

# Passiflora incarnata

**Passiflora incarnata**, commonly known as Passionflower, is a climbing vine native to the southeastern United States and parts of Central and South America. It has long been used in traditional herbal medicine for relaxation, sleep support, and nervous system balance. Today, Passionflower is widely utilized in teas, supplements, and calming herbal formulations.

## Key facts

- **Scientific name:** *Passiflora incarnata*
- **Common names:** Passionflower
- **Family:** Passifloraceae
- **Active compounds:** Flavonoids, alkaloids, maltol
- **Typical forms:** Teas, tinctures, capsules, extracts

## Botanical characteristics

Passiflora incarnata is a perennial climbing plant with distinctive purple and white flowers and edible fruit. The aerial parts of the plant are harvested during flowering and processed into herbal preparations used for wellness and relaxation purposes.

## Traditional and modern uses

Traditionally, Passionflower has been used to calm nervous tension, support restful sleep, and promote relaxation. In modern herbal medicine, it is frequently included in stress management, sleep-support, and calming formulations.

## Mechanism and research

Research suggests that Passionflower may influence neurotransmitter systems associated with relaxation, particularly pathways involving gamma-aminobutyric acid (GABA). Clinical studies have explored its role in mild anxiety and sleep support, although further high-quality research remains necessary.

## Safety and regulation

Passionflower is generally considered safe when used in moderate amounts. Mild drowsiness, dizziness, or gastrointestinal discomfort may occur in sensitive individuals. Caution is advised when combined with sedative medications or alcohol.

## Culinary and supplement context

Passionflower is widely available in teas, capsules, tinctures, and herbal blends designed for relaxation and sleep support. Its calming reputation has contributed to its popularity within global herbal wellness markets.