

This Calming Flower Has a Surprising Effect on Dogs

Your dog counts on you for comfort, safety, and security. But when stress becomes too much, having tools that can help them relax without relying on heavy medications is essential — this strikingly beautiful yet healing flower is one option you can try.

Reviewed by [Dr. Arielle Walton](#)

STORY AT-A-GLANCE

- Dogs experience stress from loud noises, changes in routine, or being alone — signs include shaking, whining, pacing, or hiding under furniture
- Passionflower, a natural herbal remedy, helps calm your dog's nervous system without causing sedation, supporting emotional balance during stressful events
- This vibrant plant works by boosting natural calming signals in your dog's brain, helping ease anxiety and promote a sense of peace
- Passionflower is easy to use in dog treats or supplements, but it's essential to follow dosage guidelines and consult your vet
- Combine passionflower with safe spaces, routines, and positive reinforcement for a well-rounded, stress-free environment in which your dog can thrive

Life gets busy, noisy, and stressful — not just for you, but for your dog. Your furry friend might appear calm on the outside, but that doesn't mean they don't feel overwhelmed. Certain factors, like thunderstorms, fireworks, being left at home alone, or even a trip to the vet, can make them anxious or restless. They may exhibit symptoms of anxiety, like pacing, whining, or hiding under the bed.

The good news is that herbal remedies can help bring calm and peace to your dog. One of the gentle, natural options available today is passionflower. If you're unfamiliar, this article will provide useful information on this calming flower.

What Is Passionflower?

Passionflower (*Passiflora*) refers to a genus of 500 flowering plant species, mainly growing on vines, that are indigenous to Central and South America.¹ Spanish missionaries coined the name after admiring the plant's dramatic, eye-catching blooms and viewing it as a symbol of Jesus Christ's crucifixion — the "passion."²

Some varieties grow as shrubs or small trees and can produce delicious fruits, called passionfruit, that appear similar to oranges. The flower blooms in different hues, such as red, white, and purple.³

Because of its unique appearance, the passionflower is a garden favorite; however, it has also been long appreciated by herbal healers and indigenous tribes for its medicinal properties.⁴ The flowers and leaves of this plant contain soothing compounds like flavonoids and alkaloids that help calm nerves and promote relaxation. People mainly recognize *Passiflora incarnata* for its therapeutic properties.

Using Passionflower to Help Calm Your Pet

Recently, passionflower also gained attention for its use in veterinary medicine. Adding passionflower to your dog's routine is a growing trend where pet owners seek gentle, holistic solutions. This herbal remedy doesn't make dogs sleepy or foggy, but also helps them find their balance when things feel too overwhelming. According to veterinarian Dr. Chris Bessent:

"[Passionflower] has long been used to treat a variety of nervous conditions like insomnia and anxiety, ailments practitioners of Traditional Chinese Medicine associate with heart fire."⁵

Many pet owners are discovering how this beautiful plant can help their dogs relax without making them sleepy or dull. Using passionflower could make a big difference if your dog struggles with stress or anxiety. It's a simple, safe, and effective addition to your pet's care routine.

Like Humans, Dogs Become Stressed Too

Your dog may seem happy and playful most of the time, but stress can affect them in many ways. Loud noises like fireworks or thunderstorms are common triggers. You might notice your dog shaking, hiding, or barking nonstop when they hear loud sounds.

Being left alone commonly causes stress for dogs. If you leave for work and come home to find chewed-up shoes or torn pillows, it's a sign of separation anxiety. Dogs are creatures of habit, and changes to their routine can leave them feeling unsettled. Moving to a new home, bringing home a new baby, or even adopting a new pet can make them anxious.

Stress can also show up in less obvious ways. Could be your dog seems unusually quiet or refuses to play. Or perhaps they're suddenly overactive, jumping on furniture or running in circles. Changes in appetite, excessive licking, or sudden aggression are other clues. These behaviors are your dog's way of telling you they're feeling overwhelmed.

