
ARTEMISIA VULGARIS – MUGWORT



Artemisia vulgaris, also known as **Mugwort or Titepati** in Nepali, belongs to the family of the wholesome bitter herb **Wormwood**; the name was given because of its warming qualities. Mugwort is known as a weed and its healing powers are usually underestimated. In earlier centuries, it was used against numerous women's complaints and digestive problems. Also it was said to magically strengthen and protect.

The perennial plant grows prolifically throughout Europe, Asia and North America. Plants can grow up to two meters and have hard reddish stems, with many small gray-yellow flowers and leaves.

In ancient times **the Mugwort was seen as the mother of all healing plants**. In Egypt, it was dedicated to the goddess Isis and the Persian Queen Artemisia; she used it as a personal medicinal plant already in 400 BC. Both the **Greeks and the Romans used Artemisia vulgaris for inducing the uterine contractions to support births**. The Romans dedicated the plant to the goddess Diana while the Greek to Artemis. It is still unclear whether the name *Artemisia vulgaris* comes from the Persian queen or the Greek goddess Artemis. Furthermore, Mugwort was also used **in medieval times to relieve tired feet and legs**; during long walks the plant was tied to legs or stuffed inside the shoes. Also, many naturopaths such as **Paracelsus and Hildegard von Bingen** mentioned *Artemisia* and its use for treating various gynecological disorders.

Modern research has identified important compounds such as inulin, tannin, essential oils containing cineol, resin, bitter substances and thujone, which strengthens the uterus.



Antibacterial, antifungal and anti-spasmodic effects were identified. In fact the plant is used **against stomach ulcers, anorexia, heartburn, hyperacidity, spasms of digestive organs, amenorrhea and epilepsy.**

Further the herb has a strong warming property, and it is still applied to aching legs and sore muscles as oil and it helps to relieve rheumatism.

Artemisia vulgaris can be drunk as a tea, which can **relax the central nervous system** and it has proven to be effective against nervousness and insomnia.

Even today it is used for many women's discomforts: it promotes menstrual regularity and it acts **against menstrual pain** as an anticonvulsant. Thanks to the heat-generating property it is effective against cystitis, chronic ovarian inflammation and vaginal discharge. However, one should not take it if one has fever and also women with early pregnancy should avoid it.

Artemisia can be used to digest heavy meals because it **stimulates the production of digestive juices** in the gastrointestinal tract and the pancreas. Mugwort, in fact, can be used against pancreatic weakness. The leaves are used as a tasty spice in fatty or heavy meals, and they increase the amount of bile juices, which are powerful for fat digestion. Thus, mugwort is ideal for savory meat dishes and is traditionally used to season goose. Indeed Mugwort is a powerful digestive and **it assures an optimal** digestion even if just used as tea.

PRODUCTION:

Since 2001 Artemisia vulgaris (Mugwort), as well as other herbs, has been successfully cultivated at the "Land of the Medicine Buddha", OneWorld's own herb farm. The noble **Artemisia leaf** has been cultivated using bio-dynamic farming methods, and so, after inspection and certification from IMO Switzerland and Demeter International, they can now carry the **Organic and Demeter logos**.

Carefully handpicked, and gently dried in the shade, the leaves and fruit retains all of its healing properties. The herbs are then selected and added to noble tea mixtures by **OneWorldalc Nepal**. OneWorldalc is a German - Nepali cooperation for **bio-dynamic agriculture** that upholds **Fair Trade** standards in all its undertakings and is a member of the International Federation of Organic Agriculture Movements (**IFOAM**). We are happy to be able to offer you Artemisia leaves of the highest quality as a true **LOHAS product**.

OUR PRODUCTS CONTAINING ARTEMISIA VULGARIS:

Artemisia leaves are an important component in our herbal tea series.

It can be found in the following teas: "**Hormonie**" and "**Braten Fee**". The raw leaves can also be purchased unmixed on request.