy Basil

Constitution: Humoral: System Cold & Damp or Cold & Dry. Exhausted Nerves, Depleted, Lacking Vitality

Contradictions: In high doses can cause headache and insomnia

Sources

Encyclopedia of Herbal Medicine, Andrew Chevallier, 1996, 2000

The New Age Herbalist, Richard Mabey, 1988

Herbstalk 2016: Lecture by Mischa Schuler on a Baker’s Dozen Nervines

<https://en.wikipedia.org/wiki/Melissa_officinalis>

http://umm.edu/health/medical/altmed/herb/lemon-balm

The Complete Medicinal Herbal, Penelope Ody, 1993