

LIME FLOWER - *Tilia Europaea*, Malvaceae family

Common names: Linden, Lime flower, Tilia, Basswood.

Parts used: Flowers, bracts and youngest leaves growing nearest to the flowers.

Constituents: Volatile oils, flavonoids, phenolic Acids, mucilage, tannins, essential oil, saponins.

Taste/Energetics: Cooling, drying, moistening, sweet.

Actions: Hypotensive, anti-anxiety, hypocholesterolemic.

Contraindications: Not to be used in conjunction with heart medication.

Drug interaction: Limeflowers are widely accepted as very safe to use for the whole family.

Dosage: 2-10 g per day of dried flowers by infusion (tea) or equivalent in a tincture or extract 15-30 ml of tincture per week.

Botany

Deciduous tree. Occurs in Europe and eastern North America, but the greatest species diversity is found in Asia. Parks, woodland, commonly used to line city streets. Heart shaped leaves. Small yellow and white flowers. Flowers generally blossom between June and July but have a very short time frame to collect flowers before they turn.

Nervous system

Linden is a calming nervine that soothes frazzled nerves and promotes relaxation. It is often used for insomnia - especially in children - recurrent nightmares, anxiety symptoms like palpitations, mild depression, and stress-induced migraines. Thanks to its antispasmodic and sedative properties, lime flower effectively relieves tension, anxiety, pain, nervous headaches, migraines, restlessness, and agitation. It is particularly helpful for calming exam nerves.

Digestion

Lime flowers are recognized as a carminative herb - an aromatic, bitter tonic that supports digestive health. They help soothe and relax the gut, making them effective for digestive complaints linked to anxiety, such as gas, colic, indigestion, diarrhea, heartburn, and acidity.

Respiratory system

Lime flower contains natural mucilage that soothes the respiratory tract, helping to ease coughs and colds. Its antioxidant flavonoids and anti-inflammatory compounds reduce symptoms such as inflamed membranes in the respiratory system. If a cold or flu leads to fever, lime flower can induce sweating to help break the fever. It acts as both a decongestant and a gentle expectorant, making it beneficial for feverish colds, flu, catarrh, persistent coughs, bronchitis, and asthma.

Circulation

Limeflower is used to treat hypertension, palpitations, arteriosclerosis, and heart conditions aggravated by stress or anxiety. Modern herbal practice recognises its potential in managing other circulatory disorders, including varicose veins, phlebitis, migraines, and autoimmune attacks on vessel walls such as arteritis. Traditionally, it has been a popular remedy in England and France for migraines and other headaches, where its soothing effect on blood vessels is complemented by its relaxing and spasmolytic properties. The herb's vasodilatory action helps reduce constriction in peripheral vessels. Its antispasmodic and vasodilatory effects open the arteries, reduce hypotension, protect blood vessel walls, and lower cholesterol buildup and arterial hardening. Limeflower also acts as a diaphoretic, increasing blood flow to the periphery and helping to reduce fevers.

Topical use

An infusion of leaves can be used as an eyewash. A poultice made from the leaves is effective for treating burns and scalds. Lime flower infusions may be applied to spots, acne, boils, burns, and rashes to relieve heat and irritation. The infusion can also serve as a soothing gargle for mouth ulcers, or be added to a bath to calm restless children.

Relax tea blend

Equal parts lemon balm, lime flower, rose petal and hawthorn leaf.

Best left to brew for 5-10 minutes.

A great night time brew or for times of stress.

References:

The Complete Herbal Tutor, Anne McIntyre

The Phytotherapy Desk Reference, Michael Thomsen

<https://www.herbalreality.com/herb/limeflower/>

<https://www.eatweeds.co.uk/lime-linden-tilia>