

Herbal Materia Medica for the Nervous System

Nervines: herbs that nourish and strengthen the nervous system

Black haw	<i>Viburnum prunifolium</i>
Blue vervain	<i>Verbena hastata</i>
California poppy	<i>Eschscholzia californica</i>
Catnip	<i>Nepeta cataria</i>
Chamomile, German	<i>Matricaria recutita</i>
Chamomile, Roman	<i>Chamaemelum nobile</i>
Clary sage	<i>Salvia sclarea</i>
Cramp bark	<i>Viburnum opulus</i>
Hops	<i>Humulus lupulus</i>
Kava kava	<i>Piper methysticum</i>
Lavender	<i>Lavandula</i> spp.
Lemon balm	<i>Melissa officinalis</i>
Lemon verbena	<i>Aloysia triphylla</i>
Lobelia	<i>Lobelia inflata</i>
Motherwort	<i>Leonurus cardiaca</i>
Oats	<i>Avena sativa</i>
Passionflower	<i>Passiflora incarnata</i>
Peppermint	<i>Mentha piperita</i>
Rose	<i>Rosa</i> spp.
Rosemary	<i>Rosmarinus officinalis</i>
Sage	<i>Salvia officinalis</i>
Skullcap	<i>Scutellaria lateriflora</i>
St. John's wort	<i>Hypericum perforatum</i>
Valerian	<i>Valeriana officinalis</i>
Wild lettuce	<i>Lactuca virosa</i>

Antispasmodics

California poppy, catnip, chamomile, clary sage, cramp bark, hops, kava kava, lavender, lobelia, motherwort, passionflower, peppermint, skullcap, valerian, wild lettuce

Analgesics

California poppy, cramp bark, hops, kava kava, lobelia, skullcap, valerian, wild lettuce

Nervine relaxants/sedatives

California poppy, chamomile, hops, lemon balm, passionflower, skullcap, valerian, wild lettuce

Nervine stimulants

Coffee, lavender, mate, peppermint, rosemary, tea (green and black).

Note: Some stimulating adaptogens also have a stimulating effect on the nervous and endocrine systems. Other highly aromatic herbs not listed above, particularly others in the mint family, can have a stimulating and clarifying effect on the nervous system. These aromatics are also excellent for helping to relieve tension throughout the system and thus stimulating circulation.

Nervine tonics

Chamomile, lemon balm, lemon verbena, linden, oats (straw and tops), peppermint, rose, skullcap (just to name a few)