

# Pharmacognosy



Chaldai Foundation LLC

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## Pharmacognosy

Pharmacognosy is the study of medicines derived from natural sources. It also includes traditional medicinal or folk medicine practices which include herbalism, naturopathy, and homeopathy based on the use of plants and plant extracts.

There is a wide range of traditions in which pharmacognosists are trained, which is why a precise definition can often be contested. The subject includes everything from a Western biomedical model to traditional Ayurvedic medicine. Herbal medicine is a very important component of traditional healing systems, such as Chinese and Ayurveda medicines, and each has a lot of unique wisdom about plants and their uses. These systems emphasize preventive health, as well as the imagery of nature to understand not only what is happening within the body but how to heal it. These systems offer a framework individuals can use to better understand the things that can disturb their physical, emotional, and spiritual balance, as well as different strategies (like meditation, exercise, and food) for nurturing and maintaining health.

A very important facet of many of these traditional herbal healing systems is the understanding of the energetic healing quality of the herb or food. Every herb has a distinctive flavor, such as sweet, salty, or bitter, with corresponding healing property, as well as, the effect on the body, such as a cooling, warming, drying or dampening effect. The energetic quality and flavor of an herb are two of the many different qualities of an herb that are considered when determining which herbs to use for a specific condition. These systems typically apply herbs to counterbalance a condition in the body.

Pharmacognosists are trained not only in the unique characteristics and uses of individual herbs, but also in a holistic system or framework for understanding how physical and emotional issues affect overall well-being and disrupt balance in the body and spirit (i.e. Western herbal traditions, folk traditions, Chinese medicine, Ayurveda, Native American traditions, etc.). It is this framework that guides an herbalist's selection of which herbs to use and how to formulate them, as well as provides guidance on why or why not the herbs are working, and how to make the proper adjustments to fine tune the herbal formulation.

## Herbalism (Herbology)

Herbalism is also known as phytotherapy. The principles of phytotherapy generally define herbology as having been passed down traditionally from one generation to the next, through a wide range of different cultures. People in all continents have long used thousands of indigenous plants for treatment of various ailments dating back to prehistory.

There are three main branches of herbal medicine. (1) The oldest is Chinese herbal medicine, in which herbology has its anchor. Traditional Chinese medicine is based on the idea of harmony and balance. It employs thoughts of moderation and prevention for treating disease and is concerned about curing the root of an ailment as opposed to simply treating the symptoms. (2) Ayurvedic medicine is approximately 6,000 years old and began in India. The Ayurvedic system focuses on holistic healing through diet,

detoxification and purification techniques. (3) The Western herbal tradition, based on Roman, Greek and medieval sources, is referred to as "herbalism." It relies on the curative properties of plants to treat symptoms and disease and maintain health. Herbalism includes identifying, extracting and applying specific plant constituents to receive specific therapeutic actions. So Herbology is really the art of combining measurable quantities of medicinal herbs to prevent or cure a health ailment. It is also the science of these herbs. It is the basic modality of traditional Chinese medicine but has evolved to encompass other traditions as well.

The most important concept to take away from this is that the success of herbal treatments depends on a number of factors. The length of time an individual has had a specific condition and the severity of the condition are among the top factors. Dedication to the treatment regimen must also be taken into consideration as well as the amount and frequency of the herb administered. In general, healing from herbs takes longer than healing from pharmaceutical medicines. Depending on an individual's metabolism and other factors, it may take two to three weeks or more before a marked improvement is detected in the body.

Herbology includes the usage of the whole plant with the idea that every plant part has a specific purpose. So it is important to understand that "plants", refers to the whole plant, the bark, the root, the flower or leaf, or even an extract of a plant constituent, are a type of medicine that is used to promote health, as well as prevent and treat illness. Part of the beauty and magic of plants is that they are easily accessible and have been used by people from around the world as an important healing modality.

Plants have evolved the ability to synthesize chemical compounds that help them defend against attack from a wide variety of predators such as insects, fungi and herbivorous mammals. By chance some of these compounds while being toxic to plant predators turn out to have beneficial effects when used to treat human diseases. Such secondary metabolites are highly varied in structure, many are aromatic substances, most of which are phenols or their oxygen-substituted derivatives.

At least 12,000 plants have been isolated to show chemical compounds that mediate their effects on the human body by binding to receptor molecules present in the body. Such processes are identical to those already well understood for conventional drugs and as such herbal medicines do not differ greatly from conventional drugs in terms of how they work. This enables herbal medicines to be in principle just as effective as conventional medicines but also gives them the same potential to cause harmful side effects. Many of the herbs and spices used by humans to season food yield useful medicinal compounds.

A common misconception about herbalism and the use of natural products in general, is that 'natural' equals safe. However many plants have chemical defense mechanisms against predators that can have adverse or lethal effects on humans. Examples are poison hemlock and nightshade, which can be deadly. Herbs can also have undesirable side-effects just as pharmaceutical products can. These problems are exacerbated by lack of control over dosage and purity. Furthermore, if given in conjunction with drugs, there is danger of 'summation', where the herb and the drug have similar actions and add together to make an 'overdose'. In animals, there are other dangers. There may be residues in food from farm animals (e.g. eggs, milk, meat) or danger of 'doping' in competition animals.

I recommend having a copy of Breverton's Complete Herbal, Desk Reference to Nature's Medicine, or Rodale's Encyclopedia of Natural Home Remedies on hand. The following list includes [hyperlinks](#) to information and use of the plants.

### Allergies

Many individuals are sensitive to environmental allergens that trigger an over reactive immune system response to pollen, molds, dust and mites. The causes and cures for allergies vary widely, as do the herbs that will work best for each individual.

[Bupleurum](#) \* [Chrysanthemum](#) \* [Eucalyptus](#) \* [Eyebright](#) \* [Feverfew](#) \* [Garlic](#) \* [Ginkgo biloba](#) \* [Reishi Mushroom](#) \* [Solomon's Seal](#) \* [Stinging Nettle](#)

### Alopecia

Herbal remedies to cure baldness and promote a fresh growth of hair.

[Bay Rum essential oil](#) \* [Ginkgo biloba](#) \* [Muiru puama](#) \* [Rosemary](#) \* [Saw Palmetto](#) \* [Sesame](#) \* [Stinging Nettle](#)

### Aphrodisiacs

The best aphrodisiacs are the ones that work on the mind/body/spirit; addressing both physical and emotional needs.

[Ashwagandha root](#) \* [Asparagus](#) \* [Calamus root](#) \* [Catuaba](#) \* [Clary Sage](#) \* [Cubeb](#) \* [Damiana](#) \* [Dong Quai](#) \* [Epimedium](#) \* [Jasmine Flower Oil](#) \* [Kava-Kava](#) \* [Kudzu](#) \* [Maca root](#) \* [Muiru puama](#) \* [Rose](#) \* [Sandalwood Oil](#) \* [Tribulus terrestris L](#) \* [Wild Yam Root](#) \* [Ylang-Ylang](#) \* [Yohimbe](#)

### Anxiety

A constant level of anxiety takes a toll, on both the physical and emotional levels. There are many herbal remedies that can support relaxation and help us regain balance.

[Bergamot Oil](#) \* [California Poppy](#) \* [Catnip](#) \* [Chamomile](#) \* [Clary Sage](#) \* [Hops](#) \* [Kava-Kava](#) \* [Lavender](#) \* [Licorice Root](#) \* [Linden](#) \* [Motherwort](#) \* [Oats](#) \* [Passion Flower](#) \* [Reishi Mushroom](#) \* [Skullcap](#) \* [St. John's Wort](#) \* [Tea](#) \* [Vervain](#) \* [Wild lettuce](#)

### Arthritis

Herbal medicines that fight inflammation and relieve pain.

[Apple](#) \* [Avocado](#) \* [Boswellia \(Frankincense\)](#) \* [Cajeput Oil](#) \* [Camphor](#) \* [Castor Oil](#) \* [Cayenne Pepper](#) \* [Eucalyptus](#) \* [Ginger Root](#) \* [Meadowsweet](#) \* [Pine](#) \* [Rosemary](#) \* [St. John's Wort](#) \* [Stinging Nettle](#) \* [Turmeric](#) \* [White Willow Bark](#) \* [Wintergreen Oil](#) \* [Yucca Root](#)

### Benign prostate hypertrophy

Herbal remedies for men's prostate.

[Damiana](#) \* [Pomegranate](#) \* [Pumpkin Seed](#) \* [Pygeum](#) \* [Sassafras root](#) \* [Saw Palmetto](#) \* [Stinging Nettle](#)

## Bladder

Combat bladder and urinary tract infections.

Agrimony \* Buchu \* Butchers Broom \* Corn Silk \* Cleavers \* Couch grass \* Cranberry \* Damania \*  
Dandelion Root \* Elm, Slippery \* Goldenrod \* Horseradish root \* Horsetail \* Juniper Berries \* Lovage \*  
Marsh Mallow Root \* Oregon Grape Root \* Parsley \* Pumpkin Seed \* St. Johns wort \* Uva Ursi

## Cardio

Herbal remedies that focus on preventing heart disease and maintain cardiovascular health.

Acai Berry \* Apple \* Arjuna \* Artichoke, Globe \* Astragalus root \* Bilberry \* Black Walnut \* Butcher's  
Broom \*

Butterbur \* Camphor \* Cayenne Pepper \* Celery Seed \* Chicory root \* Chrysanthemum \* Corydalis \*  
Cranberry \* Devil's Claw \* Epimedium \* Garlic \* Ginger Root \* Grapes \* Hawthorn Berry \* Horehound \*  
Hyssop \* Kudzu \* Lemon Balm \* Linden \* Lotus \* Motherwort \* Olive Oil \* Orange \* Peppermint \*  
Pomegranate \* Rosemary \* Sea Buckthorn Oil \* Shepherd's Purse \* Turmeric \* Valerian root

## Colds

Herbal remedies for colds and flu.

Angelica root \* Anise Seed \* Astragalus root \* Bay Rum essential oil \* Black Pepper \* Boneset \*  
Butterbur \* Cajeput Oil \* Calamus root \* Camphor \* Catnip \* Cinnamon \* Colt's Foot \* Dandelion Root \*  
Echinacea \* Elderberry \* Eucalyptus \* Forsythia Fruit \* Garlic \* Ginger Root \* Goldenseal \* Holy Basil \*  
Horehound \* Juniper Berries \* Lavender \* Lemon Balm \* Licorice Root \* Linden \* Meadowsweet \*  
Myrrh \* Niaouli Oil \* Peppermint \* Pine \* Poke Root \* Rosemary \* Sage \* Soapwort \* Vervain \* White  
Peony root \* White Willow Bark \* Wild Cherry Bark \* Yarrow

## Diabetes

Herbal remedies for the diabetic effects on health.

Apple \* Bitter Melon \* Burdock root \* Carob \* Cinnamon \* Dandelion Root \* Fenugreek \* Garlic \* Goat's  
Rue \* Gurmar \* Ivy gourd \* Jambul \* Prickly Pear \* Stevia \* Tea \* White Kidney Bean \* Yacon Root

## Detoxification

Depurative or detoxifying herbs help cleanse waste and toxins from our body. Diaphoretic herbs that induce perspiration.

Burdock \* Chicory root \* Cypress Oil \* Dandelion Root \* Juniper Berries \* Oregon Grape root \* Sassafras  
root

## Digestive

Herbal remedies for digestive issues.

