

# Agrimony Benefits – Emotional Balm & Gentle Astringent for Gut and Skin

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## Botanical Profile

- Latin Name: *Agrimonia eupatoria*
- Alternative Names: Church Steeples, Stickwort, Liverwort, Philanthropos
- Plant Family: Rosaceae (Rose family)
- Parts Used: Aerial parts (leaves and flowering tops)
- Origin: Native to Europe, temperate Asia, and North America

Agrimony is a graceful, golden herb with a long-standing reputation as a gentle yet powerful healer. Traditionally used for digestive imbalances, skin irritations, and emotional tension hidden behind a cheerful face, Agrimony's astringent yet sunny nature makes it a unique ally in both physical and emotional healing. At Peridotflow Wellness Centre, we honour Agrimony for its ability to 'knit together' the frayed edges—whether those are in the gut lining, the nervous system, or the human heart.

## Supports Digestive Health

Agrimony is a gentle yet effective herbal remedy for gastrointestinal complaints. Its astringent tannins help tone and tighten the digestive tract, making it especially helpful in cases of mild diarrhoea, leaky gut, or weak digestion marked by excess mucus or lack of tone. It is also believed to soothe inflammation in the gut lining and support liver function. Herbalists often include agrimony in digestive bitters formulas to gently stimulate bile flow, promote digestive enzyme production, and support a healthy gut terrain over time.

## Tones the Urinary System

Traditionally used as a diuretic, Agrimony supports kidney and bladder health by promoting urination and easing inflammation in the urinary tract. It has been used to ease mild cystitis, bedwetting in children, and urinary incontinence when due to tissue laxity. Its gentle toning action makes it especially helpful for those with damp or relaxed urinary tissue states. Over time, it can strengthen the kidneys' filtering capacity while calming irritation.

## Soothes Skin and Mucous Membranes

Thanks to its astringent and anti-inflammatory properties, Agrimony has long been used topically for wounds, rashes, and skin that is weepy, loose, or inflamed. It may be applied as a wash or compress to support skin healing, especially in children or those with sensitive skin. Internally, its drying quality can also support conditions like sinus congestion, sore

throats, or ulcerated mucous membranes. It is often combined with marshmallow or calendula to create a well-rounded soothing blend.

### **Emotional and Energetic Support**

Agrimony is considered a classic 'masking' remedy—supporting those who appear cheerful and capable on the outside but are internally wrestling with pain, worry, or self-doubt. It is often used for emotional repression, hidden sorrow, or people-pleasing tendencies. The flower essence of Agrimony is well known in emotional healing work. Energetically, this herb helps restore inner peace and authenticity, supporting those who need permission to show vulnerability. As part of a holistic protocol, Agrimony gently softens emotional armour.

### **Liver and Gallbladder Function**

Agrimony supports liver function by stimulating bile production and reducing inflammation in the hepatic system. It can help relieve sluggish digestion, bloating, and poor fat metabolism, especially when linked with tension or irritability. The herb's bitter and slightly aromatic qualities make it a gentle liver remedy that can be used long-term in formulas aimed at supporting detoxification or addressing skin issues stemming from liver congestion. Combined with herbs like dandelion or burdock, Agrimony brings lightness and flow to the digestive-liver axis.

### **Folklore & History**

Agrimony has been used for centuries in European folk medicine and was one of the most treasured wound herbs of the Anglo-Saxons. Known by names like 'Church Steeples' and 'Philanthropos,' it was associated with light, clarity, and protection. Pliny the Elder and other ancient herbalists praised it for liver ailments and snakebites. Agrimony was also a key component in traditional healing baths and was believed to protect against witchcraft and misfortune. It was often woven into garlands for midsummer rituals and carried as a talisman for emotional strength and clarity.

### **Traditional Usage**

Traditionally, Agrimony was brewed as a tea or infusion to support digestion, soothe sore throats, and calm the nerves. It was used in poultices and skin washes for wounds and rashes, especially in sensitive or elderly skin. In contemporary Western herbalism, Agrimony is included in formulas for leaky gut, loose bowels, mild urinary weakness, and emotional repression. It is well suited to children, elders, or those recovering from long illness. The herb is often paired with marshmallow, calendula, or meadowsweet to balance its drying effect with moistening allies.

## Herbal Actions

Astringent, Bitter, Anti-inflammatory, Mild diuretic, Tonic, Hepatic, Nervine (mild)

## Energetics & Tissue States

Temperature: Slightly cooling to neutral

Moisture: Drying

Tissue States: Atrophy, Relaxation, Damp/Spongy, Cold/Depressed

## Active Compounds

- Tannins – Provide strong astringent and toning actions
- Bitter glycosides – Stimulate digestion and bile flow
- Flavonoids – Contribute to anti-inflammatory and antioxidant effects
- Silica and minerals – Support tissue repair and skin health

## Dosage & Preparation

- Infusion: 1–2 tsp dried herb per cup of boiling water, steep 10–15 mins, drink 2–3x daily
- Tincture: 2–4 ml, 2–3x daily
- Topical Use: As a wash or compress for wounds, rashes, or irritated skin

Best used in combination with demulcent herbs if dryness or sensitivity is present.

## Safety & Contraindications

- Generally considered safe for long-term use in moderate doses
- Due to high tannin content, avoid overuse in cases of dryness or constipation
- Use caution in individuals with very dry constitutions or during pregnancy (limited research)
- May reduce absorption of medications when taken simultaneously—space apart by 2 hours

## Herbal Pairings

- Marshmallow or Calendula – for mucous membrane healing and gut repair
- Meadowsweet – for digestive discomfort and synergy with astringency
- Chamomile – for gentle emotional and nervous system support
- Dandelion root – to enhance liver-cleansing action in formulas

## **Peridotflow Perspective**

At Peridotflow, Agrimony is seen as the herb that helps one hold it together—with grace. Its golden upright flowers mirror its energetics: uplifting, gently toning, and full of inner resolve. It offers structure without rigidity, helping those who need to quietly regain their strength—physically, emotionally, and energetically. Agrimony teaches us how to stitch our energy back into form, while softening the parts of us that smile when we really need to rest. It is a healing ally for the quietly overwhelmed.