



Botanical name: *Passiflora* spp
[including *mexicana/incarnata*]

Family: Passifloraceae [including maypop, violet]

Common name: Passion flower

More names: Maypop, Passion Fruit, *coanenepill* [Nahuatl], *poch'il* [Maya], *maracuya*, *parcha* [Spanish], *pasionaria*, *granadilla*, *granadilla*, apricot vine, old field apricot, holy-trinity flower, mayapple, molly-pop, passion vine, pop-apple, *granadilla*, maycock, maracoc, maracock, white sarsaparilla

Parts of the plant used: flower, leaves, stem

When to harvest: when the leaves are dark green + flowers have bloomed; harvest the fruit when yellow fruiting vine blooms April to November

Herbal actions:

sedative, analgesic/anodyne [pain relieving], antispasmodic [relieves spasms + cramps in the muscles of the body, including it's organs], anti-inflammatory, nervine, hypnotic [will induce sleep + sedative states] hypotensive, anxiolytic, antidepressant, hypotensive, estrogenic, abortifacient [induces abortion]

Active constituents:

Vitamins B3, flavonoids (including rutin, apigenin, luteolin, chrysin, BZF), bioflavonoids (including quercetin, rutin, apigenin, kaempferol, vitexin, orientin), cyanogenic glycosides, harmala alkaloids, harmaline, harmine, harman, and harmalol, saponarin (breaks down neurotransmitters like serotonin and dopamine, hormones such as melatonin and norepinephrine), phytochemicals

Habitat + ecology:

This perennial ancestral vine holds down mutualistic relationships with ants is considered a weed across southeastern North America. They can be found growing in sandy thickets and open fields, roadsides, fence rows and waste places. It is often seen on the edges of fields, alongside ditches and other sunny, moist and fertile places.

Planet: Venus

Energy: Cooling

Element: Water

Taste: Sweet, Bitter

Meridian/Organ affected: heart, liver

Ethnobotany (People + the plant ancestor):

- Allies to many on North American lands for her divine qualities. the maya honor *kansel-ak* for her ability to support the blood and clear the body from ringworm. The Cherokee made after it was brought to Europe became associated with Jesus's crucifixion.
- In African slave medicine, passion flower was commonly used to end pregnancies. And support the genitourinary system after an abortion.
- Native people encouraged this native weedy vine in their corn/beans/squash patches typical of traditional polyculture farming methods (growing different species of plants together, and allowing/encouraging weedy edibles to fill in bare patches).
- In Native American communities, passionflower is used topically and internally to support liver and blood health.
- In Mayan, Mixtec, Mexica, Zapotec, and native nations within so called Mexico drink the edible fruit and infusions to treat insomnia and overactive energy. Passionflower is a charm to *Chuparro*, divine hummingbird.

- The Cherokee used the roots as a poultice to draw out inflammation in thorn wounds; tea of the root in the ear for earache; and tea of the root to wean infants.
- The Houma people infused the roots as a blood tonic.
- In Hoodoo, the leaves and roots are also added to love me oils, and carried in red flannel cloths for abundance bringing.
- In the Autumn equinox we offer passion flowers to Venus and their manifestations.
- Colonizers brought passion flowers as a sedative and digestive aid. It was first documented by the Spanish doctor Monads in 1569.

Plant magick:

- Calls into enlightened states
- Ease the overly sensitive of nerves + spirit
- Open, open your heart to your compassionate ways
- Particularly allies with those who have a difficult time letting go of things, or cycle through the same thought over and over
- Feeds the ants, our strength, diligence, patience, willpower
- Purifying to our connection to unconditional divine love
- Brings us to the bridge where our understandings of our deepest personal suffering lies
- Ally when triggered by unrequited love
- Only food source for the gulf fritillary caterpillars

Form: spirit, dried flowers + leaves, spirit bath

Medicinal uses:

- Allied to the nervous system
 - Supporting stress, depression, insomnia, anxiety, restlessness
 - The dried aerial parts of passion flower have historically been used as a sedative and hypnotic and for "nervous" gastrointestinal complaints.
- Smooths out
 - Stomach cramps
 - Symptoms of menopause
- Gastrointestinal love
 - Soothing intestinal spasms
 - It has an antispasmodic effect on smooth muscles within the body, including the digestive system, promoting digestion.
- Blood tonic (due to it lowering blood pressure)
- Headache, agitations, addictions
- Relieving of vertigo + dizziness
- Gentle enough for children to work with
 - Particularly for instances of insomnia, toothaches, whooping cough, exhaustion
- Supportive to nerve pain, especially, neuralgia and the viral infection of nerves called shingles
- It may be used in asthma where there is much spasmodic activity, especially when there is associated tension.
- This herb is also used to treat female anxiety during menses, childbirth and menopause.
- Passion Flower has also been known to kill bacteria, making it a good choice for treating eye problems such as inflammation and infection.
- Topical applications of this herb have included use as a compress for swollen eyes, burns and skin irritations, and as a poultice or juice for burns and wounds.
- Passionflower is used as an alternative medicine in the treatment of irritable bowel syndrome, premenstrual tension and vaginal discharges.
 - Supportive in postpartum, exhaustion, depression, insomnia, anxiety
 - Supportive during pregnancy with ains, prevention of herpes, hypertension
- An infusion of the plant depresses the motor nerves of the spinal cord, making it very valuable in the treatment of back pain.
- The fruit is used as a heart tonic and to calm coughs.
- It was also used for bruises and general pain; applying the

bruised leaves topically to the affected area.

- Passion fruit juice is used for urinary infections and as a mild diuretic.

+contraindication: due to phytochemicals it interacts with drugs (esp antidepressants + antihistamines)

Recipes + Comrades

Sedative/Meditation: coca leaf, mugwort, blue lotus, cannabis

Invoking Venus: catnip, damiana, apple, rose, vanilla, mugwort, hibiscus

Digestive support [spasms, gastritis, colitis]: valerian, hawthorn

Pain relief: Jamaican Dogwood, Cramp Bark, and Valerian

Moon cycle support: motherwort, skullcap [teeth grinding]

Preparation:

- tea, tincture, glycerite, poultice, capsules

Recommended dosage:

- 1-2 capsules/tea cups of tea/day (insomnia)
- 1-2 dropperfuls (blood tonic, insomnia, etc)

Photos of the plant ancestor:

