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: Improve mood and relaxation. To treat Gastrointestinal and Nervous system disorders. To treat Wounds.

Uses: Anxiety, Depression, Insomnia, Tension, Cold Sores/ Herpes, Nausea, Improved Mental Performance, Wounds and Bug Bites.

Actions: Relaxant, Antispasmodic, Diaphoretic, Carminative, Antiviral, Nerve Tonic

Constituents: Volatile Oil (Cintronellal), Flavonoids, Triterpenes, Polyphenols, Tannins, Eugenol, Terpenes, Rosmarinic Acid

Infusion: 3x per day

Tincture: 15 drops 3x per day

Capsules: can also be taken in pill form

Ointment: Apply to wounds and bug bites

Oil: 1-2 drops used for Aromatherapy to address depression

Harvest: Harvest leaves in summer

Taste: Cooling, Slightly Bitter

Combines: Valerian, Peppermint, Hops, Skullcap, Vervain

Constitution: Humoral: System Cold & Damp or Cold & Dry. Depressed, Melancholy, Lacking Vitality

Contradictions: May interfere with sedative and thyroid medications

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