Recognizing these signs is the first step in helping your dog. You know your pet better than anyone, and when something feels off, trust your instincts. By paying attention to these behaviors, you can take steps to reduce stress and help your dog feel safe and secure.

How Passionflower Works in Dogs

Passionflower works in dogs in much the same way it does for people. It offers natural compounds that help balance the brain's signals, helping calm their mind and body without making them sluggish.

When your dog feels stressed, their brain releases chemicals that signal them to be alert or afraid. Passionflower helps slow down these signals and brings a sense of calm.

One of the ways passionflower works is by supporting a natural substance in the brain called gamma-aminobutyric acid (GABA). This inhibitory neurotransmitter acts like a calming messenger, reducing brain activity — basically, it's like telling the brain to relax. The more GABA your dog's brain has, the less likely they'll feel nervous or jumpy.⁶

According to an article in Fetched:

*"The role of GABA is essentially to counteract and balance out the effects of excitatory neurotransmitters such as glutamate or adrenaline, the fight or flight hormone. This balance between inhibitory and excitatory neurotransmitters is essential for a healthy, well-functioning brain."*⁷

What's excellent about passionflower is that it works naturally with your dog's body. You're not forcing calmness helping the brain find its natural balance. It's a wonderful option for pet owners who want to support their dog's emotional health gently and naturally.

How to Use Passionflower Safely

Using passionflower for your dog is simple, but it's essential to do it safely. The easiest way to give passionflower is through ready-made dog treats or supplements. These are designed with the correct dosage in mind and are easy to give.

If you have access to fresh passionflower leaves, you can add small amounts to your dog's food or make homemade treats. You can also use dried passionflower, but be careful with the amount you give. Start with tiny portions and watch how your dog responds.

Always read labels and follow the dosage recommendations based on your dog's weight. It's best to start small and increase dosing slowly if needed. If your dog is on other medications or has health issues, talk to your veterinarian before adding passionflower to their diet.

Watch for any side effects like stomach upset or unusual behavior. While rare, every dog is different. If something doesn't seem right, stop using the product and consult your vet.

Creating a Stress-Free Foundation

Passionflower is most effective when combined with a calm and steady home routine, so make sure your dog has a safe place to retreat when they feel overwhelmed. A quiet corner with a cozy bed and familiar toys can make a big difference.

Dogs thrive on routines, so feed your dog at the same times each day and go for walks on a regular schedule. Set aside time for play and rest. When your dog knows what to expect, they feel more secure and less anxious.

Training your dog with patience and positive reinforcement can also reduce stress. Use treats and praise to reward good behavior and help build your dog's confidence. When your dog trusts you and knows they can count on you, they become more resilient in stressful situations.

If your dog has specific fears, like loud noises or being alone, work on desensitizing them slowly. Start with small, gentle exposures to the trigger and gradually increase them over time. Your dog will feel less stressed and more balanced with patience, love, and a safe routine.

Other Natural Options to Consider

While passionflower is a gentle and practical choice, it's not the only natural remedy that can help calm your dog. Other popular options include:

- **Chamomile** — It's known for its calming properties and anti-inflammatory effects. Some dogs may be allergic, so introduce it slowly and watch for reactions.
- **Valerian root** — Its effects are more potent and work well for dogs needing more sedation during stressful times. However, use it cautiously, as too much can make dogs sleepy. Valerian root is best for short-term use, like before a vet visit or fireworks show.
- **CBD oil** — It has become increasingly popular for anxiety and pain relief in dogs. It's powerful, but dosage can be tricky, and it's essential to choose products made specifically for pets. Always consult your vet before using CBD oil.

Remember that every dog is different; what works for one may not work for another. It may take some experimenting to find the right natural remedy for your dog. Passionflower is a great choice if you're trying herbal remedies for the first time.

Sources and References

^{1,5}[HerbSmith, June 15, 2021](#)

²[Pets Calm Down, Passion Flowers: Calming and Relaxing Your Dog](#)

³[Animaux, April 19, 2024](#)

^{4,6,7}[Fetched, August 29, 2023](#)