[Bee Balm Summer Tea](#)



[Bitters Recipe](#)  
[Bittersweet Stomach Blend](#)  
[Caraway seed tea](#)  
[Cardamom Tea](#)  
[Abdominal Oil Massage for Indigestion](#)  
[Angelica Aromatic Bitter](#)  
[Angelica root tea](#)  
[Balancing Blend for Digestive Distress](#)  
[Carob Tea](#)  
[Cayenne Pepper Tea](#)  
[Centaury Tea](#)  
[CFA - Stomach Ease Tea](#)  
[Chamomile and Vervain for Sleep](#)  
[Chamomile tea](#)  
[Chocolate Mint Tea](#)  
[Cinnamon and Honey tea](#)  
[Codonopsis root tea](#)  
[Dill seed tea](#)  
[Fennel seed Tea](#)  
[Four Winds Stomach Tea](#)  
[Frangula and Senna Laxative Teas](#)  
[Gentian Bitters for Stomach Upset](#)  
[Ginger tea](#)  
[Hops tea](#)  
[Horehound tea](#)  
[LemonGrass tea](#)  
[Linden with Lemongrass](#)  
[Milk thistle liver tonic tea](#)  
[Mugwort tea](#)  
[Nervous Stomach Oil Blend](#)  
[Nighttime Indigestion Tea](#)  
[Parsley Diuretic tea](#)  
[Peppermint capsules](#)  
[Spearmint Tea](#)  
[Spices and lemongrass dinner tea](#)  
[Trikatu for dieters](#)

[Tulsi juice and honey for nausea](#)

[Wormwood tea](#)

### **First aid**

Remedies for healing and disinfecting cuts and scrapes.

Agrimony \* Aloe Vera Gel \* Balm of Gilead \* Black Walnut \* Boswellia (Frankincense) \* Calendula \* Coconut oil \* Comfrey Root \* Copaiba Balsam \* Cornflowers \* Cypress Oil \* Elm, Slippery \* Eucalyptus \* Figwort \* Geranium \* Goldenseal \* Gotu Kola \* Honeysuckle \* Lady's Mantle \* Lavender \* Myrrh \* Oak Bark \* Oregano \* Plantain \* Rose \* Salad Burnet \* Sea Buckthorn Oil \* Self-Heal \* Shea Nut Butter \* Shepherd's Purse \* Solomon's Seal \* Speedwell \* Sweet Woodruff \* Tamanu Oil \* Tea Tree oil \* Thyme \* Turmeric \* White Peony root \* White Willow Bark \* Witch Hazel \* Yarrow

### **Libido**

Herbal remedies that work to enhance libido not only improve your sex life, but nourish your overall health.

Ashwagandha root \* Catuaba \* Coleus Forskohlii \* Damiana \* Eleuthero ginseng Root \* Epimedium \* Fo-Ti Root \* Ginkgo biloba \* Ginseng root \* Kola Nut \* Lotus \* Maca root \* Muira puama \* Oats \* Pygeum \* Rhodiola \* Stinging Nettle \* Tribulus terrestris L \* Yohimbe

### **Memory**

Herbal remedies for focus and concentration.

Bacopa \* Basil \* Blueberries \* Club Moss \* Eleuthero Root \* Ginkgo biloba \* Ginseng root \* Gotu Kola \* Holy Basil \* Periwinkle \* Rhodiola \* Rosemary \* Sage

### **Pain**

Herbal remedies for pain

Arnica flower oil \* Bay Laurel \* Birch bark & leaf \* Boswellia (Frankincense) \* Cajeput Oil \* Castor Oil \* Cayenne Pepper \* Clove \* Corydalis \* Devil's Claw \* Eucalyptus \* Jamaican Dogwood \* Olive Oil \* Peppermint \* Pine \* Rosemary \* Turmeric \* White Willow Bark \* Wintergreen Oil

### **Skin Care**

Herbal remedies for protecting and healing skin.

Almond Oil \* \* Tamanu Oil \* \* Avacodo Oils \* Calendula \* Comfrey \* Aloe Vera Gel

### **Stress**

Herbal remedies for chronic stress

Ashwagandha \* Panax ginseng \* Eleuthero \* Frankincense \* Lavender \* Lemon \* Licorice \* Kava-Kava \* Oatstraw \* Motherwort \* Reishi \* Stevia \* Sandalwood

## Weight Loss

Herbal remedies that promote weight loss, detoxify the body, and balance the chemical food receptors.

Bitter Orange \* Cacao \* Chickweed \* Coconut oil \* Coffee \* Coleus Forskohlii \* Eleuthero ginseng Root \* Fennel Seed \* Garcinia Fruit \* Grapefruit \* Guarana \* Gurmar \* Hibiscus \* Hoodia \* Kelp/Bladderwrack \* Oolong Tea \* Pomegranate \* Prickly Pear \* Psyllium \* Spirulina \* Stevia \* Tea \* White Kidney Bean \* White Willow Bark \* Yacon Root \* Yerba Mate

## Women's Hormones

Herbal remedies for hormonal balance.

Alfalfa \* Beth Root \* Black Cohosh root \* Chaste Tree \* Clary Sage \* Cramp Bark \* Dong Quai \* Epimedium \* Fennel Seed \* Maca root \* Red Clover \* Sage \* Tribulus terrestris L \* Wild Yam Root

## Chinese Medicine

Chinese herbology is the Chinese art of combining medicinal herbs. Herbology is one of the more important aspects of traditional Chinese medicine (TCM). Each herbal medicine prescription is a cocktail of many herbs tailored to the individual patient and based on traditional Chinese medical theory. One batch of herbs is typically decocted twice over the course of one hour. The practitioner usually designs a remedy using one or two main ingredients that target the illness, then adds many additional ingredients to adjust the formula to the particular patient's *yin/yang* conditions. Sometimes, ingredients are needed to cancel out toxicity or side-effects of the main ingredients. Some herbs require the use of other ingredients as catalysts, without which the brew is ineffective. Unlike in the production of western medications, the balance and interaction of all the ingredients in a Chinese herbal prescription is considered more important than the effects of the individual ingredients. A crucial element in traditional Chinese medicine is the treatment of each patient as an individual.

The concept of yin and yang originates in ancient Chinese philosophy and metaphysics, and is used to describe two primal opposing but complementary forces found in all things in the universe. Yin, the darker element, is passive, dark, feminine, downward-seeking, and corresponds to the night; yang, the brighter element, is active, light, masculine, upward-seeking and corresponds to the day. Yin and yang can be used to describe seasonal changes and directions, and can also be seen as a process of transformation. The concept probably originated to ancient agrarian religion; it exists in Confucianism, and it is prominent in Daoism. In traditional Chinese medicine, the "yang" organs meridian has a downward flow of energy (ch'i) and the "yin" organs meridian has an upward flow. An imbalance of the yin-yang ratio can cause illness. Yin and yang are complementary, interdependent opposites, neither of which can exist without the other. Each can transform into the other, and contains a seed of the other within it. Yin and yang consume and support each other. Each aspect of yin and yang can be further subdivided into yin and yang aspects.

TCM theory asserts that processes of the human body are interrelated and in constant interaction with the environment. Signs of disharmony help the TCM practitioner to understand, treat and prevent illness and disease. TCM theory is based on a number of philosophical frameworks including the theory

of Yin-yang, the Five Elements, the human body Meridian system, Zang Fu organ theory, and others. Diagnosis and treatment are conducted with reference to these concepts.

## A General introduction to Herbs

### The Four Natures

This pertains to the degree of yin and yang, ranging from cold (extreme yin), cool, neutral to warm and hot (extreme yang). The patient's internal balance of yin and yang is taken into account when the herbs are selected. For example, medicinal herbs of "hot", yang nature are used when the person is suffering from internal cold that requires to be purged, or when the patient has a general cold constituency. Sometimes an ingredient is added to offset the extreme effect of one herb.

#### The four energetic natures of herbs:

- Cold
- Hot
- Warm
- Cool

### The Six Tastes

The five tastes are pungent, sweet, sour, bitter and salty, each of which their functions and characteristics. For example, pungent herbs are used to generate sweat and to direct and vitalize qi and the blood. Sweet-tasting herbs often tonify or harmonizes bodily systems. Some sweet-tasting herbs also exhibit a bland taste, which helps drain dampness through diuresis. Sour taste most often is astringent or consolidates, while bitter taste dispels heat, purges the bowels and get rids of dampness by drying them out. Salty taste softens hard masses as well as purges and opens the bowels. Bland which means lacking flavor or taste, generally has a diuretic effect.

#### The six tastes of herbs:

- Sour (Yin) - Absorbs and controls.
- Bitter (Yin) - Reduces and dries.
- Sweet (Yang) - Tonifies, harmonizes and moderates
- Pungent (Yang) - Disperses and promotes the circulation of Qi and Blood.
- Salty (Yin) - Softens hardness and purges stool.
- Bland (Yang) - Transforms dampness and promotes urination.

### The Five Elements

The Five Elements, or Five Phases, are aspects of Qi. These are Wood, Fire, Earth, Metal, and Water. In the poetic language of the Five Elements, health is a harmonious balance of all the elements. The Qi of the elements waxes and wanes in daily and seasonal cycles. Each one of us is a unique and characteristic blend of the influences of all the elements.

## Wood

**Meridians:** Liver/Gallbladder

People who have strong energy of the Wood element have a clear vision and goals, and know how to bring them into being. They excel at planning and decision making. They can be forceful in disagreements and can strongly argue their opinions. Their piercing, penetrating eyes may attract you, but avoid their wrath.



## Wood Imbalance

When the wood Qi is weak, people can be indecisive, without strong direction in life, and stuck. They may be constrained emotionally, unable to express anger. When the Liver Qi is congested or stagnant, people can be arrogant, over controlling, and have angry dispositions. They may have a tendency to be workaholics or have addictive personalities, including the possibility of abusing drugs and alcohol. They may have digestive problems like bloating, gas, alternating constipation and diarrhea.

When Liver Qi is imbalanced, hot and spicy foods may cause too much heat. Sour and bitter flavors are said to benefit the Liver meridian. Excessive frustration and irritation can be especially difficult when the Liver meridian is out of balance. Physical exercise and reading can help restore balance. The fall is a vulnerable time, as well as the winds of March, and extremely hot weather.

Common signs of Liver meridian stress include dry, brittle, thickened nails and pain just below the ribs. Common illnesses include migraines, eye problems, and sinus problems. The Liver meridian circles the genitals, and rashes and discharges are associated with its imbalance, as well as hernias. For women, menstrual problems are common including PMS, painful periods, and heavy bleeding. Uterine fibroids may be related to imbalance of the Liver meridian as well. The Liver and Gallbladder meridian pathways traverse the top and sides of the head, the most common sites for migraine headaches.

The Qi of the Wood element flourishes in the spring when plants are sprouting new growth; and the color of this element is green.

## Fire

**Meridians:** Heart, Small Intestines, Pericardium, Triple Warmer

People with strong Fire energy may be quite charismatic. They excel at commanding others to action. They may love talking and socializing.

## Fire Imbalance

When the Fire Qi is weak, a person may be lackluster or bland. They may suffer from anxiety, restlessness, and insomnia. They may stutter, talk too much and too rapidly, or laugh nervously. They may be too excitable, easily stimulated to excesses, or they may be emotionally cold and unfeeling.



Common illnesses include palpitations, hypertension, heart problems, and sores on the mouth and tongue. People strongly influenced by the Fire element may be vulnerable in very hot weather, and may be calmed and centered by walking. The bitter flavor favors the Fire Qi. Coffee is a bitter flavor, but its effects may aggravate the Heart Qi. The healthy bitter flavors include dark, green leafy vegetables.

## Earth

**Meridians:** Stomach/Spleen

Someone with well developed Earth energy is a well grounded, nurturing, compassionate person, sometimes depicted as the archtypical “earth mother”. Earth people like to bring others together and make good mediators or peacemakers and reliable friends. They often enjoy both preparing food and eating. You may be attracted by their generous mouth and full, sensuous lips.



## Earth Imbalance

When people have weak Earth Qi, they can be worriers and meddlers. They are prone to pensiveness. They may overwork, especially in studying or other intellectual work. They are vulnerable to digestive problems and diarrhea. They may gain weight easily and lose it with difficulty. Their bodies have a tendency to make excessive mucus, and they may suffer from cloudy thinking, muzzy-headedness, and a lack of clarity.

Those with weak Earth Qi often feel better when they limit cold, raw foods and dairy products. They should eat warming foods and grains to stay well grounded. They may crave sweets. The sweet taste can be satisfied by eating sweet grains, vegetables, and fruits rather than processed sugars.

