

Angelica – The Radiant Root of Divine Protection

Botanical Profile

- Latin Name: *Angelica archangelica*
- Alternative Names: Garden Angelica, Holy Ghost Root, Archangel Root
- Plant Family: Apiaceae (Carrot family)
- Parts Used: Root, Seeds, Leaf, and sometimes Stem
- Origin: Native to temperate regions of Europe and Western Asia

Angelica has long been honoured as a plant of spiritual light, protection, and deep inner warmth. Its aromatic root penetrates stagnation and brings clarity to both the physical and energetic body. At Peridotflow, we call on Angelica when we need to reconnect to guidance, clear damp stagnation, or strengthen the lungs and digestion from within.

Digestive Tonic and Carminative

Angelica root gently stimulates digestive secretions, making it excellent for sluggish digestion, bloating, and gas. Its warming nature improves appetite, supports the breakdown of fats, and can ease colic or intestinal cramping.

Respiratory Support and Lung Decongestant

Used in traditional formulas for bronchitis, cough, and lung weakness, Angelica helps dissolve thick mucus and strengthens lung tone. Its aromatic nature opens and moves stuck dampness, ideal for Kapha-type congestion or cold, wet respiratory conditions.

Menstrual and Reproductive System Ally

Angelica helps regulate delayed menstruation and gently warms the uterus. While different from Dong Quai (*Angelica sinensis*), European Angelica has historically been used to support fertility, alleviate menstrual cramps, and ease menopausal symptoms.

Circulatory and Warming Stagnation Mover

Angelica's warming and aromatic qualities help improve peripheral circulation, especially in cold hands and feet. It moves stagnant blood and energy, making it helpful for sluggish, low-energy states with chill or water retention.

Emotional and Spiritual Protection

Traditionally, Angelica was seen as a guardian herb, carried for protection from disease and dark energies. Its radiant energy brings courage and grounding, making it a beautiful ally for those working with trauma, grief, or spiritual disconnection.

Folklore & History

Named after the Archangel Michael, Angelica was once believed to bloom on his feast day and was revered during the plague era for its protective power. Folklore tells that Archangel Michael revealed the herb to a monk as a remedy for the Black Death. It was commonly worn as an amulet or used in ritual cleansing and spiritual healing practices across Europe.

Traditional Usage

Traditionally taken as a decoction, tincture, or infused wine to warm the body and protect against illness. Used in bitter formulas, lung teas, and women's wellness blends. Fresh stems candied or added to herbal sweets.

Herbal Actions

Aromatic, Warming Carminative, Expectorant, Emmenagogue, Diaphoretic, Circulatory Stimulant, Protective Nervine

Energetics & Tissue States

Temperature: Warming

Moisture: Drying

Tissue States: Cold, Damp, Stagnant, Atrophic

Active Compounds

- Essential Oils – aromatic and antimicrobial
- Coumarins – support circulation and relaxation
- Bitter Compounds – digestive stimulant
- Flavonoids – antioxidant and lung supportive

Dosage & Preparation

- Tincture: 1–3 ml up to 3x/day
- Decoction: 1 tsp root simmered 15–20 min
- Infusion (leaf): 1 tsp per cup, steep 10 min
- Best taken before meals or in warming teas

Safety & Contraindications

- Not recommended during pregnancy due to emmenagogue effect
- Avoid with blood thinners (e.g., warfarin)

- May increase sun sensitivity (photosensitising coumarins)
- Use with caution in hot, dry constitutions

Herbal Pairings

- Licorice – to balance dryness
- Ginger – for enhanced digestive warmth
- Mullein – for lung clearing and moistening
- Lemon balm – to soothe nervous tension
- Motherwort – in reproductive blends for emotional calm

Peridotflow Perspective

Angelica is one of our most beloved herbs when a client needs reconnection—to breath, to warmth, or to inner strength. It shines in formulations for stuck grief, damp lungs, low appetite, and spiritual depletion. In ritual, it's a beacon of light—used in energetic shielding and ceremony to call in courage and clarity.