St. John’s Wort
(Hypericum perforatum)

Other names: Fuga Daemonum, Goatweed, Demon Chaser, Tipton Weed, Hardhay.

Origin: Europe, Western Asia, and North Africa, and through temperate areas of the world.

Element: Fire, Gender: Masculine

Planet: Sun, Zodiac: Leo

Magical Properties

Divination: Hanging St. John’s wort over the bed was thought to divinely predict the person’s longevity during Midsummer. The sprig that wilted the most overnight indicated the next in line to die.

Drive away evil spirits: Put it on your home altar and hang it for protection. It was traditionally burned in Midsummer fires to protect the community from misfortune. Also to defeat curses.

Medicinal Properties

Antidepressant: Using St. John’s wort for anxiety and mild depression has fewer side effects and is just as potent as selective serotonin reuptake inhibitors. The herb helps the brain make more serotonin, dopamine and norepinephrine. These specifically improve mood.

Contraindications: St. John’s Wort should only be taken for small periods of time ranging from three months to one year. The effects can take weeks to become apparent. It is not recommended for pregnant or breastfeeding women. Children between the ages of 6 and 17 should not take it for more than eight weeks. St. John’s wort interacts with several medications. Consult your doctor before taking St. John’s wort.