Common illnesses include: fatigue, diarrhea, gas & bloating, food allergies & sensitivities, eating disorders, heartburn, and canker sores. Excessive mucus may collect in the lungs or in the sinuses. In women, menstrual problems may include either excessively light or heavy periods.

The Qi of the earth element flourishes in Indian Summer, those golden moments of fullness before the waning of the light. The earth color is yellow, like the sun, and the ripened crops, and the root vegetables. Sitting meditation is said to strengthen the earth element.

## Metal

**Meridians:** Lungs/Large Intestines

A person with well balanced Metal energy is well organized, self disciplined, and conscientious. They like structure in their life. They are most comfortable in situations when they know the rules and can succeed by following them. Metal Qi bestows a deep inner strength, like ore mined from the mountains.



## Metal Imbalance

A person with Metal Qi imbalance may be grief-stricken, steeped in sadness. They may be overly critical. They may have trouble letting go. When the Metal energy is weak, there can be illnesses of the lungs – asthma, allergies, frequent colds. The Lung meridian rules the skin, so rashes, eczema, and problems with sweating can be related to Metal imbalance. The Large Intestine meridian can be affected by chronic constipation or diarrhea, or other bowel diseases.

The Metal energy peaks in the fall. In the cool, crisp, clean air of autumn, metal people feel they can accomplish anything. The color of Metal is white, and people strongly influenced by the Metal Qi may have pale complexions.

## Water

Meridians: Kidneys, Bladder

The Water energy is a strong generative force centered in the lower belly. When the Kidney Qi is strong, a person is fearless, determined, and can endure many hardships in pursuit of their goals. Persevering by will power is characteristic of those with strong Kidney Qi. Longevity is also considered to be associated with healthy Kidney Qi, signified by large, elongated ear lobes, like those of the Buddha.



## Water Imbalance

When the Kidney Qi is weak, there can be problems with water metabolism, urination, fertility, or sexuality. This person could be anxious, fearful, and withdrawn, and in more severe cases, phobic.

Kidney Qi declines with aging. There may be diminished hearing or ringing in the ears. In menopause, the Kidney yin declines, which is associated with classic signs of heat and dryness – hot flashes, night sweats, dry skin and mucous membranes. Kidney yang weakness is associated with cold – cold extremities, cold back and belly, declining sexual vigor, urinary frequency or incontinence.

The color of the Kidney is black, like the night, or like black ice. When the Kidney Qi starts to weaken, dark circles or pouches appear under the eyes. The Kidney Qi rules in the winter, a time when living things are contracted with cold. Like a seed deep in the cold ground, Qi is dormant, waiting for the time to sprout.

## The Meridians

The Meridians refer to which organs the herb acts upon. For example, menthol is pungent, cool and is linked with the lungs and the liver. Since the lungs is the organ which protects the body from invasion

from cold and influenza, menthol can help purge coldness in the lungs and invading heat toxins caused by hot "wind".

**The four functions of herbs:**

- Ascending
- Descending
- Floating
- Sinking

**Combination of herbs:**

- Mutual accentuation – Reinforcing, two herbs that are similar that enhance each others affect.
- Mutual Enhancement- Two herbs with different functions that can enhance each others actions.
- Mutual counteraction- Reduction of toxicity of one herb by the addition of another.
- Mutual suppression- The properties of one herb weakens action of another.
- Mutual antagonism- minimizes/neutralizes each others positive effects.
- Mutual incapability- create side affects they wouldn't have on their own.
- Single affect- herbs should not be used on their own. Except ginseng.

**Cautions and Contraindications:**

- The 18 incompatibles (18 herbs that are incompatible)
- The 19 antagonisms (19 herbs that neutralize each others positive effects)
- Heating herbs for people with hypertension (High blood pressure).
- During pregnancy do not give damp heat clearing herbs and take care with purgatives and Qi moving herbs.
- Don't give strong herbs to a weak person
- Don't give hot herbs to hot people
- Medications and their herbal interactions
- Avoid spicy raw, cold greasy foods

**Herb Introduction**

*Herbs that Release Exterior*

**Cool, pungent herbs that release the exterior**

Chinese Name	Function	Taste	Channels	Contraindications
<b>Bo He</b>  (Mentha, Peppermint)	Wind Heat Clear head & eyes Promote free flow of LVR qi Rashes to surface	Pungent Cool	LU / LVR	Don't over cook
<b>Sang Ye</b>	Wind Heat Clear LVR Heat	Sweet, bitter, cool	LU / LVR	



(Mullberry Leaf)	<b><u>Benefit Eyes #1</u></b> Cool blood			
<b>Ju Hua</b> (Chrysanthemum Flower)	Wind Heat Clear LVR heat <b>Brighten eyes</b> Pacify LVR <b><u>Conjunctivitis #1</u></b>	Sweet, Bitter, Slightly Cold	LU / LVR	<b>Yellow</b> for: Wind Heat <b>White</b> for: Pacify LVR. Expel Wind Brighten eyes.
<b>GeGen</b> (Pueraria Root)	Release Ext Measles rash to surface Yang to ↑ - diarrhea Clear heat, promote body fluids.	Pungent, sweet, cool	SP / ST	For diarrhea herb must first be baked.
<b>Chai Hu</b> (Bupleurum Root)	Wind Heat Pacify LVR & Elevate yang qi * Shao Yang	Bitter Pungent Slightly cold	LVR PC GB SJ	Hyperactivity of LVR Yang  Yin Xu

#### Warm, pungent herbs that release the exterior

Chinese Name	Function	Taste	Channels	Contraindications
Ma Huang Ephedra  (Currently banned in Australia)	<b><u>Diaphoresis</u></b> Asthma Urination	Bitter	LU BL	Heavy Sweating Hbp, insomnia Xu cond with sweating Kid not grasping qi
Gui Zhi Cinnamon Twig	Diaphoresis Blood Circulation Warm Channels Disperse cold Edema, w/cld Pos. AR.	Sweet	HT BL LU	Caution : pregnancy Febrile disease Yin xu with heat s/s
Zi Su Ye Perilla Leaf	Release Ext & disperse cold ↑ Flow of SP/ST qi <b><u>Seafood Poisoning</u></b> Calm Fetus	Pungent	LU SP	Don't boil for long time
Jing Jie Schizonepeta	<b><u>Expel W/H &amp; W/C</u></b> Stop bleeding (carbonize) Vent rashes/itching	Pungent	LU LVR	LVR wind patterns Fully erupted Measles or wounds

Fang Feng Ledebouriella Siler	<b><u>Expel Wind (LVR)</u></b> Expel WC Pain, Spasms & Tremours	Pungent  Sweet	LU LVR SP BL	Spasms due to blood xu Yin xu with heat s/s
Bai Zhi Dahuarian angelica root	<b><u>Wind Damp Pus &amp; Swellings</u></b> Pain Opens Nose	Pungent	LU ST	Yin xu
Xin Yi Magnolia Flower	<b><u>Toxic to ST</u></b> Clears Nose W/C	Pungent	LU ST	Overdosing = red eyes / dizziness

### Herbs that Clear Heat

#### Herbs that Clear & Relieve Summer Heat

Fx: clear heat caused by yin xu – yin damaged by exogenous heat.  
Diuretic, Anti-piretic and Produce fluids = decreased thirst

Name	Functions	Taste	Channels	Contraindications
<b>Qing Hao</b> (Sweet worm wood)	<b><u>Reduces heat caused by yin xu</u></b> Cools blood & release summerheat Malaria and rashes	Bitter Pungent Cold	LVR GB KD	Cold Yin Xu Not boiled for long
<b>Di Gu Pi</b> (Wold Berry Bark)	<b><u>Cools blood</u></b> Clear heat from yin xu Clear heat from lungs	Sweet Tasteless Cold	LU KD	Fever due to common cold Weak Sp acc by diarrhea

#### Herbs that clear heat and drain fire

Drain Fire:- Used for Rx interior heat. Properties: Antipyretic, anti-inflammatory & antimicrobial effects

Name	Function	Taste	Channels	Contraindication
<b>Zhi Zi</b> (Cape Jasmine)  (Gardenia Fruit)	<b><u>Very good for Damp- Heat in all 3 Jiao's Clear Heat, Reduce Fire</u></b> Cool Blood, release toxins <b><u>Damp</u></b> , damp heat in	Bitter Cold (very)	HT LVR LU ST SJ	Diarrhoea Weak SP

	lower jiao <b>Skin cond</b> , blood from heat			
<b>Shi Gao</b> (Gypsum)	<b>Clear Heat</b> <b>Sedate Fire</b> Irritability & thirst Delirium High Fever without Chills	Coldest mineral Sweet Pungent	LU ST	Weak ST
<b>Zhi Mu</b> (Anemarrhene Rhizome)	<b>Clear Heat &amp; reduce fire</b> <b>Nourish Yin</b> & moistens dryness Good for menopause, 5 HT's hot, TB Drains heat in the lower jiao	Sweet Bitter Cold	LU ST KD	Diarrhoea Weak SP
<b>Zhu Ye</b> (Bamboo Leaf)	<b>Clear Heat relieve irritability</b> ↑ Urination Good for heat in HT & ST	Sweet Cold	HT LU BL ST SI	Weak ST

### Herbs that clear heat and dry dampness

Clear Heat & Dry Damp: Properties: Antimicrobial, antipyretic & anti-inflammatory effects. (Caution Sp Xu)

Name	Function	Taste	Channels	Contraindication
<b>Huang Qin</b> (Scutellaria Root)	Clear heat, dry <b>damp</b> <b>Upper</b> <b>Jiao</b> ↓ Fire, toxins Bleeding, calms fetus Subdues ↑ yang D/H in intestine dysentery. For threatened miscarriage.	Sweet Cold	HT, LU, ST, SI, GB, LI	Xu Cold
<b>Huang Lian</b> (Coptis Root)	Clear heat & dry <b>damp</b> <b>Middle</b> <b>Jiao</b> ↓ Fire – Epistaxis, HT	Bitter Cold	HT LVR ST LI	Large dose weakens spleen

	fire insomnia Toxins, eyes, sore throat Oral or topical application			
<b>Huang Bai</b> (Phellodendron Bark)	Clear heat & dry <u>damp</u> <u>Lower</u> <u>Jiao</u> ↓ Fire – KD yin xu Toxins Drains KD fire	Bitter Cold	KD BL LI	Weak Cold

### Herbs That Clear Heat and Cool Blood (Cold Herbs)

Cools Blood: Dispels Febrile disease from blood, promoting coagulation.

Chinese Name	Function	Taste	Channels	Contraindication
<b>Sheng Di Huang</b> (Fresh Rehmannia Root)	<u>Major herb for Tonifying Yin</u> Clear Heat, cools blood Nourish Yin, Promote body fluids Does HT fire, bleeding from heat in blood.	Sweet Bitter Cold	HT LVR KD	Xu & damp sp Fullness in chest Diarrhea
<b>Xuan Shen</b> (Scrophularia)	Clears heat, cools blood. Drains fire & relieves toxicity, nourishes Yin <u>Softens hard masses &amp; dissipates swollen neck, nodules</u> Xs menstruation, endometriosis, bruises	Bitter Sweet Salty cold	LU ST KD	SP/ST XU  (Incompatible with Li Lu)
<b>Mu Dan Pi</b> (Moutan Bark)	Clear heat & cool blood Invigorates blood, dispels blood stasis <u>(LVR blood stag)</u> Clears ↑ LVR fire, drains pus/reduces swelling	Acrid Bitter cool	HT LVR KD	XS menstruation Pregnancy Yin Xu
<b>Chi Shao</b> (Red Peony)	Clear heat, cool blood, Invigorates blood (Trauma & injuries) Removes blood stag, Reduce swellings Clears LVR heat (red, swollen Pxful eyes Gyne & skin conditions	Bitter Sour Slightly Cold	LVR SP	Blood Xu  (Incompatible with Li Lu)

## Herbs That Clear Heat & Relieve Toxicity

Relieves Toxicity: Actions:- anti-inflammatory, anti-infectious & diuretic.

