



Botanical name: *Artemisia vulgaris*

Family: Asteraceae [aka the daisy family includes daisy, chamomile, chicory, chrysanthemum, coneflower, dandelion]

Common name: Mugwort

More names: Common mugwort, Cronewort, Felon Herb, St. John's Plant [not to be confused with yellow flowered healer], Chrysanthemum Weed, Wild Wormwood, Old Uncle Henry, Sailor's Tobacco, Maiden Wort, Chinese Honeysuckle, Sailor's tobacco, Silver sage, Basin sagebrush, Sand sagebrush, Chinese moxa, Ai Ye (TCM), Nagadamani (Ayurvedic), *Estafiate*, *Ajenjo del Pais*, *Romerillo* (Spanish), *Iztauhyatl* (Nahuatl), *Zizm* (Maya)

Parts of the plant used: leaves, roots + flowering tops

When to harvest: generally before full bloom, harvest between July to September; roots can be collected in the autumn

Herbal actions:

tonic, antibacterial, antifungal, anthelmintic, expectorative, cholagogue, antiasthmatic, antispasmodic, anti-inflammatory, analgesic, digestive, stomachic, haemostatic, stimulant, nervine, sedative, emmenagogue, diuretic, diaphoretic, carminative, choleric, antiseptic (root), abortifacient, oneirogen, amenorrhea, fibromyalgia

Active constituents:

1,8 Cineole, Alpha Pinene, Alpha Thujone, Ascorbic Acid, Beta Carotene, Beta Sitosterol, Calcium, Chromium, Copper, Iodine, Iron, Niacin, Potassium, Quercetin, Riboflavin, Thiamin, Zin, Volatile oils, sesquiterpene lactones, tannins, flavonoids, coumarin derivatives, triterpenes; [roots] contain tannin, inulin, resin

Habitat + ecology:

Common mugwort is native to Europe + Asia now is naturalized through much of the world waste places where the soil has been disturbed and there is plenty of sunlight.

Planet: Venus + Moon

Energy: Warm, Drying

Element: Earth + Air

Taste: Bitter

Meridians: Genitourinary tract, kidney, liver + spleen

Ethnobotany (People + the plant ancestor):

- Mugwort has a long healing history supportive to humans as documented in Chinese poems + songs in 3 BC.
- *Estafiate* is associated with the god Tlaloc, the god of water and rain. *Estafiate* supports health disparities caused by too much water retention, including inflammation + intestinal parasites.
- Mugwort is plant medicine that is used as a spice, food, medicine, spiritual aid, acupuncture implement (moxibustion), flavoring for beer + other beverages and as a moth and insect repellent in the garden. It contains volatile oils, giving it a strong bitter aroma with mint undertones.
- Turtle Island native communities work with mugwort as a respiratory tonic: applying a poultice on the chest [Paiute], treat genitourinary imbalances, pleurisy, and for infant care.
- Mugwort varieties: *Artemisia argyi* - Chinese mugwort; *Artemisia douglasiana* - Douglas/California



mugwort, native to western North America; *Artemisia glacialis* - alpine mugwort; *Artemisia indica* - Oriental mugwort; *Artemisia japonica* - Japanese mugwort; *Artemisia lactiflora* - White mugwort; *Artemisia norvegica* - Norwegian mugwort; *Artemisia princeps* - Korean mugwort (ssuk), Japanese mugwort (yomogi)

Plant magick:

- Remember the soul, remember to attend the needs of the spirit
- Opens the gateway to your psychic abilities, clearing the way for new perceptions
- Descending energies
- Channeling from the star + moon people into the root
- Heightens + clarifies the dreamworld
- Leaves rubbed on the body to keep ghosts + negative spirits away [Miwok]
- Plant worn around the neck to keep dreams of those past away [Miwok]
- To call on prophetic dreams place mugwort under your pillow
- To promote smoothness while traveling add them to your travel bag [Hoodoo]
- Brings in fertility
- Purifies with smoke, especially divination + ritual tools
- Associated with Artemis, goddess of the hunt, the wilderness, animals, the Moon, + chastity

Medicinal uses:

- An overall health + wellness tonic
- Comrade to the genitourinary system
 - Uterine stimulant that can both bring on delayed menstruation
 - Warming + thinning effect on the uterus, supportive to child labor [fibromyalgia]
 - Balances excessive bleeding
 - Balance and support of a regular menstrual cycle
 - Released muscle cramping in the lower abdomen [topically]
 - Treats IBS
 - Supportive to the full digestive process [digestive]
 - Promotes appetite [stomachic]
- Supportive to the digestive system
 - Aids digestive function
 - Releasing toxins, such as bile from the body, especially the liver + kidney [cholagogue]
- Treats rheumatism, + other inflammation + pain in the joints, muscles, or fibrous tissue [TCM, Japanese + Korean medicine] and conditions of sciatica
- Aids the skin
 - Acts as a counterirritant on the skin
 - Alleviates bruises
- Treats symptoms of the cold, induces sweat to break a fever [diaphoretic], asthma, bronchitis
- Nervine effects bring on sedative effects, supporting depression, insomnia
- Stops bleeding [haemostatic]

contraindications

**may want to avoid high doses for a prolonged amount of time during pregnancy + lactation*

Form: spirit, flower essence, smudge wand*

Recipes + Comrades

Genitourinary Support:

- nourish/tonify: alfalfa, nettles, red clover, motherwort, avocado leaf, corn silk
- pleasure: rose, damiana,

Mugwort, Chickweed + Nettle
Vinegar

Supportive to building strong bones + muscles

- Add 1.5 cups chopped fresh mugwort leaves, chickweed + nettle [be

Dream time tea

- ¼ part mugwort
- 1 part linden
- 1 part lemon balm or lemon grass
- ½ part oat tops



- schizandra
- protection: damiana, motherwort, rose
- Pregnancy
- complaints/discomforts:
ephedra, peppermint, spearmint, ginger root, fennel, wild yam, meadowsweet, blue cohosh, black cohosh, castor oil, evening primrose, garlic, aloe, pumpkin seeds, ginseng

- careful chopping the nettles] into a jar
- Fill the jar with apple cider vinegar
- Place a sheet of wax paper over the top of the jar and then cap tightly with the lid.
- Let steep for a moon cycle
- Strain
- Place the refrigerator after first use
- *Feel free to add honey to sweeten this vinegar, enjoy in your salads!*

- small pinch of lavender

Preparation:

infusion, tea, tincture, elixir, syrup, glycerite, cordial, herbal bath, steam, poultice

Recommended dose:

30 drops/1 dropperful 1x a day



Photos of the plant ancestor:

[look for the white/gray underbelly + aroma]

