Hops Flower

Appetite, headaches, insomnia, nerves, morning sickness, obesity, parasites, water retention, mild sedative, antibiotic

Information: Herbals/Nutritionals/Medicinals can be very strong, consequently, if each one if not tailored to your specific needs, then you can risk more harm than good. This information is meant to be used by your VHC Medical Team and personal Physician as they build your Total Health Plan. Never attempt to adjust your prescribed medications and/or Natural Treatments without your physician's and Medical Team's knowledge and guidance. Since herbals/nutritionals and medications can interact with each other, it is always advisable to consult with your health care provider and The Vibrant Health Community www.VibrantHealthCommunity.com (or call 1-866-378-8253) *before* starting/changing your program.

*Latin Name:*Flos Lupuli
Botanical: Humulus Lupulus (LINN.)
*Family(Order):*Cannabaceae Humulus lupulus L.
*Common Names:*Hops Bine,common hop,hop,Houblon
Parts used: The dried strobiles from the female plant.

Medicinal Action and Uses of Hops: Hops have tonic, nervine, diuretic and anodyne properties: Their volatile oil produces sedative and soporific effects, and the Lupamaric acid or bitter principle is stomachic and tonic. For this reason Hops improve the appetite and promote sleep.

The official preparations are an infusion and a tincture. The infusion is employed as a vehicle, especially for bitters and tonics: the tincture is stomachic and is used to improve the appetite and digestion. Both preparations have been considered to be sedative, were formerly much given in nervousness and hysteria and at bedtime to induce sleep; in cases of nervousness, delirium and inflammation being considered to produce a most soothing effect, frequently procuring for the patient sleep after long periods of sleeplessness in overwrought conditions of the brain.

It has proved of great service also in heart disease, fits, neuralgia and nervous disorders, besides being a useful tonic in indigestion, jaundice, and stomach and liver affections generally. It gives prompt ease to an irritable bladder, and is said to be an excellent drink in cases of delirium tremens. Sherry in which some Hops have been steeped makes a capital stomachic cordial. A pillow of warm Hops will often relieve toothache and earache and allay nervous irritation.

Sluggish livers: An infusion of the leaves, strobiles and stalks, as Hop Tea, taken by the

wineglassful two or three times daily in the early spring, is good for sluggish livers. Hop Tea in the leaf, as frequently sold by grocers, consists of Kentish Hop leaves, dried, crushed under rollers and then mixed with ordinary Ceylon or Indian Tea. The infusion combines the refreshment of the one herb with the sleep inducing virtues of the other.

Medicinal virtues:

It will open obstructions of the liver and spleen, cleanse the blood, loosen the belly, cleanse the reins from gravel and provoke the urine. The decoction of the tops cures the itch and breakings out of the body, tetters, ringworms, spreading sores, all discolourings of the skin.The decoction of the flowers and tops helps to expel poison. Half a dram (89o mg) of the seed in powder, taken in drink, kills worms in the body, brings down women's courses and expels urine. A syrup made of the juice and sugar cures yellow jaundice and eases the headache that comes of heat.

Hops in General use: Hops is best known as the preservative and flavor used to make beer. However, Hops has also been used by herbalists for centuries to reduce nervous tension. Hops acts as a natural sedative to calm the nerves and reduce stress & anxiety. Hops also promotes a good night's rest by counter-acting the effects of sleeplessness and insomnia.

Hops have been cultivated to be used in the brewing of beer since at least A.D. 1000, but they also have a mixed history of use in healing. Ancient Hebrews used hops to help ward off plague. In North America, several Native American tribes independently discovered the healing properties of hops and used them as a sedative and sleep aid, to relieve toothache, and to improve digestion. By the end of the 1800s, hops were being routinely used in mainstream medicine in the United States as a sedative and digestive tonic. Although hops were sometimes used as a sleep aid in Europe, until relatively recently their major use in Europe was in the brewing of beer, to which they add a bitter flavor and act as a preservative.

Hops' best known medicinal function is as a mild sedative and sleep aid. For centuries pillows filled with hops have been prescribed for people who have difficulty falling asleep. Hops extracts taken orally are also said to promote sleep. Hops are chemically complex and contain many different compounds. Scientists have separated out several components that are sedative in nature, although it is not clear whether hops contain enough of these compounds to actually make a person sleepy. Studies are ongoing, but the German Federal Health Agency's Commission E, established in 1978 to independently review and evaluate scientific literature and case studies pertaining to herb and plant medications, has approved hops for sleep problems, restlessness, and anxiety. Hops belongs to the same family of herbs as marijuana, and some people claim it produces a mild, relaxed, euphoric feeling when smoked. There is no scientific evidence for this claim.

