

# Meadowsweet – Digestive Comfort, Anti-inflammatory Ally & Gentle Pain Soother

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## Botanical Profile

- Latin Name: *Filipendula ulmaria*
- Alternative Names: Queen of the Meadow, Bridewort
- Plant Family: Rosaceae (Rose family)
- Parts Used: Aerial parts (flowers, leaves, upper stems)
- Origin: Native to Europe and Western Asia; thrives in moist meadows and stream banks

Meadowsweet is a graceful herb with creamy blossoms and a soft honey-almond scent. Known as the original source of salicylic acid (precursor to aspirin), it provides powerful pain relief and anti-inflammatory support without irritating the stomach. At Peridotflow Wellness Centre, Meadowsweet is a trusted ally when the gut is tender, the joints ache, or the body calls for cooling, calming relief.

## **Soothes Stomach Acidity and Digestive Irritation**

Meadowsweet is particularly revered for its ability to balance and soothe the stomach. It neutralises excess acidity and reduces inflammation in conditions such as gastritis, acid reflux, and ulcers—making it a go-to herb for those with sensitive or inflamed digestion.

## **Provides Natural Pain Relief and Eases Inflammation**

Containing salicylate-like compounds, Meadowsweet offers gentle yet effective pain relief, particularly for headaches, joint pain, and muscular aches. Unlike aspirin, it soothes the stomach lining rather than irritating it, making it well-suited to sensitive constitutions.

## **Supports Joint Health and Reduces Stiffness**

Meadowsweet helps ease arthritic discomfort, rheumatic pain, and general stiffness by reducing inflammation and improving fluid movement in tissues. Its gentle drying and cooling nature makes it ideal for hot, damp, or congested joint patterns.

## **Gently Clears Heat and Supports Fever Recovery**

Traditionally used in fevers and viral conditions, Meadowsweet promotes mild perspiration, cools excess heat, and supports the body in releasing toxins. It offers a comforting remedy during the early stages of colds or flu, especially when accompanied by body aches.

## Calms Nervous Tension in the Gut and Body

Beyond its physical effects, Meadowsweet helps calm nervous tension held in the gut and joints. It is ideal for those who ‘digest stress’ or carry tension in their belly or muscles, helping them soften and release.

## Folklore & History

Meadowsweet was sacred to the ancient Druids and commonly used in Anglo-Saxon and Celtic healing traditions. Its name comes from its use in flavouring mead (‘mead-sweet’). It was one of the three sacred herbs of the Druids, along with water mint and vervain. Historically laid on floors to perfume homes and temples, it was seen as a herb of joy, peace, and inner clarity.

## Traditional Usage

Infused as a tea or tincture for digestive issues, fevers, headaches, joint pain, and rheumatism. Used in convalescence to cool inflammation and restore comfort. Blended into formulas to ease tension and support the stomach in times of stress or inflammation.

## Herbal Actions

Anti-inflammatory, Antacid, Astringent, Diaphoretic, Analgesic, Mild diuretic, Carminative, Vulnerary

## Energetics & Tissue States

Temperature: Cooling

Moisture: Slightly Drying

Tissue States: Hot, Damp, Tense, Excited

## Active Compounds

- Salicylates – Natural pain relief and anti-inflammatory
- Tannins – Astringent and gut-soothing
- Flavonoids – Antioxidant and anti-inflammatory
- Mucilage – Gentle moistening and softening

## Dosage & Preparation

- Tea: 1–2 tsp dried herb per cup, steep 10–15 mins; up to 3x daily
- Tincture: 2–5 ml up to 3x daily

- Poultice: Crushed leaves applied to aching joints or inflamed skin
- Topical: Infused oil for rheumatic and joint pain massage

### **Safety & Contraindications**

- Avoid with known allergy to salicylates (e.g. aspirin)
- Use caution with blood-thinning medications
- Not advised during pregnancy without practitioner guidance
- Well-tolerated in small to moderate doses

### **Herbal Pairings**

- Calendula – for gut lining repair and inflammation
- Devil’s Claw – for joint pain and stiffness
- Peppermint – for digestive clarity and heat
- Chamomile – for nervous digestion and emotional softening
- Licorice Root – for gut inflammation with adrenal support

### **Peridotflow Perspective**

Meadowsweet is the herb we reach for when the fire needs taming—whether in the belly, joints, or mind. It teaches the balance of softness with strength, clearing with nourishment. At Peridotflow, Meadowsweet is a balm for the inflamed and the weary, a floral companion in returning to cool clarity and deep comfort.