**Name** Blue Vervain  
**Latin** Verbena hastata*  
**Family** Verbenaceae  
**Common Name** Simplers Joy  
**Energy** Cool, dry  
**Taste** Bitter  
**Part Used** Leaf and flower  
**Category** Calms liver wind/antispasmodic

**Location**  
It grows in the eastern and midwestern United States.

**Gathering**  
When in flower.

**Cultivation**  
It requires full sun and damp boggy areas.

**Western Classification**  
- Antispasmodic  
- Anxiolytic  
- Bitter tonic  
- Diaphoretic  
- Emetic  
- Emmenagogue  
- Expectorant  
- Nervine

**Triune Classification**  
- Blood/Xue -  
- Nervous System -  
- Lung -  
- Liver/Gallbladder -  
- Female Reproductive System -  
- Chinese Liver -  
- Musculoskeletal System -  
- Digestion 0  
- Spleen 0  
- Skin/Circulation -  
- HPA Axis -

**Major Constituents**  
Iridoid glycosides:  
- Hastatoside  
- Verbenin  
- Verbenalin  
- Aucubin-neuroprotective  
- Stachyose (tetrasaccharide)  
- Verbenaloside (glycoside)  
- Flavonoids  
- Essential oil

**Primary Uses**  
Blue Vervain is very effective for relieving female reproductive system issues such as PMS irritability, petit mal seizures that occur during menses, menstrual cramps, menopausal insomnia (use it with Motherwort, Hops and Passion Flower), vaginismus and anxiety associated with PMS or menopause (use it with Motherwort, Bacopa and Fresh Oat). It can also be used for generalized anxiety disorder and for acute anxiety (panic attacks) use it with Bacopa, Pulsatilla, Motherwort and Chinese Polygala.

This herb has antispasmodic and nervine properties which make it useful for stress-induced spasms, tics or tremors, migraines, spastic bladder, nervous stomach, bronchial spasms, mild Tourette’s syndrome (use it with Scullcap), trigeminal neuralgia (use it with Prickly Ash, St. John’s wort, Mullein root and Sweet Mellilot), Bell’s Palsy (use it with Mullein root and St. John’s wort) and restless leg syndrome (use it with Scullcap, Kava and White Peony).

Many of the Verbena spp. are useful diaphoretics for lowering fevers due to colds or influenza (use it with Yarrow, Elder flower or Boneset). They are also effective for treating fevers with irritability, spasmodic coughs and muscle aches. For the muscle aches caused by influenza, use Blue Vervain with Black Cohosh, Lycium root/Di Gu Pi, Boneset or Tree Peony/Mu Dan Pi.

Externally, Blue Vervain can be used as a poultice, mixed half and half with flax seed for boils, styes and bruises. It is also useful as an ingredient for dit da jows (martial arts liniments) for bruises, sprains and sore muscles.

**Secondary Uses**  
Animal studies of V. hastata have shown the plant has antimalarial (Akuodor, et al, 2010a), antidiarrheal (Akuodor, et al, 2010b) and sedative effects (Akanmu, et al, 2002).

The European species of Verbena (V. officinalis) has many similar uses to Blue Vervain, and has been shown in animal and in-vitro studies to have topical antiinflammatory and analgesic effects (Calvo, 2006), as well as antioxidant and antifungal activity (Casanova, et al, 2008) and possible neuroprotective effects (Lai, et al, 2006).
Many other species of Verbena (V. officinalis, V. ambrosifolia, V. wrightii, V. bipinnatifida) are used similarly.

I believe this herb has a protective effect against negative thoughts. I use it for relieving fear, paranoia and agoraphobia.

**Special Notes**

Pregnancy (theoretical, due to emmenagogue effects).

Excessive doses can cause nausea.

**Preparations**

Use carminatives along with Blue Vervain to prevent nausea.

**Dosage**

- **Tea (Infusion):** 1 tsp dried herb, 8 oz. hot water, steep covered 40 minutes, take 4 oz. 3x/day
- **Tincture (1:5 or 1:2.5), 45% ETOH Dose:** 1-2 mL (20-40 gtt.) TID
- **Triune:** 1/9 part

**Contraindications & Drug Interactions**

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**Additional Resources & References**

Akanmu, M.A., Hypnotic Effects of Total Aqueous Extracts of Vervain hastata (Verbenaceae) in Rats, Psychiat & Clin Neurosci, 2002;56:309-10


Moore, M., Medicinal Plants of The Desert and Canyon West, Museum of N.M. Press, 1989, pp. 126-8