



# Hawthorn Flower Tops – The Heart’s Embrace

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## Botanical Profile

- Latin Name: *Crataegus monogyna* / *Crataegus laevigata*
- Alternative Names: Mayflower, Mayblossom, Whitethorn
- Plant Family: Rosaceae
- Parts Used: Flowering tops (flowers and leaves)
- Origin: Native to Europe and temperate regions of Asia

Hawthorn Flower Tops are a tender, deeply revered remedy for heart and emotional healing. Known as a sacred heart tonic, they bridge the gap between the physical and emotional heart. At Peridotflow, we honour Hawthorn as a gentle companion for those navigating grief, anxiety, or cardiovascular concerns—reminding us that true heart health is rooted in connection and emotional safety.

## Supports Healthy Heart Function and Circulation

Hawthorn Flower Tops improve the tone and function of the cardiovascular system. They gently dilate coronary arteries, improving blood flow to the heart, and regulate both high and low blood pressure. They are indicated for early-stage heart weakness, palpitations, and fatigue related to heart inefficiency. This gentle support works over time, building resilience in both the physical and emotional heart.

## Stabilises Blood Pressure and Heart Rhythm

Hawthorn can help moderate erratic heart rhythms and support steady blood pressure. It works by nourishing the cardiac muscle and improving electrical conductivity, which can bring comfort to those experiencing nervous palpitations or irregularities associated with anxiety or menopause.

## Emotional Healing and Grief Support

Known as a flower of the heart, Hawthorn is a powerful ally for grief, heartache, and emotional overwhelm. It soothes the wounded heart and helps integrate deep feelings of loss or sorrow. In times of heartbreak, transition, or emotional overload, Hawthorn helps hold us gently as we heal.

## Nervous System Calm and Restorative Sleep

As a nervine with an affinity for the heart, Hawthorn supports deep calm and parasympathetic regulation. It may ease anxiety, improve sleep quality, and help regulate an overactive nervous system—especially when emotional distress affects the heart or breath.

## Menopausal and Hormonal Balance

For women navigating menopause, Hawthorn can provide emotional and cardiovascular support during this transitional time. It helps ease hot flashes, irritability, and tension, especially when symptoms are tied to emotional sensitivity or heart-related concerns.

## Folklore & History

Hawthorn has long been considered sacred in Celtic and British folklore. It was known as a tree of protection and love, often growing near holy wells or used in May Day celebrations. Its blossoms were symbolic of fertility and rebirth. Medicinally, the flowering tops were used for 'weakness of the heart' and melancholy.

## Traditional Usage

Taken as tea, tincture, or syrup over several weeks or months. Used to build strength in those with cardiovascular symptoms or grief-related tension.

## Herbal Actions

Cardiotonic, Vasodilator, Nervine, Hypotensive, Anti-arrhythmic, Astringent, Antioxidant

## Energetics & Tissue States

Temperature: Cooling

Moisture: Slightly drying

Tissue States: Tense, Constricted, Dry, Excited/Agitated

## Active Compounds

- Flavonoids (rutin, vitexin) – antioxidant, vascular tonic
- Proanthocyanidins – enhance capillary strength
- Triterpenoids – anti-inflammatory
- Phenolic acids – cardio-protective

## Dosage & Preparation

- Infusion: 1–2 tsp flowering tops per cup, steep 15 mins, 2–3x/day
- Tincture: 2–4 ml up to 3x/day
- Best taken over time for cumulative benefit

## **Safety & Contraindications**

- Very safe with long-term use
- May enhance the effects of cardiovascular medications—monitor with healthcare provider
- Avoid combining with beta-blockers without guidance

## **Herbal Pairings**

- Motherwort – for emotional and hormonal heart support
- Lemon Balm – to soothe anxiety and lift the spirit
- Linden – for grief and emotional rest
- Rose – heart-opening and softening
- Milky Oats – to rebuild a depleted nervous system

## **Peridotflow Perspective**

Hawthorn Flower Tops are the gentle midwives of heart transformation. They don't rush the healing—they witness, they tend, they protect. We turn to them for matters of the heart—physical, emotional, and spiritual—when we need to feel safe, soothed, and strong. They remind us that healing is not a destination but a remembering of wholeness.