## California Poppy 1:3

***California poppy has been used as a sedative to relieve insomnia and nervousness.***

In an article by Abascal K, Yarnell E., *Nervine herbs for treating anxiety* (Altern Compliment Ther. 2004 December:309-315.), the authors discussed California poppy. They first pointed out that "anxiety disorders are common in many Western countries, and conventional drugs like benzodiazepines are often prescribed to relieve anxiety. However, these drugs have worrisome short-term and long-term side effects. Nervine herbs (herbs that quiet nervous excitement) have a long history of traditional use in relieving anxiety, insomnia, and mild depression. With the exception of St. John's wort (Hypericum perforatum), kava (Piper methysticum), and valerian (Valeriana officinalis), there is little published research on the safety and efficacy of nervine herbs. The purpose of this article was to review the available research and explain how the lesser-known nervine herbs are commonly used in practice." One of those "lesser-known nervine herbs" was California poppy. They made the following observation: "California poppy (Eschscholzia californica) is used for its mild analgesic and calming effects. Unlike the opium poppy (Papaver somniferum), it has no narcotic effects. Animal studies indicate California poppy tea reduces anxiety, acts as a mild analgesic, and helps prevent drug-induced memory loss. Most herbal practitioners combine lower doses of California poppy with other nervines to relieve anxiety. Researchers studied a combination of California poppy, hawthorn flower (Crataegus laevigata), and magnesium in 264 people with mild to moderate anxiety. Those taking the herb mixture had significantly improved anxiety symptoms after three months compared to those taking placebo. Hawthorn is primarily used for heart conditions and is not usually considered a nervine. However, it may help alleviate anxiety symptoms such as heart palpitations and increased blood pressure. "

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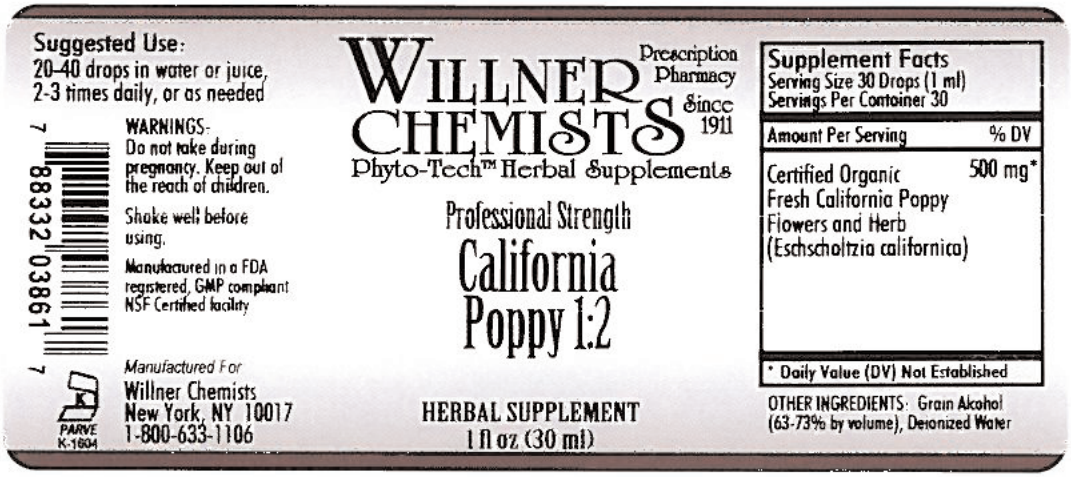


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