Chinese Name	Function	Taste	Channels	Contraindication
<b>Jin Yin Hua</b> (Honeysuckle Flower)	W/H attack, topically application <u>Lower Jiao</u> Clears heat & release toxins (Swelling nodules, breast, throat & eyes) <b>Conjunctivitis</b> Clears D/H in lower jiao (UTI, dysentery, diarrhea)	Sweet Cold	LU ST LI	Diarrhea due to ST/SP cold from Xu
<b>Lian Qiao</b> (Forsythia Fruit)	Clear heat & release toxins <u>Middle Jiao</u> Carbuncles & nodules, W/H attack, neck lumps	Bitter s acrid Cool	HT LU LVR/GB	Heat in blood due to yin xu Diarrhea
<b>Pu Gong Ying</b> (Dandelion Herb)	Clear heat, release toxins Resolve damp, lactation, urination. UTI, turbid urine. Reduces abscess & dissipates nodules, breast lumps	Bitter Sweet Cold	ST <b>LVR</b>	Diarrhea
<b>Da Qing Ye</b> (Isatis leaf)	Clear heat, release toxins <b>Epidemics</b> Cools blood, reduces skin eruptions. (carbuncles, furuncles, High Fever)	Bitter V Cold	HT LU/ST	Weak / Cold SP & ST

## Downward Draining Herbs

### Herbs that purge

Cautions: Weakness of the body due to chronic disease, during menstruation, during pregnancy, after delivery, should not be used once the bowel movement has become normal.

Name	Function	Taste	Channels	Contraindications
<b>Da Huang</b> (Rhubarb) "Purgative"	Promote Bowel Movement, ↓ Fire & release toxins Invigorates blood Skin lesions, xs heat poisons, bl stag, ab masses. Good for damp-heat Yang Ming	Bitter Cold	SP ST HT LI LVR	Nursing mothers Menses Pregnancy
<b>Mang Xiao</b> (Glauber's Salt) "Purgative"	Purge faeces ↓, Softens hard masses, moisten dryness. Clear heat. Red swollen eyes, hot red swollen things. Nodules	Acrid Salty Bitter Very Cold	ST LI	Pregnancy Children Sp xu

## Moist laxatives

Cautions: Weakness of the body due to chronic disease, during menstruation, during pregnancy, after delivery, should not be used once the bowel movement has become normal.

Name	Function	Taste	Channels	Contraindications
<b>Hua Ma Ren</b> (Hemp Seed) “Moist Laxative”	Lubricate intestines, moves faeces. Nourishes yin. For xu cond, old little ladies Clears heat, promotes healing of sores	Sweet Neutral	SP LI ST	Long term use = Spermatorrhea, leucorrhea
<b>Yu Li Ren</b> (BushBerry Seed) “Moist Laxative”	Lubricate intestines, moves faeces. Qi stag in intestines, promote urination & ↓ edema. Folklore-used for insomnia. Toxic on ST. Does urine and faeces.	Acrid Bitter Sweet Neutral	SP LI SI	Depletion of body fluids, Pregnancy

## Aromatic Herbs that Transform Dampness

### Aromatic Herbs that Transform Dampness & awakens Spleen

Revives the Spleen

Damp in the middles Jiao (SP/ST) ab distension, nausea, vomiting etc. SP Xu

(Caution: Can exhaust the qi & injure Yin)

Name	Function	Taste	Channels	Contraindication
<b>Cang Zhu</b> (atractylodis)	Strongly dries damp, strengthen Sp (middles jiao s/s) <b>Expels Wind-Damp</b> Clears damp in lower jiao (damp-heat pouring ↓) Induces sweating & release ext (headaches, no sweating) Improves vision	Acrid Bitter Warm Aromatic	SP ST	Excess Sweating Yin Xu Caution (loose stools)
<b>Hou Po</b> (Magnolia bark)	Promotes flow of qi, transform damp & resolves stag <b>Abdominal Distension, vomiting, diarrhea</b> Warms & transform phlegm, directs rebellious qi ↓	Bitter Acrid Warm aromatic	LI LU SP ST	Pregnancy
<b>Huo Xiang</b>	Aromatically transform damp	Acrid	LU	Yin Xu

(Agastache)	Harmonizes Middle jiao & middle jiao s/s (ab disten, vomiting etc) <b>Release ext &amp; transform turbidity (summerheat)</b>	Slightly warm	SP ST	ST fire
<b>Sha Ren</b> (cardamom)	Diarrhea Transform damp, stops middle jiao s/s Promotes flow of qi, strengthens ST Calms Fetus	Acrid Warm Aromatic	SP ST	Yin Xu

### *Herbs that Dispel Wind-Dampness (Bi Syndrome)*

#### **Herbs that Dispel Wind-Dampness (Bi Syndrome)**

Warm & drying = consumption of Yin & blood

Actions: Release bi, by activating channels, strengthens joints & bones, Stops pain

Properties: - Analgesic, anti-inflammatory, antipyretic and circulation-promoting.  
(Caution with blood/yin xu)

Name	Function	Taste	Channels	Contraindication
<b>Du Huo</b> (angelica root)	Dispels wind-damp & alleviates Px <b>(low back Px)</b> Disperses wind-cold-damp & releases ext Lesser yin stage headache/toothache	Bitter Acrid warm	KD, BL, LVR	Yin xu  (Reports of photosensitivity)
<b>Qin Jiao</b> (Gentiana)	Dispels wind-damp & relaxes sinews Clears heat from Yin xu Resolves damp & reduces <b>jaundice (LVR/GB damp/heat)</b> Moistens intestines & unblocks bowels (dry constipation)	Bitter Acrid Slightly cold	GB LVR ST	Frequent Urination Chronic pain with emaciation Sp Xu w/ diarrhea
<b>Wei Ling Xian</b> (clematis)	Dispels wind-damp, unblocks channels Softens Fish Bones Local distention & accumulation in middle jiao, reduces phlegm & pathogenic water. For body pain in upper and lower body.	Acrid Salty Warm	BL	Qi/Blood Xu
<b>Sang Zhi</b> (Mulberry twig)	<b>Upper back Px</b> Dispels wind, unblocks channels Edema	Bitter Sweet Slightly	LVR	

		cold		
<b>Sang Ji Sheng</b> (Mulberry parasite)  (Mulberry mistletoe)  (Loranthus)	Tonifies Yin Expels wind-damp, strengthen sinews/bones LV/KD Yin with <b>Low back, knee, joint Px</b> (Chinese version of glucosamine) Nourishes blood, calms the womb Nourishes blood, benefits skin Hbp	Bitter Neutral	KD LVR	Overdose leads to vomiting, diarrhea and death

### Herbs that Drain Dampness

#### Herbs that Drain Dampness

Tonify the Qi & yang of SP/KD

Diuretics. (Caution: Yin Xu or depleted fluids)

Name	Function	Taste	Channels	Contraindication
<b>Fu Ling</b> (Hoelen)  (Cocos Poris)	<b>Major for urine problems</b> Promotes urination & leaches out damp Strengthens Sp, regulates middle jiao Transform phlegm Quiets HT & calms the spirit	Sweet Bland Neutral	HT SP LU	Frequent copious urination due to cold from xu
<b>Zhu Ling</b> (Sclerotium)	Promotes urination & leaches out damp Scanty urine, discharge, UTI, jaundice & diarrhea	Sweet Bland Cool	SP KD BL	Long term use may injure Yin
<b>YI YI Ren</b> (Pearl Barley)  (Seeds of jobs tears)	Promotes urination, leaches out damp (edema, urine problems) Strengthens Sp, stops diarrhea Clears heat & expels pus. (carbuncles/abscess) Clears damp-heat Warts, Cystitis.	Sweet Bland Slightly cold	SP LU KD	Pregnancy
<b>Che Qian Zi</b> (plantago seeds)	Promotes urination, clears heat (UTI, edema) Solidify stools (diarrhea) Clears the eyes (LVR/KD Xu) Expels phlegm & stops cough.	Sweet, Cold, Bland	BL KD LVR LU	Pregnancy



<b>Jin Qian Cao</b> (Lysimachia)	Promotes urination, unblocks UTI & stones. Clears Damp/Heat from LVR/GB jaundice / red swollen eyes Reduces toxicity & swelling snakebite/abscess	Sweet Bland Neutral	BL GB KD LVR	
<b>Yin Chen Hao</b> (Capillaries)  (Oriental Wormwood)	Clears d/h from LVR/GB, relieves <u>jaundice</u> Clears heat & releases ext	Bitter Acrid Cool	LVR SP GB ST	

### Herbs that Regulate Blood

#### Herbs that Regulate Blood – Invigorates Blood

Herbs that Invigorate Blood Actions: Harmonizes, moves, dispel stag. Natures: Pungent, aromatic, slightly warm/cool, salty.

(Never use alone, used with herbs for underlying problem) (Tao Ren & Hong Hua used together a lot)

Name	Function	Taste	Channels	Contraindication
<b>Chuan Xiong</b>	Invigorates blood, promotes movement of Qi Expels wind & alleviates Px <u>Directs Blood upwards &amp; Headaches</u>	Acrid Warm	LIV GB PC	Yin Xu LIV Yang Rising Qi Xu Xs menses bleeding
<b>Yan Hu Suo</b> (Corydalis Tuber)	Invigorates Blood & alleviates Px Promotes movement of Qi, <u>alleviates Px</u>	Acrid Bitter Warm	HT LIV LU ST	Pregnancy
<b>Dan Shen</b> (Red Sage Root)	Invigorates Blood, breaks up blood stag Clears Heat Soothes irritability Promotes Menses	Bitter Slightly cold	HT PC LIV	Caution in cases w/out blood stag
<b>Tao Ren</b> Peach seeds (Kernals)	Breaks up Blood Stag Moistens Intestines & unblocks bowels Mild Laxative	Bitter Sweet Neutral	HT LI LIV, LU	Pregnancy
<b>Hong Hua</b> (Safflower)	Invigorates Blood & unblocks menses Dispels blood stag & alleviates Px	Acrid Warm	HT LIV	Pregnancy
<b>Niu Xi</b>	Invigorates blood & Expels blood	Bitter	LIV	Pregnancy

“Ox Knee” (Achyranthes Root)	stag Strengthens sinews & bones, benefits joints Clears damp-heat in lower jiao Directs Blood Downwards	Sour Neutral	KID	Diarrhea due to SP Xu Xs Menses & Spermatorrhea due to weak basal Qi
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### Herbs that Regulate Blood – Stops Bleeding

Stop Bleeding Actions: cools blood, astringing (holding in), resolve blood stag, warm channels.  
(Never use alone, used with herbs for underlying problem)

Name	Function	Taste	Channels	Contraindication
<b>Da Ji</b> (Big Thistle)	Cools the blood & stops bleeding (Hot Blood) Carbuncles, sores, swelling. (can be applied topically)	Sweet Cool	LIV SP	ST/SP Cold from Xu
<b>Bai Ji</b> Bletilla Tuber)	Restraints leakage of blood/ Stops bleeding <u>Major Coughing/Vomiting blood</u> herb	Bitter Sweet Cool	LU ST LIV	Counteracts with Wu Tou & Fu Zi
<b>San Qi</b> (Notoginseng)	Stops Bleeding & transform blood stag <u>Moves Blood, Traumatic Injury</u> Chest/AB Px	Sweet Slightly bitter Warm	LIV ST LI	Blood Xu
<b>Ai Ye</b> (Mugward Leaf)	Warms womb & stops bleeding/calms Fetus Disperses Cold & alleviates Px Menses Px (cold) <u>Cold Bleeding</u>	Bitter Acrid Warm	SP LIV KID	Heat in Blood Yin Xu

### *Herbs that are Astringent*

#### Herbs that are Astringent

Used for Xu conditions. They are assisting herbs; underlying problems need to be RX.

Stops sweating, check diarrhea, control essence, hold in urine, stop leucorrhea.  
Used for weakness from chronic disease or unconsolidated anti-pathogenic qi.

Contraindications: E.P.F, int damp, heat.

