

Mugwort

Botanical: *Artemisia vulgaris*

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Mugwort has long been used as a healing herb that is used both internally and externally. It is used to treat digestive disorders and cold and flu symptoms such as fever, aching muscles, and upset stomach. As “moxa,” the herb is burned and passed over the portion or area of the body needing to be healed or tonified.

Western



Western Name: Mugwort

Also Known As: Sagebrush, Wormwood, Wild Wormwood

Main Systems: Stomach, Uterus, Intestines, Liver, Blood

Key Actions: Tonic, Stomachic, Febrifuge, Anthelmintic.

Antiseptic, Anti-inflammatory, Relaxant, Choleric

Key Medicinal Uses: Very good against malaria. asthma, paralytic muscles, pleurisy, catarrh, forms of scrofulous, inflammation of joints, pregnancy to aid birthing, especially the removal of the placenta, anthelmintic. And in Ayurveda for cardiac complaints, feelings of unease, unwell or general malaise, and menstrual conditions.

Eastern



Pin Yin: Ai Ye (*Folio Artemisiae Argyi*), Qing Hao (*Folium Artemisiae Annuae*), Liu Ji Nu (*Artemisiae Anomalae*)

Also Known As: Chrysanthemum Weed

Main Meridians: Liver, Kidney and all Meridians

Key Actions: Warming and Moving (includes womb too), Stops Bleeding, Disperses Cold, Alleviates Pain, Cools Blood. Moxa used for moxibustion, Cleanses the Blood

Key Medicinal Uses: Malaria, warts (external), to aid breech babies, aid uterine contractions, cause sweating to break a fever, colds, flu, depression, constipation, cramping, fatigue, hysteria, irritability, diarrhea, insomnia, general malaise.



BASIC HABITAT/BOTANY: There are 200-400 species of mugwort belonging to the daisy family. It has fern like leaves that are covered with white silvery hairs. Its small white flowers are wind pollinated. They grow best in free-draining soil, unfertilized, and in full sun. Flowers July to Sept. Living in the Northern and Southern Hemisphere in usually dry to semi-dry habitats. It is native to Europe, Asia, North Africa, and Alaska. It has been naturalized in North America, where it is often considered an invasive weed.

KEY CONSTITUENTS: Volatile oils, Terpenoids, Sesquiterpenes, Artemisinin, Camphene, Vitamin A, Limonene, Thujone, Cineole, Flavonoids, Coumarin. Flowers contain Beta-carotenes

PARTS MOST FREQUENTLY USED: Leaf and Flower

FLAVORS/TEMPS: Extremely Bitter, Acrid, Warm

CAUTION: Mugwort is generally considered safe. However, as it is a uterine stimulant caution is advised for pregnant women.

HISTORY/FOLKLORE: Sometimes called the mother of all herbs, mugwort is known for its powerful relationship to the moon, the female goddess Artemis, and as a prime herb for women as it benefits the menses, can help turn the fetus, expel the placenta, and lift a woman's spirit.

The common name of mugwort is often said to derive from “mug” since it was used to flavor drinks since the Iron Age. Some say it is from the Norse word “urt” for plant or Germanic “wuertz” meaning root.



FUN FACT!



Mugwort and Malaria

Mugwort's constituent artemisinin is the most rapid compound against malaria.



Repels Insects

Mugwort repels insects, especially moths, from gardens.



Vermouth

Mugwort is used in brewing beer and as a base for vermouth and absinthe.

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