

# Humulus lupulus

**Humulus lupulus**, commonly known as Hops, is a perennial climbing plant native to Europe, Western Asia, and North America. It is best known for its use in brewing beer, but it also has a long history in traditional herbal medicine for relaxation, sleep support, and nervous system balance.

## Key facts

- **Scientific name:** *Humulus lupulus*
- **Common names:** Hops
- **Family:** Cannabaceae
- **Active compounds:** Humulone, lupulone, flavonoids
- **Typical forms:** Teas, capsules, tinctures, extracts

## Botanical characteristics

*Humulus lupulus* is a fast-growing climbing vine with rough stems and cone-shaped flowers known as hop cones. The female flowers are harvested and dried for medicinal, aromatic, and brewing purposes.

## Traditional and modern uses

Traditionally, hops have been used to support relaxation, sleep quality, and digestive comfort. In modern herbal medicine and wellness products, hops are commonly included in calming teas and sleep-support formulations, often in combination with valerian and other relaxing herbs.

## Mechanism and research

Research suggests that compounds in hops may influence neurotransmitter systems associated with relaxation and sedation. Studies have explored the role of hops in sleep support and stress reduction, although additional clinical research is still ongoing.

## Safety and regulation

Hops are generally considered safe when consumed in moderate amounts. Mild drowsiness or sedation may occur in sensitive individuals. Caution is advised when combining hops with sedative medications or alcohol.

## Culinary and supplement context

Hops remain globally important in beer production and are also widely available in teas, herbal supplements, extracts, and relaxation-focused wellness products.