Name	Function	Taste	Channels	Contraindication
<b>Wu Wei Zi</b> (Schisandra fruit)	<u>Astringe LU's &amp; Nourish Kid</u> Body fluids, astringe sweat Essence, diarrhea Calms HT, soothe mind	Sour Warm	LU KID	Early stages of cough or rubella. Xs int heat with unrelieved ext.
<b>Shan Zhu Yu</b> (Dogwood fruit)	Tonify LIV & KID Astringe sweating Stop sweating Use large doses for shock	Sour & Slightly Warm	KID LVR	Damp heat Dysuria
<b>Lian Zi</b> (Lotus seed)	<u>Tonify SP, stops diarrhea</u> Reinforces KID & Controls essence Nourish Blood & calms mind HT-KID Connection	Sweet Astringent Neutral	HT KID SP	constipation

### *Herbs that expel Parasites*

#### **Herbs that Expel Parasites**

**RX;** round worm, tapeworm, pinworm, hookworm, other intestinal parasites & candidia. Short term use. Bitter, pungent, St Sp Li. Contr: pregnancy, xu constitution.

Name	Function	Taste	Channels	Contraindication
<b>Shi Jun Zi</b> (Rangoon fruit & seeds)	<u>Roundworm</u> Kill parasites Food Stagnation.	Sweet warm	ST SP	Overdosage = hiccups, dizziness, vertigo, & vomiting.
<b>Nan Gua Zi</b> (Pumpkin Seed)	<u>Round &amp; Tapeworm</u> Insufficient Lactation Alleviates Px	Sweet neutral	ST LI	

### *Herbs that calm Shen and Nourish the Heart*

#### **Herbs that calm the Shen, nourish Heart & calm the mind**

Herbs which are milder. All do insomnia.

Name	Function	Taste	Channels	Contraindication
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<b>Suan Zao Ren</b> (Wild Jujube seed)	<u>Lvr yin Xu insomnia</u> Nourish bl, tranq mind Irritability, stop sweating Ht Bl Xu, Ht & Lvr yin XU & Bl Xu Menopause, postpartum, night sweats	Sweet Neutral	LIV Ht	
<b>Bai Zi Ren</b> (Arborvitae seed)	<u>Ht Bl Xu insomnia</u> Nourish Bl, Tranq mind Moisten int, move feces Good 4 elderly and Xu's	Acrid Sweet Neutral	Li Ht LIV Sp Kid	Loose stools, xs phlegm
<b>Yuan Zhi</b> (Polygala Root)	<u>Pent up emotions</u> Calms mind, clear orifices Mental disorientation, Xs bruding Expels phlegm in Lu's	Bitter Acrid Warm	Lu Ht Kid	Gastric ulcers or gastritis
<b>He Huan Pi</b> (Albizia Bark)	Lvr Qi Stagn Tranq mind, relieve depression* Invigorate Bl & reduce swellings Pain, trauma, fractures.	Sweet Neutral	Lvr Ht	

*Herbs that Pacify Liver and Subdue Endogenous Wind*

**Herbs that Pacify the Liver & Subdue endogenous Wind**

S/S Tremors, convulsions, spasms, dizziness, vertigo

Name	Function	Taste	Channels	Contraindication
<b>Mu Li</b> (Oyster Shell)	<u>Settle &amp; calm Spirit</u> Pacify Lvr & Subdue Yang Soften hard masses ( <b>endometriosis</b> ), release nodules Stop sweating, nocturnal emissions & leukorrhagia Benefits yin Masses in Lower Ab, irritability, poor temper	Salty Astringent Cool	LIV Kid	Cook B 4 other herbs
<b>Gou Teng*</b> (Uncaria stem)	Eliminate Int Wind, stop spasm Clear heat, & pacify Lvr	Sweet Slightly	Pc Lvr	Don't cook for too long

	HBP in Pregnancy Releases the ext. <b>Heat induced wind &amp; W/H</b>	Cold		
<b>Tian Ma*</b> (Gastrodia Tuber)	Eliminate wind, stop spasm Pacify Lvr, Subdue Yang Pain, H/A's, Migraines Wind phlegm, wind stroke, hemaplegia <b>W/D P.O.S</b>	Sweet Slightly Warm	Lvr	
<b>Bai Ji Li</b> (Tribulus fruit)	Pacify Lvr, Subdue Yang Promote flow of Qi in Lvr, Stagn, expel wind Stop itching, brighten eyes, Int & Ext wind Vitaligo & Skin cond. <b>Lvr Qi Stag</b>	Sweet Neutral	Lvr Ht	

\* these two herbs do headache, dizziness and vertigo.

### Herbs that Regulate Qi

#### Herbs that Regulate Qi

Primary Disorders of Qi: Xu and Stagnation

Major types of Stag: SP/ST Qi Stag, Liv Qi Stag, Lung Qi Stag

Actions: Aromatic, Pungent, Bitter & Dry

Name	Function	Taste	Channels	Contraindication
<b>Chen Pi</b> (Tangerine Peel)	Regulates Qi in middle jiao (ab disten, belching etc) Prevents stasis/rebellious qi Dries <u>damp</u> & transform <u>phlegm</u>	Acrid Warm Bitter Aromatic	LU SP ST	
<b>Zhi Shi</b> (immature bitter orange)	Breaks up stag Qi, reduces accumulation Directs qi ↓, unblocks bowels Transform phlegm & expels focal distention HBP <u>Stag in Chest/Upper Back</u>	Bitter Acrid Slightly cold	LI SP ST	
<b>Xiang Fu</b> (cyperus)	Spreads & regulates LVR Qi Regulates menses & alleviates Px <u>Upper Ab Px</u>	Acrid Slightly bitter/cold Neutral	LVR SJ	

<b>Mu Xiang</b> (Costus Root)	Promotes movement of qi & alleviates Px Adjust/Regulates qi in Intestines Strengthens SP & prevents stasis <u>Px in ParaUmbilical</u>	Acrid Bitter Warm	GB LI SP ST	Yin Xu Depleted Fluids
<b>Chuan Lian Zi</b> (Sichuan Chinaberry)	Promotes the movement of qi & stops Px Clears <u>heat</u> , dries damp, regulates qi & alleviates Px Kills parasites & stops Px Lower Ab Flank Px	Bitter Cold Slightly Toxic	BL LIV SI ST	SP/ST Xu

### *Herbs that Relieve Food Stagnation*

#### **Herbs that Relieve Food Stagnation**

These herbs increase GIT secretion action (Tonify ST/SP)

Enzyme action (Fermentation)

Name	Function	Taste	Channels	Contraindication
<b>Shan Zha</b> (Hawthorn Fruit)	Reduces & guides out food stag (accumulation due to food stag) Transform blood stasis & dissipates clumps (ab Px due to blood stag) Stops Diarrhea HBP	Sour Sweet Slightly Warm	LIV SP ST	ST/SP Xu w/out food stag
<b>Shen Qu</b> (Medicated Leaven)	Reduces food stag & harmonizes ST Added to pills to aid digestion & absorption	Sweet Acrid Warm	SP ST	ST Fire
<b>Mai Ya</b> (Germinated Barley)	Reduces food stag, strengthens ST (poor digestion) Inhibits Lactation Facilitates smooth flow of Qi	Sweet Neutral	LIV SP ST	

### *Herbs that open the Orifices*

#### **Herbs that open the orifices**

Rx: closed & locked up syndrome, XS cond. Sudden onset Action: scatter energy Stimulate CNS. Always use w other herbs. Have a strong smell Aromatic substances.

S/s: L.O.C, delirium, epilepsy, convulsions or wind stroke.

Causes: febrile D. Heat enters Ying level.

Cautions: Short term use, pregnancy, heavy bleeding, coma due to Xu.

Name	Function	Taste	Channels	Contraindication
<b>Shi Cheng Pu</b> (Grass-leaved sweetflag)	<b>Open orifices</b> Damp & harmonise St. Tranq mind.	Warm pungent	HT St	Frequent copious urination due to cold from xu

### *Herbs that transform Phlegm and stop Coughing*

#### Herbs for cough and wheezing

Name	Function	Taste	Channels	Contraindication
<b>Xing Ren</b> (Apricot Seed)	<b>Hot &amp; Cold cough</b> Stop Cough, relieve Asthma, moisten intestines, move stools	Bitter Slightly Warm Slightly Toxic	LU LI	Caution in infants
<b>Zi Wan</b> (Aster Root)	Resolve Phlegm & Stop cough Chronic Cough Cold induced Cough	Bitter Sweet Slightly Warm	LU	Overdosing should be avoided as herb is slightly toxic. Caution in infants
<b>San Bai Pi</b> (White Mulberry)	Reduce heat in Lu's, soothe asthma Promote urination, reduce edema Lowers Bl pressure	Sweet Cold	LU	N/A
<b>Pi Pa Ye</b> (Loquat leaf)	Resolve phlegm, stop cough Rebellious Qi downwards, stop vomiting, heat in St Hot Lu cough, heat in Lu's	Bitter Acrid Warm	SP LIV KID	Heat in Blood Yin Xu
<b>Suzi</b> (Perilla seed)	Stop cough, soothe asthma, moisten intestines, move feces Redirects Lu Qi down, dissolve phlegm, Difficult exhalation.	Pungent Warm	LU LI	Chronic Diarrhea

### Herbs that Resolve Cold Phlegm

S/S: profuse sticky phlegm, asthma, scrofula, goiter, epilepsy, convulsions, & yin curbuncles

Name	Function	Taste	Channels	Contraindication
<b>Ban Xia</b> (Pinellia tuber)	Dry damp, resolve phlegm Rebelious qi downwards, stop vomiting Reduce distention, disperse nodles Good 4 scrofula	Pungent Warm toxic	Lu SP ST	Dry Cough (yin Xu) Cough due to Phlegm heat
<b>Ji Geng</b> (Platycodon root)	<b>Hot &amp; cold Cough</b> Directs other herbs up Promote the dispersing Fx of Lu's, resolve phlegm Expel pus, tonsillitis, larangitis	Bitter Pungent Neutral	Lu	Haemoptisis

### Herbs that Resolve Hot Phlegm

S/S: profuse sticky phlegm, asthma, scrofula, goiter, epilepsy, convulsions, & yin curbuncles

Name	Function	Taste	Channels	Contraindication
<b>Chuan Bei Mu</b> (Fritillary bulb)	<u>Moisten Lu, resolve Phlegm</u> Stop cough, clear heat, release nodules Breast Abscess, Bl in sputum, tightness in chest, Excellent 4 cough	Bitter Sweet Slightly Cold	HT  LU	Weak Sp/St
<b>Zhu Ru</b> (Bamboo Shavings)	<u>Clear heat, resolve Phlegm</u> Relieve irritability, stop vomiting Morning sickness, nose bleeds, vomiting blood	Sweet Slightly Cold	ST LU GB	
<b>Gua Lou</b> (Trichosanthes fruit)	<b>Hot cough, mastitis, Lu &amp; Breast abscess</b> Clear heat, resolve phlegm Moisten dryness, move feces Reg Qi in chest & disperse nodules	Sweet Cold	LU LI ST	Weak/cold Xu Sp

### Herbs that Tonify Deficiencies



## Herbs that tonify Blood

Used for : Xu Blood Syndrome

S/S: sallow complexion, pale lips & nails, dizziness, blurred vision, palpitations, anxiety, scanty & light menses, amenorrhea.

Nature: Rich & cloying, sweet. Difficult to digest but build up sp

Contra: poor appetite, ad distention, turbid damp in sp/st,

Because "Qi can generate bl" herbs that tonify qi may enhance therapeutic effect of tonifying blood.

