

# HERBAL MEDICINES for ANXIETY, DEPRESSION and SLEEP

Some Common Remedies-Please see handout for details

Photos of Plants	Herbal Medicine Common name /Scientific name (spp means any species can be used)	Category *with precautions	Preparations	Dosage Dropper equals full dropper from a 1 oz bottle	Specific Uses (A-for acute conditions, T-as a tonic)
	<b>Blue Vervain</b> Verbena hastata	Nervine	Tincture, tea	Tincture 10-60 drops as needed	T, For constant excess thinking and worrying
	<b>California Poppy</b> Eschscholtzia spp	Nervine, Sedative, Sleep Aid	Tincture	Tincture 10-60 drops as needed	A/T, Helpful for relaxing, and for mild to medium general pain
	<b>Hops</b> Humulus lupulus	Sedative, Sleep aid	Tincture	Tincture 10-60 drops as needed	A, For trouble falling asleep or relaxing
	<b>Kava kava</b> Piper methysticum	Relaxing, *Sleep aid	Tincture, Powder, Tea	Tincture 10-60 drops as needed; Powder ¼ -1 tsp in water	A, Good general relaxant, *may cause wakefulness before helping sleep
	<b>Lemon balm</b> Melissa officinalis	Nervine, Antidepressant	Tincture, Tea	Tincture 10-60 drops as needed	T, Help for mild depression, relaxing tea
	<b>Oatstraw</b> Avena spp	Nervine	Tincture, Tea	Tincture 10-80 drops as needed	A/T, Helpful after times of stress, relaxing tea
	<b>Passionflower</b> Passiflora incarnata	Nervine	Tincture, Tea	Tincture 10-60 drops as needed	A/T, Useful after a stressful period, and when 'over-thoughty'
	<b>St. Johnswort</b> Hypericum perforatum	Nervine, Antidepressant	Tincture	Tincture 10-80 drop as necessary	A/T, Helpful for mild-moderate depression
	<b>Skullcap</b> Scutellaria lateriflora	Nervine, Sedative, Sleep aid	Tincture, Tea	Tincture 10-80 drops as needed	A/T, Good general relaxant, good for mild-moderate pain
	<b>Valerian</b> Valeriana officinalis	Nervine, Sedative, Sleep aid	*Tincture	10-80 drops as needed	A/T, One of the best sleep aids,*for some people it causes excitability, try small amount initially