Wormwood Laura Clifford

Name: Artemisia Absinthium, (Asteraceae). Also called Common Wormwood, Green Ginger, Grand Woormwood

Parts used: Aerial Parts

Habitat: Grows worldwide in moderate climates in shaded areas. Originally from Europe.

Uses: To treat gastrointestinal bloating, stimulant digestion & bile production, jaundice, treat anemia by aiding nutrient absorption, and to expel worms (round and threadworms). Also used as insect repellent and to reduce fever. Used to flavor the drinks Absinthe and Vermouthq.

Actions: Bitter, Antidepressant, Anti-inflammatory, Carminative, Nerve Stimulant, Uterine Stimulant

Constituents: Volatile Oil (Thujone), Flavonoids, Phenolic Acids, Lignans, Tannins, Vitamin C, Carotene

Infusion: ¼ ounce or less aerial parts to 16-20 ounce water

Tincture: no more than a tenth of an ounce daily

Wash & Compress: As needed to treat insect bites, bruises, and scabies

Harvest: Aerial part in late summer when in flower

Taste: Bitter, Cooling, Pungent, Drying

Constitution: Humoral: System Hot & Damp

Contradictions: Use with caution and only in small doses. Thujone is toxic in high doses. Do not take for longer than 4 weeks. Do not use when pregnant.

Sources

Encyclopedia of Herbal Medicine, Andrew Chevallier, 1996, 2000

The New Age Herbalist, Richard Mabey, 1988

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

The Complete Medicinal Herbal, Penelope Ody, 1993

<http://www.botanical.com/botanical/mgmh/w/wormwo37.html>