Name	Function	Taste	Channels	Contraindication
<b>Dang Gui</b> (Chinese Angelica root)	<b>Replenish Bl, invigorate Bl</b> Stop pain Moisten intestines	Sweet pungent warm	Lvr Ht sp	Xs damp in Sp/St Diarrhea, loose stools
<b>He Shou wu</b> (Fleece Flower)	Nourish Bl, replenish essence Moisten intestines Move stools Release toxins (pus, scrofula, wind rash)	Bitter Sweet Astringent Slightly warm	Lvr Kid	Severe phlegm damp diarrhoea
<b>Bai Shao</b> (White peony root)	Nourish blood & consolidate yin Pacify lvr & stop pain Soothe lvr yang (periods, menopause)	Bitter sour slightly cold	lvr sp	Cold or Xu yang
<b>Ejiao</b> (Donkey gelatin)	Nourish Bl Stop Bleeding Replenish Yin & moisten Lu's	Sweet neutral	Lu Lvr kid	Weak sp & st
<b>Shu Di Huang</b> (Prepared rehmannia root)	<b>Major herb in all yin tonifying formulars</b> Nourish Blood & replenish Yin (Bl Xu menses prob's) Post partum, Xu Kid Yin	Sweet Slightly warm	Ht Lvr Kid	Qi stag & profuse phlegm Epi pain, ab distention Poor appetite & diarrhoea

## Herbs that tonify

Tonify Xu, strengthen or supplement body 's resistance against Disease.

Cautions: used only in Xu cond & not excess.

## Herbs that tonify Qi

Rich, sweet, cloying, bitter, bland, neutral, slightly warm. Use: Xu cond of Sp & Lu. Cautions overdosing = Men, ab distention, poor appetite.

Name	Function	Taste	Channels	Contraindication
<b>Ren Shen</b> (Ginseng)	<b><u>Replenish Qi, prevent collapse, strengthen yang</u></b> Tonify Sp & Lu Body fluids, relieve thirst Calm Ht, Sooth mind Good after surgery, D.M 2, Bl & Qi Xu Memory	Sweet Slightly warm	SP LU	Heat s/s Xs cond.
<b>Xi Yang Shen</b> (American Ginseng)	<b><u>Replenish Qi, promote b.fluids</u></b> Nourish Yin & clear heat Chronic fevers	slightly Sweet Bitter Cool	Ht Lu Kid	Cold & damp in St Cook B 4 other herbs
<b>Dang Shen</b> (Asiabell root)	<b><u>Replenish Qi</u></b> Tonify Qi & M.Jiao L.o.A, lassitude, chronic illness w weak Sp S.O.B, tonify Lu, chronic cough Nourish B.fluids Dose 3-5x > than Ren shen	Sweet neutral	SP LU	
<b>Huang Qi</b> (Astragalus root)	<b><u>Replenish Qi &amp; Yang to ↑</u></b> Benefit Qi & stabilize int Release toxins, healing H2o Metab & ↓ oedema Prolapse, wei qi, pus, Tonify Qi & blood	Sweet Slightly warm	Sp LU	Yin Xu & hyper Yang Qi Stag, Damp, food retention, ext xs cond Early curbuncles/furuncles
<b>Bai Zhu</b> (White atractylodes)	<b><u>Replenish Qi, strengthen Sp</u></b> Damp & water metabolism Stop sweating & calm fetus Bi syndrome	Bitter Sweet warm	Sp st	Thirst with exhaustion of body fluids
<b>Shan Yao</b> (Chinese Yam)	Strengthen Sp & St Tonify Lu & Kid Moistening D.M. 1	Sweet neutral	Sp Lu Kid	Food retention
<b>Gan Cao</b> (Licorice root)	Replenish Qi tonify Sp Moisten lu's stop cough Relax spasms, stop pain Moderate action of herbs Reduce fire release toxins	Sweet neutral	Ht Lu Sp St All channels	XS damp=distention & fullness in chest & abs Vomiting Overdosing=oedema

### Herbs that tonify

Tonify Xu, strengthen or supplement body 's resistance against Disease.

Cautions: used only in Xu cond & not Xs.

### Herbs that tonify Yang

RX: yang xu syndrome, mainly Kid yang Xu, sp & Ht yang xu

S/S: aversion to cold, cold extremities, soreness & weakness or cold/pain in lumbar or knees, impotence, spermatorrhea, sterility, watery leucorrhea, enuresis

Nature: Warm & dry. Can injure yin & give rise to fire.

Contra: xs cond. Heat. Yin xu

Name	Function	Taste	Channels	Contraindication
<b>Lu Rong</b> (Deer antler fur)	replenish Bl & essence Tonify Kid Yang <b>Strengthen bones &amp; sinews.</b>	Sweet salty warm	Lvr Kid	Overdosing=red eyes, consumption of yin. Contra for yin xu w hyper yang, heat in bl, xs fire in St, phlegm heat in lu, & febrile Disease
<b>Yin yang Huo</b> (epimedium)	Tonify Kid & Strengthen Yang Expel wind & damp Tonify's Yin & Yang (Drying)	Pungent Sweet warm	Lvr Kid	Xu yin w xs fire
<b>^Du Zhong *</b> (Eucommia Bark)	Tonify Lvr & Kid, Strengthen bones & tendons Calm fetus, prevent miscarriage eclampsia	Sweet warm	Lvr kid	Xu yin w xs fire
<b>^Xu Dan</b> (Teasel root)	Tonify lvr & kid Promote flow of bl Strengthen bones & sinews (fixes whats broken) Good 4 trauma Calm fetus			

\* most common.

^ these 2 herbs calm fetus

### Herbs that tonify

Tonify Xu, strengthen or supplement body 's resistance against Disease.

Cautions: used only in Xu cond & not Xs.

## Herbs that tonify yin

**Rx:** Yin Xu Syndromes That occur in later stage of febrile D or in chronic D. Lung Yin Xu, St Yin xu, Lvr Yin Xu, Kid Yin Xu.

**Lu S/S:** dry cough, bl, fever, dry mouth & Tongue

**St S/s:** dark red tongue peeled coat, dry throat thirst, absence of hunger constipation

**Lvr Yin Xu:** dry eyes blurred vision, dizziness vertigo

**Kid Yin Xu:** sore lower back & Knees, 5 ht's hot, irritability, insomnia, seminal emissions, afternoon fever

**Nature:** cold, sweet, rich & cloying

**Action:** tonify, moisten, improve & nurture yin. Moisten dryness, calm spirit, transform phlegm, moisten Int, produce fluids alleviate thirst, tonify bl, stop bleeding & increase strength. **Regulate fluid metabolism**

**Contraindicated:** Sp/St Qi Xu, phlegm & dampness.

Name	Function	Taste	Channels	Contraindication
<b>Sha Shan~</b> (Glenhnia Root)	Strengthen ST, promotes body fluids <b>Clear Lu's, Tonify Yin</b>	Sweet Slightly cold	LU ST	Xu cold
<b>Mai Dong~</b> (Ophiopogon root)	Strengthen ST, promotes body fluids Nourish Yin, Moisten LU's Heat in HT & irritability	Sweet Bitter Slightly cold	LU HT ST	Cough due to W/C Phlegm & turbid Damp Diarrhea due to Xu Cold in Sp/St
<b>Mo Han Lian^</b> (Eclipta)	Nourish Yin, Tonify KID Cools Blood, Stops bleeding, Baldness	Sweet Sour cold	LIV KID	SP/St Xu Diarrhea due to cold
<b>*Gou Qi Zi ^</b> (Wolfberry fruit)	Tonify kidneys & promote production of jing Nourish Liver & brighten the eyes Moisten the lungs	Sweet neutral	LIV LU KID	Diarrhea due to Xu
<b>*Nu Zhen ZI^</b> (Grossy Privet fruit)	Tonify LIV & KID, Brighten eyes & clears heat	Sweet bitter cool	LIV KID	Yang Xu Sp/St xu Diarrhea due to cold

\* Brightens eyes

^ Lvr & Kid Yin Xu

~ Lu & St Yin XU

## *Warm the Interior and Expel Cold*

### Herbs that Warm the Interior and Expel Cold

Treat int cold, which can be internally created or result of an invasion of cold into organs (ST/SP).  
 These herbs stimulate blood flow (caution w/ yin xu and pregnancy)

Name	Function	Taste	Channels	Contraindication
<b>Fu Zi</b> (Aconite)	<u>Illegal, warms KID + SP Yang</u> Restores Devastated Yang Warms Fire & assist Yang Disperses cold, warms channel & alleviates Px	Acrid Hot Toxic	HT KID SP	Yin Xu Pregnancy
<b>Gan Jiang</b> (Dried Ginger)	<u>COLD, SP XU</u> Warms middles expels cold Rescues devastated yang & expels int cold Warms lungs, transforms phlegm Warms Channels, stops bleeding	Acrid Hot	HT LU SP ST	Yin Xu
<b>Rou Gui</b> (cinnamon bark)	Warms KID, fortifies Yang. KID yang Xu & MING MEN SP yang Leads fire back to its source Disperses deep cold, warms the channels Encourages the generation of Qi / Blood	Acrid Sweet Hot	HT KID LVR SP	Yin Xu Interior xs heat

## 50 Fundamental Herbs

In Chinese herbology, there are 50 "fundamental herbs." These include:

1. Agastache rugosa - huòxiāng (藿香)
2. Alangium chinense - bā jiǎo fēng (八角枫)
3. Anemone or Pulsatilla chinensis - bái tóu wēng (白头翁)
4. Anisodus tanguticus - shān làngdàng (山萹荬)
5. Ardisia japonica - zǐjīn niú (紫金牛)
6. Aster tataricus - zǐwǎn (紫菀)
7. Astragalus membranaceus - huángqí (黄芪) or běiqí (北芪)
8. Camellia sinensis - chá shù (茶树) or chá yè (茶叶)
9. Cannabis sativa - dà má (大麻)
10. Carthamus tinctorius - hóng huā (红花)
11. Cinnamomum cassia - ròu guì (肉桂)

12. *Cissampelos pareira* - xī shēng téng (锡生藤) or (亞乎奴)
13. *Coptis chinensis* - duǎn è huánghuā (短萼黄连)
14. *Corydalis ambigua* - yán hú suǒ (延胡索)
15. *Croton tiglium* - bā dòu (巴豆)
16. *Daphne genkwa* - yuánhuā (芫花)
17. *Datura metel* - yáng jīn huā (洋金花)
18. *Datura tatula* - zǐ huā màn tuó luó (紫花曼陀罗)
19. *Dendrobium nobile* - shí hú (石斛) or shí hú lán (石斛兰)
20. *Dichroa febrifuga* - chángshān (常山)
21. *Ephedra sinica* - cǎo má huáng (草麻黄)
22. *Eucommia ulmoides* - dùzhòng (杜仲)
23. *Euphorbia pekinensis* - dàjǐ (大戟)
24. *Flueggea suffruticosa* (formerly *Securinega suffruticosa*) - yī yè qiū (一叶秋)
25. *Forsythia suspensa* - liánqiào (连翘)
26. *Gentiana loureiroi* - dì dīng (地丁)
27. *Gleditsia sinensis* - zào jiá (皂荚)
28. *Glycyrrhiza uralensis* - gāncǎo (甘草)
29. *Hydnocarpus anthelmintica* (syn. *H. anthelminthicus*) - dà fēng zǐ (大风子)
30. *Ilex purpurea* - dōngqīng (冬青)
31. *Leonurus japonicus* - yì mǔ cǎo (益母草)
32. *Ligusticum wallichii* - chuānxiōng (川芎)
33. *Lobelia chinensis* - bàn biān lián (半边莲)
34. *Phellodendron amurense* - huáng bǎi (黄柏)
35. *Platycladus orientalis* (formerly *Thuja orientalis*) - cèbǎi (侧柏)
36. *Pseudolarix amabilis* - jīn qián sōng (金钱松)
37. *Psilopeganum sinense* - shān má huáng (山麻黄)
38. *Pueraria lobata* - gé gēn (葛根)
39. *Rauwolfia serpentina* - (從蛇根木) or (印度蛇木)
40. *Rehmannia glutinosa* - dì huáng (地黄) or gān dì huáng (干地黄)
41. *Rheum officinale* - yào yòng dà huáng (药用大黄)
42. *Rhododendron tsinghaiense* - Qīnghǎi dùjuān (青海杜鹃)
43. *Saussurea costus* - yún mù xiāng (云木香)
44. *Schisandra chinensis* - wǔ wèi zǐ (五味子)

45. *Scutellaria baicalensis* - huángqín (黄芩)
46. *Stemona tuberosa* - bǎi bù (百部)
47. *Stephania tetrandra* - fáng jǐ (防己)
48. *Styphnolobium japonicum* (formerly *Sophora japonica*) - huái (槐), huái shù (槐树), or huái huā (槐花)
49. *Trichosanthes kirilowii* - guālóu (栝楼)
50. *Wikstroemia indica* - liǎo gē wáng (了哥王)

## Ayurveda

Ayurveda or Ayurvedic medicine is a system of traditional Hindu medicine native to the Indian subcontinent that originated about a thousand years ago. Contemporary practices derived from Ayurvedic traditions are a type of alternative medicine. Ayurveda is a discipline of the upaveda or "auxiliary knowledge" in Vedic tradition. Currently, there are no national standards for the certification training or licensing ayurvedic practitioners in the United States or Canada.

