

PASSION FLOWER

(*Passiflora incarnata*)

Clinical Summary

Actions

- Anxiolytic
- Mild Sedative
- Anticonvulsant
- Anti-inflammatory
- Spasmolytic
- Antispasmodic
- Hypnotic
- Hypotensive
- Anodyne

Indications

- Anxiety, especially before surgery, generalized anxiety disorder (GAD), ADHD
- Insomnia
- Nervous conditions including tachycardia, headache and restlessness
- Spasmodic conditions including dysmenorrhea, asthma, whooping cough
- Neuralgic pain especially with anxiety
- Epilepsy, especially generalised seizures
- Adjuvant for opiate withdrawal and symptoms of opiate withdrawal
- Cardiac rhythm abnormalities, hypertension
- Sexual dysfunction
- Menopause

Traditional Use

Traditionally passion flower has been used to treat neuralgia, generalised seizures, hysteria and insomnia. It has also been used to treat diarrhoea, dysentery and dysmenorrhoea by acting on the nervous system.

Energetics

Neutral, bitter.

Constituents

Flavonoids: Pharmacopoeial standard not less than 1.5% expressed as vitexin. Aglycones apigenin, chrysin (5,7-hydroxyflavone), luteolin, quercetin and kaempferol. C-glycosides of apigenin (e.g. vitexin, isovitexin, schaftoside, isoschaftoside) and of luteolin (e.g. orientin, iso-orientin) and related flavonoids. Alkaloids: Indole alkaloids of the β -carboline type including harman, harmol, harmine, harmalol and harmaline. Other constituents: Cyanogenic glycoside gynocardin, maltol and ethymaltol, essential oil (e.g. linalool, carvone, eugenol), amino acids, fatty acids (e.g. linoleic, linolenic, oleic acids), formic and butyric acids, sterols (e.g. stigmasterol) and sugars (e.g. sucrose, glucose, fructose).

Use in Pregnancy

Passion flower has demonstrated the ability to increase uterine contractions *in vivo*. Whether this has any adverse effects in pregnancy remains unknown. Caution is advised until safety is better established.

Contraindications and Cautions

Whether concomitant use of high doses of passion flower adversely affects people's ability to drive a car, or operate heavy machinery, should be evaluated on an individual case-by-case basis.

Drug Interactions

Caution with barbiturates, benzodiazepines and central nervous system depressant drugs.

Administration and Dosage

Liquid extract 1:1 in 30% alcohol
10 to 20mL weekly