The second major use of hops is as an aid to digestion. It has been used for centuries in both traditional Chinese medicine and Native American healing to stimulate the appetite, ease digestion, and aid in relieving colic. It is believed that hops stimulates the secretions of the stomach.

The German E Commission has also concluded that hops may act as a digestive aid. Scientists have isolated another extract from the plant that in the laboratory inhibits spasms in the digestive tract and other smooth muscle. Follow-up studies in people have not yet been done.

Chinese healers use hops to treat tuberculosis and as an antibiotic. Test-tube studies show that the bitter acids in hops inhibit the growth of certain bacteria and fungi, including the common bacteria Staphylococcis aureus (responsible for staph infections) and Bacillus subtilis; but do not inhibit Escherichia coli, a bacterium that causes digestive upsets. This antibacterial action may account for the preservative effect of hops in brewed beer. A 1999 study also showed that some compounds isolated from hops were effective in test-tube studies in reducing the proliferation of certain types of human breast and ovarian cancer cells. As of 2002, hops

extract is being studied as a possible cancer chemo preventive.

There has been much debate in the healing community about whether hops contain a compound related to or easily converted into estrogen, the main female hormone. Some herbalists believe that the presence of an estrogenic compound accounts for the dampening of male sexual arousal and the control of sexual nervous tension ascribed to fresh hops. Other herbalists disagree, maintaining that those effects are related only to the relaxing or sedative properties of hops. In 2002, however, a team of British researchers reported on the activity of a phytoestrogen that was recently discovered in the female flowers of hops plants. The compound, known as 8-prenylnaringenin, appears to be stronger than previously identified phytoestrogens.

In addition to their uses in healing, hops are used as an ingredient in perfume and occasionally as a tobacco or food flavoring. Their main food use and commercial value is in beer.

Sedative: The herb is used mostly for its sedative effect. A sachet placed inside a bed pillow releases an aroma that calms the mind. Hops help to reduce irritability and restlessness and promote a good night's sleep.

Tension: Blended with other herbs, hops are good for stress, anxiety, tension, and headaches, though they should not be used if depression is a factor. The antispasmodic action also makes them useful for certain types of asthma and for menstrual pain.

Aid to digestion: Hops are beneficial for the digestion, increasing stomach secretions and relaxing spasms and colic.

Other medical uses: Temporomandibular joint syndrome or disorder / TMJ (TMD).

Therapeutics and Pharmacology: Humulus is a central nervous system relaxant used extensively to treat of insomnia, and hop pillows are very popular. The volatile oils are active here, although the valerianic acid bitter component also contributes to this action. Hop pillows induce relaxation by acting on the olfactory centre and thus on the central nervous system through the limbic system. Humulus helps relieve tension and anxiety and may be used where tension results in restlessness, headache and indigestion. Alcoholic extracts of Humulus show a strong spasmolytic action on smooth muscle and is of benefit wherever there is visceral tension, for example, in nervous dyspepsia, nervous colitis, palpitations, nervous or irritable coughs, and asthma. It reduces the effects of the nervous system on the digestive system, whilst at the same time gently stimulating the digestion.

Its relaxing and astringent actions can be applied to mucous colitis as well as tense bowel states such as irritable bowel syndrome, diverticulitis or Crohn's disease. Humulone and lupulone have an anti-inflammatory action. These constituents are also antibacterial, particularly affecting gram-positive bacteria, in a mechanism thought to involve primary membrane leakage. The herb's antiseptic action is used in the treatment of infections of the upper digestive tract, ulcers, skin eruptions and wounds. The resistance of Gram-negative bacteria to the resin acids is attributed to the presence of a phospholipid-containing outer membrane, as humulone and lupulone are inactivated by serum phospholipids. Antifungal activity has been demonstrated towards Candida albicans, and the flavone constituents show activity against Staphylococcus aureus.

The oestrogenic substances in Humulus may cause loss of libido in men. It has been used with some success in the treatment of premature ejaculation and priapism. Recent research suggests an anti-oxytocic property, supporting the claims for its use in dysmenorrhoea and amenorrhoea (particularly when associated with anorexia nervosa).

In popular healing Humulus is used as a diuretic, for bladder inflammation, jaundice and other liver complaints, and is believed to have a hypotensive effect. Asparagin contributes to the plant's diuretic action.