Ayurveda is based on the notion that good health depends on the balance between mind, body, and spirit and focuses on restoring balance in the body through a personalized plan that can include massage, specialized diets, herbs, aromatherapy, and exercise.

The ayurveda concept states that everyone is made of a combination of five elements: air, water, fire, earth, and space. These elements combine in the body to form three energies or life forces, called doshas: vata, kapha, and pitta. Although there is a unique mix of the three doshas, one dosha is usually the most influential.

In ayurveda, the balance of a person's doshas is thought to explain some of his or her individual differences and the likelihood of illness. An imbalanced dosha is believed to interrupt the natural flow of vital energy, or prana. The disrupted energy flow is thought to impair digestion and allow the build up of body waste, or ama, which further impairs energy and digestion.

People are thought to be born with a combination of the doshas. There are usually one or two dominant doshas which determine our physical, mental, and emotional characteristics. The dominant dosha is the reason why, for example, one person may not be able to tolerate humidity or oily foods while another person may have no reaction to them.

In ayurveda, each of the doshas thrives under a specific diet, lifestyle, and exercise regimen. An imbalance among the doshas can be corrected by changing diet and lifestyle factors. If left unchecked, an imbalance can lead to illness.

An ayurvedic practitioner may assess a person by taking a personal and family history and performing a physical examination.

A person's tongue color may suggest that he or she has a dosha imbalance. For example, a whitish tongue coating may indicate an accumulation of mucus and imbalance in the kapha dosha.

Each dosha is also associated with a different type of pulse. An Ayurvedic practitioner assesses six pulse points on each wrist (three superficial pulses and three deep pulses). The eyes and fingernails are also observed during an ayurvedic assessment. If the whites of the eyes are reddish in color and the nails are medium pink, it may suggest a pitta dosha.

Here are some characteristics of the three doshas:

*Vata Dosha:* Slender with prominent features, moody, impulsive, enthusiastic. This dosha is associated with the large intestine, pelvis, bones, ears, thighs, and skin.

*Pitta Dosha:* Medium build, well-proportioned, stable weight. This dosha is associated with the small intestine, stomach, sweat glands, eyes, skin, and blood.

*Kapha Dosha:* Solid, heavy, strong, with a tendency to be overweight. This dosha is associated with the lungs, chest, and spinal fluid.

## A Typical Ayurvedic Assessment

An initial assessment with an ayurvedic practitioner may include detailed questions about your health, diet and lifestyle. The practitioner will listen to 12 different pulse points on your wrists, as well as, examine the tongue for clues about areas of the body that may be out of balance. The appearance of the skin, lips, nails, and eyes is also observed. After the assessment, the practitioner will determine the balance of the doshas. One dosha is usually dominant and may be imbalanced. The practitioner also determines you're the health constitution, or prakut.

After the assessment, the practitioner typically creates an individualized treatment plan including diet, exercise, herbs, yoga, meditation, and massage. The treatment plan generally focuses on restoring balance to one or two doshas.

Diet - A specialized diet may be recommended to balance a person's doshas.

### *List of foods thought to balance each dosha.*

#### Vata

##### **Balancing Foods**

Fruit - Apricots, Avocado, Bananas, Berries, Dates, Fresh Figs, Grapefruit, Grapes, Kiwi, Lemons, Mango, Melon, Oranges, Papaya, Peaches, Pineapple, Plums, Strawberries. Sweet fruits are balancing. No dried fruits.

Vegetables - Artichoke, Asparagus, Beets, Carrots, Cucumber, Green Beans, Leeks, Mustard Greens, Okra, Olives, Onion, Parsnip, Potato, Squash, Watercress, Zucchini. Cooked vegetables are most balancing. Avoid raw vegetables.

Grains - Amaranth, Oats, Rice, Wheat, Wild Rice



Legumes and Nuts - Adzuki beans, Almonds, Black lentils, Brazil Nuts, Cashews, Flax, Hazelnuts, Mung beans, Peanuts, Pecans, Pine Nuts, Pistachios, Pumpkin, Red lentils, Sesame, Soy cheese, Soy milk, Sunflower, Tofu, Walnuts

Meat - Beef (occasionally), Chicken or Turkey (white meat), Duck, Eggs, Freshwater Fish, Seafood, Shrimp

Herbs, Spices, Condiments - Brown Rice Syrup, Honey, Maple Syrup, Molasses, other sweeteners than White Sugar, Allspice, Almond Extract, Anise, Basil, Bay Leaf, Black Pepper, Caraway, Cardamom, Cayenne, Chamomile, Cinnamon, Cloves, Coriander, Coconut, Cottage Cheese, Cumin, Dill, Fennel, Garlic, Ghee, Ginger, Mustard, Nutmeg, Onion, Oregano, Parsley, Peppermint, Poppy Seeds, Rosemary, Sage, Spearmint, Spirulina, Tamarind, Tarragon, Thyme, Pickles, Salt, Seaweed, Soy Sauce, Turmeric, Vanilla

Dairy - Buttermilk, Cow's Milk, Cheese, Goat's Milk, Goat Cheese, Yogurt. All is moderation.

## **Pitta**

### **Balancing Foods**

Fruit - Apples, Avocado, Berries, Dates, Figs, Grapes, Mango, Melons, Pears, Pineapples, Plums, Pomegranate, Prunes, Raisins, Watermelon. Sweet fruits are balancing. Sour fruits are aggravating.

Vegetables - Artichoke, asparagus, bell pepper, broccoli, brussels sprouts, cauliflower, cucumber, celery, green beans, leafy greens, mushrooms, okra, parsley, parsnip, peas, potatoes, squash, sprouts, zucchini. Sweet and bitter vegetables are balancing.

Grains - Barley, Cooked Oats, Basmati Rice, White Rice, Wheat, Wheat Bran, Wheat Granola are balancing. Amaranth, Buckwheat, Millet, Oat granola, Quinoa, Brown Rice and Rye are aggravating.

Legumes and Nuts - All beans except black and red lentils are balancing, such as adzuki beans, chickpeas, kidney beans, soy beans, split peas and tofu. Coconut, psyllium, pumpkin and sunflower are balancing. Almonds, Brazil Nuts, Cashews, Chia, Filberts, Flax, Macadamia Nuts, Peanuts, Pecans, Pine Nuts, Pistachios and Sesame are aggravating.

Meat - Chicken white meat, turkey white meat, egg white, freshwater fish, shrimp (in moderation) are balancing.

Beef, egg yolk, duck, lamb, pork, venison and seafood other than shrimp are imbalancing.

Herbs, Spices and Condiments - Maple Syrup, Fruit Juice Concentrate, Barley Syrup, Brown Rice Syrup, and other sweeteners except for honey and molasses, Coconut, Coriander, Cumin, Dill Fennel, Ghee, Mint, Orange Peel, Peppermint, Saffron, Seaweed, Spearmint, Sprouts, Turmeric, Wintergreen are balancing. Chili peppers, Garlic, Ginger, Horseradish, Ketchup, Mustard, Lemon, Mayonnaise, Onions, Pickles, Salt, Sesame Seeds, Soy Sauce and Tamari are aggravating.

Dairy - Butter (unsalted), Cottage Cheese, Mild Soft Cheeses, Ghee, Cow's Milk, Goats Milk are balancing.

Salted butter, Buttermilk, Hard Cheese, Feta Cheese, Sour Cream and Yogurt are aggravating.

## Kapha

### Balancing Foods

Fruit - Apples, Apricots, Berries, Cherries, Cranberries, Dried Figs, Mango, Peaches, Pears, Pomegranate, Prunes, Raisins. Sweet fruits such as bananas and dates are aggravating, as are sour fruits such as lemons, sour oranges and grapefruit.

## Kapha

### Balancing Foods

Vegetables - Asparagus, Beets, Beet Greens, Bell Pepper, Broccoli, Brussels Sprouts, Cabbage, Carrots, Cauliflower, Celery, Eggplant, Garlic, Green Beans, Horseradish, Leafy Greens, Leeks, Lettuce, Mushrooms, Okra, Onions, Parsley, Peas, Peppers, Potatoes, Spinach, Sprouts, Turnips, Watercress. Raw, pungent and bitter vegetables are balancing. Sweet, juicy vegetables are aggravating.

Grains - Amaranth, Barley, Buckwheat, Corn, Granola, Millet, Oats, Oat Bran, Quinoa, Basmati Rice, Rice Cakes, Rye and Wheat Bran are balancing. Cooked Oats, Brown or White Rice, and Wheat are imbalancing.

Legumes and Nuts - Adzuki beans, Black-Eyed Peas, Chickpeas, Flaxseeds, Pumpkin Seeds, Sunflower Seeds, Lima Beans, Navy Beans, **Pinto Beans**, Red Lentils, Split Peas, White Beans are balancing. Almonds, Brazil Nuts, Cashew, Coconut, Macadamia Nuts, Peanuts, Pecans, Pine Nuts, Pistachios, Psyllium, Sesame, Black lentils, Mung Beans, Kidney Beans, Lentils, Soy Beans, Tempeh, Walnuts and Tofu are imbalancing.

Meat - Chicken dark meat, Turkey dark meat, eggs are balancing. Beef, Duck, Freshwater Fish, Lamb, Pork, Seafood, Shrimp, and Venison are aggravating.

Herbs, Spices and Condiments - allspice, Anise, Basil, Black Pepper, Caraway, Cardamom, Cayenne, Cinnamon, Cloves, Coriander, Cumin, Dill, Fenugreek, Garlic, Ginger, Horseradish, Mint, Mustard Seeds, Nutmeg, Onion, Oregano, Paprika, Parsley, Peppermint, Poppy Seeds, Rosemary, Sage, Spearmint, Star Anise, Tarragon, Thyme, Turmeric, Wintergreen are balancing.

Dairy - Ghee, Goats Milk and Diluted Yogurt (diluted 1:4 yogurt:water) are balancing. Butter, Cheese, Buttermilk, Cow's Milk, Ice Cream, Sour Cream and Yogurt are aggravating.

**Cleansing and detoxification** - This may be done through fasting, enemas, diets, and body treatments.

**Herbal medicine** - Examples of ayurvedic herbs and spices are turmeric, triphala, ashwaghandha, gotu kola, guggul, and boswellia.

Ayurvedic herbs are a key component of ayurveda, the traditional medicine of India. In general, practitioners use ayurvedic herbs to cleanse the body, boost defense against disease, and keep the

mind, body, and spirit in balance. Other healing approaches and techniques (including massage, yoga, and specialized diets) are also central to ayurvedic medicine. Along with ayurvedic herbs, practitioners frequently use certain therapeutic oils and spices to treat illness and promote well-being.

## Types of Ayurvedic Herbs

More than 600 herbal formulas and 250 single plant remedies are included in the pharmacy of ayurvedic treatments. These remedies are typically grouped into categories according to their health effects, such as pain relief or increased vitality. In recent years, scientific studies have begun testing the health effects of ayurvedic herbs (many of which are now widely available in natural-food stores in the United States).

Several ayurvedic herbs shown to offer various health effects:

### **1) Triphala**

Triphala is a botanical formula that contains three different ayurvedic herbs (amla, myrobalan, and belleric myrobalan). Test-tube studies suggest that triphala may offer antioxidant effects and strengthen the immune system, while animal research shows that the herb may lower cholesterol levels and suppress the growth of certain types of cancer cells.

