



POPPY CALIFORNIA — ESCHSCHOLZIA CALIFORNICA

Family: Papaveraceae

Part used: immature seed capsules, aerial portions, whole plant.

Herbal action: sedative, anodyne, anxiolytic, antidepressant

Indications: anxiety, nervousness, restless, agitation, insomnia, pain



Contraindications and cautions: fever, pregnancy; concurrently with prescription drugs and psychiatric medications. Orally, California poppy can cause muscular stiffness, "morning sluggishness," and nausea, when used in combination with magnesium and hawthorn

Medicinal uses: Eschscholzia has three important uses in the herbalist's armamentarium: as a relaxing nervine in anxiety and nervousness; as a sedative in insomnia; and as an anodyne in pain. Eschscholzia tincture in anxiety and nervousness, where there are "...skin hypersensitivities and peripatetic movements". As an anxiolytic, California Poppy should be taken in smaller doses, combined with herbs such as Pulsatilla (Anemone pulsatilla).

This is an excerpt of our full plant monograph
which is available to members of the Herbal
Village