

253. *PASSIFLORA INCARNATA* L. (PASSIFLORACEAE) — Passionflower, Maypop

Fruit edible. One anonymous author suggests smoking passionflower leaves “for mild but very relaxing high” or as a tobacco substitute in trying to recover from nicotine addiction.

Reported to be cyanogenetic, narcotic, sedative, soporific, spasmolytic, passionflower is a folk remedy for colic, diarrhea, dysentery, dysmenorrhea, epilepsy, eruptions, insomnia, morphinism, neuralgia, neurosis, ophthalmia, piles, spasms.^{32,33} Official in homeopathic medicine for insomnia and neurasthenia.³³

Per 100 g, the fruit is reported to contain 111 calories, 72.5 g H₂O, 2.3 g protein, 3.3 g fat, 21.0 g total carbohydrate, 7.3 g fiber, 0.9 g ash, 14 mg Ca, 43 mg P, and 1.6 mg Fe.²¹ Contains 0.025 to 0.032% total alkaloids, among them harman C₁₂H₁₀N₂, harmol C₁₂H₁₀N₂O, harmalol C₁₂H₁₂N₂O, harmine C₁₃H₁₂N₂O, harmaline C₁₃H₂₄N₂O. The steroid fraction contains 13% sitosterol, stigmasterol; *n*-nonacosane, Ca 0.25% gums. Flavone-C-glycosides include saponarin, vitexin, saponaretin; possibly, homo-orientine and orientine. The “active principle”, has been called passiflorine, and is suggested to be somewhat similar to morphine. The alkaloid fraction has sedative activity on experimental mice.³³

Toxicity — Narcotic, the “drug is known to be a depressant to the motor side of the spinal cord, slightly reducing arterial pressure, though affecting circulation but little, while increasing the rate of respiration.”¹²