

WORMWOOD

(Artemisia absinthium)

Clinical Summary

Actions

- Bitter Tonic
- Carminative
- Anthelmintic
- Cholagogue
- Choleric
- Expectorant
- Anti-Inflammatory
- Antipyretic
- Hepatoprotective

Indications

- Lack of appetite, indigestion, flatulence, Crohn's disease
- Intestinal worm infestations especially roundworm and pinworm
- Fever and infections

Traditional Use

Wormwood is the main ingredient in the highly alcoholic French spirit, absinthe. Historically wormwood has been used by women to stimulate uterine contractions during childbirth or bring on delayed or suppressed menstruation due to stagnation of the uterus. Its diuretic action is useful for fluid retention around the time of the period.

Energetics

Cooling, warming, dry.

Constituents

Essential oils (thujone), bitter sesquiterpene lactones, absinthin isomers, bitter compounds (artemisinin), phenolic acids, flavonoids, coumarins.

Use in Pregnancy

Contraindicated.

Contraindications and Cautions

Should not be taken continuously for periods of more than three to four weeks. Contraindicated in gastric and duodenal ulcers; in known sensitivity to wormwood or the Asteraceae (Compositae) family.

Drug Interactions

Caution with anticonvulsants.

Administration and Dosage

Liquid extract 1:1 in 25% alcohol
5 to 40mL weekly