



# Mugwort

Artemisia vulgaris (European)  
and Artemisia argyi (Asian)

In Asia, mugwort is used as medicine and food. It contains thujone (as does thuja) which can be toxic in large doses. It also contains flavonoids, triterpenes, coumarin and cineole, which is "wormwood oil." Mugwort is not the same as wormwood, *Artemisia absinthum*, although they share vermifuge-type properties.

Mugwort has been used in cancer treatment and prevention, as a dewormer and in pain relief. My midwife grandmother knew that burning mugwort near a birthing mother could turn a baby that was breech. She also said to turn the mother onto her left side. Mugwort is contraindicated during pregnancy and lactation. It can be a uterine stimulant.

It has been an herb of protection when worn on the body and an herb for the deepest healing as moxabustion (or moxacaution); see NHM Volume 16, Issue 4 Acupointers, *The Healing Heat-Using Moxa with your Horse* for more information about this modality.


The smoldering moxa, as a small cone of herb or in a roll, creates a penetrating and effective heat with lingering properties that work to relax, increase circulation, bring anti-bodies, and clear lymph in specific areas and also to the whole body. Moxabustion should not be used during pregnancy, or over wounds or burns.

I make an infused oil to use as "liquid moxa" on acupoints and old injuries. I simply warm equal amounts of herb and olive oil in a double burner for several hours. Leave it sit for 24 hours and then express the oil into a dark bottle. The infused oil can also be used to make "moxa balm" by melting beeswax into it. ☺

*About the author:*

At Dharmahorse, we maintain an herbal stable yard and teach how to have positive relationships with horses. Ours is a Natural Horse Support Center, run by Katharine Lark Chrisley, Natural Health Counselor, Reiki Master and Equine Specialist with a degree in veterinary assistance.  
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