

MUGWORT

Mugwort is a plant that grows in Asia, North America, and Northern Europe. The plant parts that grow above the ground and the root are used to make medicine.

People take mugwort root as a “tonic” and to boost energy.

People take the rest of the plant for [stomach](#) and intestinal conditions including [colic](#), [diarrhea](#), [constipation](#), [cramps](#), weak digestion, worm infestations, and persistent [vomiting](#). Mugwort is also used to stimulate gastric juice and bile secretion. It is also used as a [liver](#) tonic; to promote circulation; and as a sedative. Other uses include treatment of hysteria, [epilepsy](#), and convulsions in children.

Women take mugwort for [irregular periods](#) and other menstrual problems.

In combination with other ingredients, mugwort root is used for mental problems (psychoneuroses), ongoing [fatigue](#) and [depression](#) ([neurasthenia](#)), [depression](#), preoccupation with illness (hypochondria), general irritability, restlessness, [trouble sleeping](#) ([insomnia](#)), and [anxiety](#).

Some people apply mugwort lotion directly to the [skin](#) to relieve itchiness caused by burn scars.

How does it work?

The chemicals in mugwort might stimulate the uterus.

Special Precautions & Warnings:

Pregnancy and breast-feeding: It's **LIKELY UNSAFE** to use mugwort if you are pregnant. Mugwort might cause a [miscarriage](#) because it can start [menstruation](#) and also cause the uterus to contract.

Not enough is known about the safety of taking mugwort if you are breast-feeding. Stay on the safe side and avoid use.

Allergies: Mugwort may cause an [allergic reaction](#) in individuals who are allergic to the Asteraceae/Compositae plant family. Members of this family include ragweed, chrysanthemums, marigolds, daisies, and many other herbs.

Mugwort might also cause an [allergic reaction](#) in people who are allergic to birch, celery, or wild carrot. This has been called the “celery-carrot-mugwort-spice syndrome.”

There is also some concern that mugwort might cause allergic reactions in people with allergies to white mustard, honey, royal jelly, hazelnut, olive, latex, peach, kiwi, the Micronesian nut called Nangai, and other plants from the genus *Artemisia*, including sage.

Mugwort pollen might cause reactions in people who are allergic to tobacco.

This information was taken from WebMD

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