

Chrysanthemum

Botanical: *Chrysanthemum morifolium*, *C. indicum*
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A beautiful flower, chrysanthemum is a well known garden varietal. It is edible and has been used in Oriental medicine for centuries to treat respiratory problems, lower blood pressure, and calm nerves. In China, this herb has symbolic meaning for longevity and is associated with legendary healing capabilities.

Western



Western Name: Chrysanthemum

Also Known As: Mum

Main Systems: Liver, Head, Skin

Key Actions: Antiviral, Anti-Inflammatory, Diuretic, Antibacterial, Antioxidant, Anti-Aging, Moistening, Astringent, Antimicrobial, Insecticide

Key Medicinal Uses: Enhances capillary resistance, headaches, colds and flu, hypertension, coronary weakness, lowers blood pressure, dizziness, diabetes, fever, cancer, acne, psoriasis.

Eastern



Pin Yin: Ju Hua

Also Known As: "White or Yellow Flowers"

Main Meridians: Liver, Lung, Spleen, Kidney

Key Actions: Releases to the Exterior, Disperses Wind, Clears Heat, Calms the Liver, Promote Longevity, Purify the Mind, Calms Shen, Mild Yin Tonic, Purifies the Blood

Key Medicinal Uses: Flu with fever and headache, blurry vision, dizziness, convulsions, red and painful eyes, dark spot in the eyes, blurry vision, dizziness, seizures, scurvy, high blood pressure, anxiety, detoxifies the kidneys and liver, strengthen teeth and bones, mouth sores, acne.



BASIC HABITAT/BOTANY: Chrysanthemum is a perennial flowering plant in the Asteraceae family. It is harvested late autumn or early winter when flowers reach maximum height. There are 40 valid species with countless horticultural varieties and cultivars. The flowers have many petals and range in color from pale yellow to bright red. *Chrysanthemum morifolium* has deeply lobed, dark green leaves and large flowering heads.

Native to Asia and Northeastern Europe.

KEY CONSTITUENTS: Vitamin B4 (Adenine), Choline, Chrysanthemine, Amino acids, Flavonoids, Vitamins A, C, Niacin, Riboflavin, Calcium, Potassium, B1, Pyrethrum, Iron, Magnesium.

PARTS MOST FREQUENTLY USED: Flower, Leaves, Stalks

FLAVORS/TEMPS: Sweet, Bitter, Slightly Cold

CAUTION: Considered safe, some people allergic to daisies or ragweed may also be allergic to chrysanthemums.

HISTORY/FOLKLORE: Cultivated in China as far back as the 15th century BC, this flower is renowned as being one of the Four Gentlemen in Chinese and East Asian art. Shen Nung, one of these Four Gentlemen, is a famous Asian historical figure. He lived around 2695 BC and is considered the father of Chinese Medicine. His search for eternal life caused him to send 24 children on a dangerous journey to a faraway island. It was believed that on the island grew a rare flower, the Golden Chrysanthemum, that would bestow eternal life.



FUN FACT!



Natural Insecticide

Pyrethrum (a constituent of the flower) is a natural source of insecticide.



No More Fleas

People often rub crushed and powdered Chrysanthemum into their pets' fur to prevent fleas.



Gukhwaju

In Korea, people make a rice wine flavored with chrysanthemum, called Gukhwaju.

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