

Linden Leaf and Flower Profile

Also known as

Tilia spp, (Species include Europaea, Americana, and Cordata) Lime Tree, and Bee Tree.

Introduction

The Linden tree is found in both Europe and North America. There are many folktales concerning linden across Europe. One of the most radical is of Celtic origin that states that if you sit under the linden tree you will be cured of epilepsy. In Roman and German folklore, the linden tree is seen as the "tree of lovers", and Polish folklore tells that the wood is good protection against both the evil eye and lightning. Linden blossom have been used to make a variety of items including herbal teas and a base for perfumes, as well as being known for producing tiny aromatic flowers that attract many bees that in turn produce a wonderful honey. Native Americans of the First Nation used linden flowers for treating "sick headaches" and a nervous stomach.

Constituents

About 1% antioxidant flavonoids including hyperoside, quercitrin, myricetin galactoside, kaempferol, kaempferol glycosides including astragaloside and its 6-p-coumaric acid ester tiliroside), myricetin and quercetin glycosides. Linden flowers also contain approximately 10% mucilage largely comprised of arabino-galactans; proanthocyanidins; caffeic, chlorogenic and p-coumaric acids, eugenol, and geraniol.

Parts Used

Leaf and Flowers.

Typical Preparations

Mostly used as a Tea. Can be taken in both extract and capsule form.

Summary

Modern herbalists prescribe linden flowers for all the indications listed above, plus as a treatment for sore throats and colitis. Some historical evidence, as well as recent opinion, indicates that linden may be used to offset some of the symptoms of menopause, such as depression, anxiety, and insomnia. The mucilage in the flowers coat mucous membranes to soothe inflammation and irritation. As a topical it has been used for light swelling, and therefore has been at times been used for puffy eyes. The German E Commission states that Linden can be used as a diaphoretic.

Precautions

Don't drink linden flower teas within 2 hours of taking any vitamin and mineral supplement, since the

mucilages in the tea can interfere with the absorption of nutrients from the supplement.