



Botanical name: *Verbena hastata*

Family: Verbenaceae [including lamiales, teak, verbena, glory-bower, lemon verbena, lantana, chaste tree]

Common name: Blue vervain

More names: *verbana*, *Yerba de Santa Ana* [Spanish], *tepechin* [Nahuatl], herb of grace, herba veneris, simpler's joy, traveler's joy, swamp verbena, vervain, wild hyssop, wild vervain, Enchanter's plant, Herb of grace, Juno's tears, Pigeon's grass, Pigeonweed, Prostrate verbena

Parts of the plant used: leaves, tops

When to harvest: harvest aerial parts when plant is flowering [June-Sept; midwest + northeast, south]; consider pulling their colonizing plant, purple loosestrife which grow next to them

Herbal actions:

diaphoretic, diuretic, alterative, emetic, antiperiodic, expectorant, hypotensive, antispasmodic, emetic [high dosages], galactagogue, emmenagogue, abortifacient, bitter tonic, astringent, hepatic, nervine, sedative, febrifuge, aphrodisiac, emmenagogue, thymoleptic/antidepressant, vulnerary, anti-bacterial

Active constituents:

two glycosides [verbenaline, verbenine], essential oil, tannin, mucilage, bitter principle, adenosine, aucubin, beta-carotene, caffeic-acid, citral, hastatoside, lupeol, ursolic-acid, verbenalin, verbenin, flavonoids, phenylpropanoids, triterpenes, saponins, volatile oils

Habitat + ecology:

Native from the eastern part to so called Ohio of Turtle Island, blue vervain makes their home in wetlands, marshlands, meadows, pastures, ditches, and shores. Specifically found in [Zones 4 through 8](#).

Planet: Venus

Energy: Slightly cooling, drying

Element: Water

Taste: Bitter

Meridian/Organ affected: liver, lungs

Ethnobotany (People + the plant ancestor):

- In Egypt culture, it is believed that blue vervain sprung from Isis' tears as she mourned the death of Osiris. They were worn in battle and added to altars to offer protection.
- The Cherokee nation work with blue vervain to prevent pregnancies, afterpain after childbirth, and long used to support in maintaining a healthy digestive system.
- The Chippewa nation uses dried flower to stop nose bleeds.
- For the Menominee nation, blue vervain is the strongest ally to support with "clearing up cloudy urine" [roots].
- Their sibling vervain (*Verbena officinalis*) has a long history of use in european folx medicine.

Plant magick:

- Considered the favored plant of magicians, healers, priests, poets and farmers throughout history within Turtle Island and European folklore
- Bruised and worn about the

Medicinal uses:

- Supportive to the nervous system as a nervine and mild sedative
 - Used to relieve stress, headaches and anxiety, depression as well as a sleeping aid + insomnia
 - Soothes over contraction of smooth or skeletal muscles.
- Supportive to chest congestion, colds, chronic bronchitis, sore throats, and respiratory inflammation

- neck for protection
- Bring help to you when you need it
- Offers you protection from magick spells cast against you
- Rekindling love
- Especially allied to folx who hold tension and stress through the shoulders/neck, those overworked, overactive minds, those with difficulty falling into happiness
- Supportive in releasing internal self-pressure, agitation, restlessness, suppressed anger, irregular emotional outbursts or fire excess
- Associated with the Orisha Obatala, Father of the sky and creator of humans keeper of the brain, bones, white fluids of the body
- Attracts pollinators, including monarchs + bees

Form: spirit, dried flowers + leaves, spirit bath

Recipes + Comrades

Nervine [strong + supportive with insomnia]: hops, passionflower, valerian, wild lettuce

Digestive aids:

- Supportive to the digestive system
 - Stimulates the digestive system by activating digestive enzymes, increasing digestive function and gastric secretions
 - Nourishes the bladder, helps with gallbladder issues and stimulates the liver
 - Reduces intestinal cramping
 - Offers relief with jaundice, gout, kidney stones
- Reduce menstrual cramping/dysmenorrhea and stimulate suppressed menstrual cycles resulting from stress
- At high dosages can be used as an abortifacient
- Promotion of estrogen and progesterone receptor binding
- Stimulates lactation
- Promotion of cellular apoptosis in Chronic Lymphocytic Leukemia (CLL) [essential oil]
- Used in the early stages of a fever to support in breaking it
- Facilitates purging by smoothing our muscles and opening up your sphincter whenever necessary
- Added topically to relieve pain from wounds on the skin also draws out blood to the surface alleviating hemorrhaging [poultice]
- In Traditional Chinese Medicine, vervain is used as a sedative or mild relaxant (called Ma Bian Cao or Ma Pian Cao) in tinctures and teas
 - Also use to resolve blood stasis associated with chronic health problems

+contraindication: Be cautious with blue vervain in-take during pregnancy, and completely avoiding during early pregnancy. Excessive dosing can lead to nausea and vomiting.

Improve digestion tea

blue vervain, thyme, elderflower, cowslip primrose, peppermint

- 3 cups a day for 6 days

Preparation:

- Tea, infusion, elixir, glycerin

Recommended dosage:

- 3 pinches for infusion for acute conditions
- 2-3x a day of tincture for acute conditions before bed

Photos of the plant ancestor:

