

# LAVENDER

*(Lavandula angustifolia)*

## Clinical Summary

### Actions

- Sedative
- Anxiolytic
- Nerve Tonic
- Antidepressant
- Carminative
- Antispasmodic

### Indications

- Depression, anxiety, low mood, restlessness, insomnia, headache
- Indigestion, flatulence, colic, digestive weakness
- Menopausal symptoms, menopausal depression

### Traditional Use

Prized for its delightful scent and pretty blooms lavender has been a favourite herb for centuries. It was used as an antiseptic in ancient Arabian, Greek and Roman medicines. In the 17th century, Culpeper described lavender as having 'use for pains in the head following cold, cramps, convulsions, palsies and faintings'.

### Energetics

Dry, hot.

### Constituents

Rosmarinic acid, coumarins, flavonoids, tannins, triterpenes, volatile oil (cineole, borneol, camphor, linalool, perillyl alcohol, linalyl acetate, carophyllene epoxide).

### Use in Pregnancy

No restrictions known for external use. Safety of internal use has not been scientifically established.

### Contraindications and Cautions

None known.

### Drug Interactions

Caution with barbiturates, benzodiazepines and central nervous system depressant drugs. Monitor with antihypertensive drugs. May be beneficial with antidepressant drugs, including imipramine, with medical supervision.

### Administration and Dosage

Liquid extract 1:2 in 50% alcohol  
10 to 30mL weekly