



Botanical name: *Crataegus* spp, including *laevigata*, *monogy*, *mollisna*

Family: Rosaceae or Rose family [roses, apples, pears, quinces, almonds, peaches, apricots, plums, cherries, strawberries, blackberries, raspberries]

Common name: Hawthorn

More names: thornapple, scarlet haw, quickthorn, may-tree, may flower, may bush, whitethorn, hawberry, hazels, gazels, halves, quickset, bread-and-cheese tree, albesyne, l'epine noble, hagedorn, hedgethorn, fairy bush, tree of chastity, *la oxiacanta* [Spanish]

Parts of the plant used: berries, leaves + flower

When to harvest: berries turn red in September (Northeast), sweeten in time for a mid-late October harvest; leaves can be harvested while still green

Herbal actions:

cardiotonic, diuretic, astringent, hypotensive, antiarrhythmic [suppress abnormal rhythms of the heart], antidiarrheal, emmenagogue, analgesic, relaxant

Active constituents:

flavonoids, (leaf and flower), vitexin, quercetin, hyperoside, rutin; oligomeric procyanidins (leaf and flower); triterpene acids (leaf and flower); ursolic, oleanolic, crataegolic acids; phenolic acids (caffic, chlorogenic and related phenol carboxylic acids); citric acid; tartaric acid; glavone; vitamin C

Habitat + ecology:

Hawthorn trees are native to the temperate climates of the Northern Hemisphere, including North America, Asia + Europe.

Planets: Mars + Venus

Element: fire

Energy: slightly warm

Taste: sweet, sour, astringent

Meridians/organ affected: heart, spleen, stomach, liver

Ethnobotany (People + the plant ancestor):

- In North America, hawthorn fossils from the middle Miocene Epoch (15 million years ago) were discovered in the mid-1900's by a geological survey in the southern Black Hills of South Dakota.
- An ancient plant ancestor allied to people of the east and west in differently magickal ways:
 - Native communities of so called North America and Europe have worked with hawthorn berry to support heart diseases, while eastern communities have worked with the plant to support appetite, aid digestion, and assimilation. Now TCM has incorporated Western knowledge of hawthorn as a cardio tonic.
- In medieval England, children ate the plant's fruit, which was considered to be very nutritious. The fruit was also used in Russia to make wine (Sowerby). In some regions of Europe the dry pulp of the fruits of *C. laevigata* and *C. monogyna* has been eaten or added to flour. In West Asia, the larger, more fleshy and



flavorful fruits of *C. aronia* and *C. azarolus* are commonly harvested from the wild and eaten fresh. Due to their nutritious value they were named "bread and cheese" in medieval Europe.

Plant magick:

- Sacred tree of love and protection
- Fairy Tree [Celtic]
- Opens the heart
- Offers heart healing
- Stimulates loves + forgiveness
- Supports you in establishing an emotional space for yourself in your own heart
- Supports with emotional overprotection
- White blooms invoke the medicine of purity; use flower essence or burn dried leaves/branches to purify
- Sacred union
- Supportive in reclaiming your soul + ancestors from the Church
- Protection: collect hawthorn thorns, write the name/situation you seek protection, wrap paper around the thorns, bury
- Place above your doorway to prevent people on different astral planes to enter your home
- Wearing the berries, thorns + leaves wards off unwelcome spirits.
- Soothes heat excess

Form: spirit, dried berries, spirit bathing*

Medicinal uses:

- Allied to the cardiovascular system, including the heart, blood vessels + blood cells themselves
 - Nourishes the heart, literally helping to keep the heart healthy, minimizing the risk of heart diseases
 - Supportive to most heart imbalances including cholesterol, valvular heart diseases, mild congestive heart failure, hypertension, etc
 - Improves coronary circulation, which relieves cardiac hypoxia [lack of oxygen being received + processed in the bloodstream] and utilization of energy, which supports with age-related changes
- Assists with the availability
- TCM teaches us that hawthorn is a strong digestive tonic
 - Activates appetite as well as support the digestion of meat
 - Treats diarrhea, chronic dysentery [green berry]
 - Supportive to abdominal distension, occurs when substances, such as air (gas) or fluid, accumulate in the abdomen
 - Relieves side stomach pains and bladder trouble [twigs, bark]
- Infusion can be taken to prevent spasms [Cherokee]
- Assists in stopping menstrual flow [shoots + bark]
 - Also can be used as an emmenagogue; to stimulate menstrual flow [berries, leaves]
- Treats cases of general debility
- Thorns are used to pierce the site of arthritic pain to offer relief by igniting one end and pushing it into the skin [Blackfoot]
- A new shoot decoction is prepared to treat newborn mouth sores [Colville]
- Supportive to sore throats, inflammation + the common cold

***Contraindications:** Enhances the activity of cardioactive drugs such as *Digitalis spp*/Foxglove, *Convallaria majalis*/Lily of the valley, etc; Might reduce the effects of cardiac glycosides

Recipes + Comrades

Heart building/Cardiovascular tonic:
hawthorn, chaga, linden*, motherwort, schizandra, resihi, rhodiola, ginkgo, guggul
*mild, gentle

Recommended Dosage:

Tincture 2.5 dropperfuls 3x a day [acute]

Preparation:

decoction, tincture, vinegar, elixir, vinegar, glycerin, honey, syrups

Circulatory stimulant [for poor



circulation]: chilli peppers, turmeric,
ginger, cloves, garlic

Hypertension: hawthorn, cardamon,
ginger, celery seed, scotch broom

Heart sedative: linden, valerian,
motherwort

Photos of the plant ancestor:



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