### **2) Guggul**

An ayurvedic herb traditionally used to cut cholesterol levels, guggul was found to benefit adults with moderately high cholesterol in a 2009 study. However, an earlier study found that participants taking guggul for eight weeks actually experienced an increase in their levels of LDL ("bad") cholesterol.

### **3) Boswellia**

Sourced from the resin of the boswellia tree, boswellia extract is rich in boswellic acid (a substance shown to fight inflammation). Several small clinical trials indicate that this ayurvedic herb may aid in the treatment of several inflammation-related conditions, including ulcerative colitis, asthma, and arthritis.

### **4) Gotu Kola**

A number of small studies show that gotu kola may help ease anxiety, improve mood, and treat varicose veins. In ayurveda, gotu kola is often used to alleviate mental fatigue, manage asthma, and soothe fever.

### **5) Fenugreek**

Often used to soothe irritation in ayurveda, fenugreek has been found to lower cholesterol levels, protect against alcohol-induced liver damage, and keep blood sugar in check (which may in turn aid in diabetes prevention). However, most of the research on this ayurvedic herb's health effects has been conducted on animals rather than in humans.

## Caveats

Certain ayurvedic herbs may produce adverse effects or interact with conventional medicines. It's important to keep in mind that supplements haven't been tested for safety and dietary supplements are largely unregulated. In some cases, the product may deliver doses that differ from the specified amount for each herb.

In other cases, the product may be contaminated with other substances such as metals. While consumers face such risks when purchasing any dietary supplement, these risks may be of greater magnitude in the purchase of Ayurvedic products containing a variety of herbs in varying doses.

Also, the safety of supplements in pregnant women, nursing mothers, children, and those with medical conditions or who are taking medications has not been established.

Since ayurvedic herbs may be harmful when used improperly, it's important to work with a qualified herbalist rather than attempting to self-treat with ayurvedic herbs.

Furthermore, you should consult your primary care provider if you're considering the use of ayurvedic herbs in treatment of any chronic health condition. Self-treating and avoiding or delaying standard care can have serious consequences.

- Yoga
- Meditation
- Exercise
- Massage and body treatments - Examples include abhyanga, an ayurvedic-style massage, and shirodhara, a treatment that involves a stream of warm herb-infused oil poured on the forehead. Other bodywork treatments include swedana, udvartina, and pindasveda.
- Herbal tea - [Pitta tea](#), [vata tea](#), [kapha tea](#)

## Magic

\*Never consume herbs unless you know their herbology.\*

Magic has been used since the beginning of time to affect healings of the body on many levels and for many reasons. Magic remedies require the use of an incantation, magical tools, and herbs to create an effective remedy. The incantation supplies the purpose, empowerment, and authority of the remedy. The magical tools (wand, sigils, candles, oils, or an individual's personal possession) supply the power behind the remedy, and of course, the herbs supply the medicinal affect to be applied. The first rule of using magic to heal is to have a true and good intention. All magical remedies are conducted in a ritual

manner by setting an altar, burning candles, and performing the incantation and wielding the power over the selected remedy during the making of the herbal remedy.

You are ready to do a magic ritual... but you're not sure which herbs are the best ones to use. Use this list as a reference point to determine which herbs, plants and flowers are the best choices for your magical intent.

There are a number of herbs associated with matters related to money. Whether you're looking to boost your financial wherewithal, land a new job, or just pad your bank account a little, try some of these magical herbs in your money-related workings.

**Business:** For matters related to business, include plants like:

- Hawthorn: The hawthorn tree is associated with power and masculine energy. Tuck a couple of spikes into a safe spot in your desk to give you a little magical boost at work.
- Sandalwood: If you have professional goals you hope to meet, write your intent on a chip or stick of sandalwood, and then place it in a brazier to burn. As your sandalwood burns, your goal will be carried up to the heavens on the drifting smoke.
- Basil: A freshly potted basil plant in your workplace can help to guarantee courage in facing business challenges.
- Frankincense: Carry a few bits of resin in your pocket when you go to a business meeting or interview for a successful outcome.

**Employment/jobs:** If you're looking for a new job, or a promotion at your existing one, try some of these ideas:

- Bay Leaf: Is there a promotion you'd like to get, or a new job you've applied for? Write your intent on a bay leaf, and carry it in your pocket.
- Bergamot: Slip a few leaves into your wallet to attract a higher-paying job, or rub it on the money you currently have to ensure that it will return and multiply.
- Pecan: Keep a pecan in your pocket when you go to a job interview to ensure success. If you have a job but are concerned about losing it, bake yourself a pecan pie to help you keep your job.

**Money/prosperity:** Money magic is one of the most popular uses of magical herbs. If you want to bring money your way, try a few of these herbs.

- Bay leaf: Use in incense blends for money spells to bring a few extra dollars your way.
- Basil: Crush up the leaves and sprinkle around your home to bring money towards you, or use them in a Money Mojo Bag.
- Chamomile: Brew a batch of chamomile tea and sprinkle it around your property to draw money towards you.
- Clover: Carry a clover in your wallet to bring money your way, or plant it around your house to bring all-around prosperity.
- Tonka bean: In many forms of folk magic, tonka beans are carried on your person to draw financial abundance your way.

- Pennyroyal: If you own a business, place a sprig over the door to draw in customers and prosperity. Try making Money Soap to wash your hands with, or use Pennyroyal to brew up some Prosperity Oil.

**Fortune/luck:** Do you sometimes feel like if it weren't for bad luck, you'd have no luck at all? Try some of these ideas to help turn your fortune around:

- Hazel: Carry hazelnuts in your pocket to draw good fortune your way, or hang a bough of hazel branches above your door.
- Holly: Make wreaths and boughs of holly to hang around your house, inviting good luck into your home.
- Pomegranate: Use pomegranate seeds in dessert and drinks to bring about prosperity and abundance.
- Snakeroot: In some forms of folk magic, snakeroot - a folkloric name for black cohosh - is used to get rid of bad luck that may have been inflicted upon you magically. Use it around your home to eliminate negative fortunes.
- Sunflower: Planting sunflowers around your home and garden will bring fortune your way. It is also said that if you pick a sunflower at sunset, then wear it on your person, it will bring you good luck the following day.
- Clover: Clovers and shamrocks are a well-known symbol of good luck - carry one in your wallet!

**Gambling/games:** Are you a fan of gaming and gambling? Use some of these magical herbs to bring you success with cards and dice!

- Chamomile: Wash your hands in chamomile tea to ensure good luck at the gaming tables.
- Buckeye: Carry a buckeye in your pocket to bring you success in games of chance - or bake a batch of buckeye candies to eat beforehand!

**Legal issues/justice:** If you have a court case coming up - whether it's civil or criminal - be sure to look into some of these magical herbs:

- Chamomile: Bathe in a chamomile wash before going to court to ensure a favorable outcome.
- Ginger: Chew a bit of ginger as you walk into the courtroom, and discreetly spit a bit of the juice on the floor, to bring about a fair and just decision.
- High John Root: Carry a bit of High John in your pocket to sway a court decision your way.

It is common to use herbs as a tool in the magical arsenal. While not every herb is safe to ingest - and be sure to read about Dangerous Herbs before you get started - many of them are used in a magical or folkloric context to bring about healing. If you're interested in healing magic, here are some of the most popular healing herbs to keep on hand, and how you can use them.

Please do keep in mind that if you're going to use herbs internally - such as a tea or tincture - it's always a good idea to check with your physician first. There are some medical conditions that contraindicate the use of various herbs, so do your homework before you begin.

**Anxiety:**

- Valerian: Valerian can be brewed into a tea to help alleviate anxiety.
- Lavender: Place sprigs of lavender under your pillow to help relieve stress.

### Beauty:

- Rosemary: Make an astringent out of it and use it as a skin wash to clear up your complexion, or a soother for eczema.
- Witch Hazel: Use as a topical astringent for your skin, and in workings that will help others see your true beauty.
- Catnip: Rub catnip leaves on your skin to freshen it (although you may want to avoid this if you're allergic to cats), or burn it incense for workings related to beauty.
- Ginseng: This root is typically associated with male potency - if you want a man to see how beautiful you are and bring him to you, use ginseng in your magic.

### Depression:

- Dandelion: Use dandelion heads and leaves in incense for healing rituals focusing on depression.
- Honeysuckle: Associated with willpower, honeysuckle can help give you the extra inner strength to fight depression.
- Lavender: Lavender is popular in aromatherapy - inhaling its fresh scent, or a few drops of oil, can help calm an anxious or nervous mind, as well as providing headache relief.

### Healing:

- Apple Blossom: Make a vinegar infusion with the blossoms, and use it to treat itchy, painful insect bites or stings.
- Comfrey: Brew a comfrey tea to help with general healing, or use a juice from the pressed leaves for a poultice for minor cuts and abrasions.
- Eucalyptus: Warm the leaves or oil, and inhale the vapors to clear clogged sinuses, stuffy noses, and other upper respiratory issues.
- Chamomile: Brew into a tea to aid in problems such as morning sickness, digestive disorders, gastritis, and difficult bowel movements.
- Goldenseal: Keep goldenseal handy in your medicine cabinet to clean out minor wounds and abrasions.
- Feverfew: A decoction sweetened with honey or sugar is sometimes used to relieve light coughing or wheezing. It's a great herb to use externally as well - make a tincture or ointment to apply onto insect bites to relieve itching or swelling.
- Sandalwood: The wood can be ground down into a fine powder, and used for beauty treatments - add a bit of rose oil or camphor, and apply it to your skin for cleansing.
- Peppermint: Peppermint is good for the skin - rub the leaves on yourself to freshen up. You can also chew them for a quick tooth-cleaning. Use the dried leaves in incense for workings related to healing magic.

### Sleep:

- Mugwort: If someone has overactive dreams, they can be balanced out with a ritual bath made from mugwort and indulged in prior to bedtime. Ensure you don't have an allergy to Mugwort before use.
- Lavender: Keep a lavender sachet under your pillow to help with restless sleep.
- Rosemary: Pot some rosemary and keep it by your bed, or use a bit of the essential oils in workings related to better sleep.
- Thyme: Thyme can be used in healing rituals, or to bring about restful sleep

There are a number of herbs and plants associated with magic relating to love, lust and friendship. Try some of these in your magical workings. As always, if your tradition forbids the use of love magic, then don't use it.

### Friendship:

- Orange & Lemon: Make a sachet of dried orange or lemon peels, or use them in a potpourri, to strengthen the bonds of friendship.
- Sweet Annie: Burn sweet Annie in incense to help repair a damaged relationship with a friend.
- Vanilla: Use vanilla bean in rituals and workings having to do with forming new friendships.

### Love:

- Apple Blossom: Add apple blossoms to teas, incense or potpourri when working on love magic.
- Bleeding Heart: Plant bleeding hearts around your front door to invite love into your home.
- Lavender: To bring love your way, carry lavender flowers in a sachet on your person, or hang stalks of it in your home.
- Periwinkle: Include periwinkle flowers when making love .
- Tulip: Wear a tulip close to your body if you know you'll be around the person you're in love with, and they'll be more aware of you.
- Violet, Daisy & Daffodil: Make a garland to wear in your hair, or carry a bit of violet, daisy or daffodil in your pocket to attract a new lover.
- Yarrow: Yarrow is associated with Venus and Aphrodite - use it in rituals in which you call upon deities of love for assistance.

### Lust:

- Allspice, Cinnamon and Clove: Blend allspice, cinnamon, and/or cloves into a cake for someone you're attracted to, and it will help draw them closer.
- Ginseng: Carry ginseng with you to help improve sexual potency.
- Dill: Add dill seed to a bath before you get together with someone you're lusting for, for a little magical push - don't use too much, or you'll smell like pickles!
- Vanilla: A bit of vanilla dabbed behind your ears makes you irresistible to those you want to want you.
- Yohimbe: Use to cure impotency, or to attract new sexual partners.



In many magical traditions, workings can be done to ensure protection of home, property, and people. There are a number of simple ways you can do protection magic involving herbs and plants.

### Protection:

- Aloe Vera: Keep potted aloe plants in your home to protect the inhabitants - it's said that aloe will keep you safe from common household accidents.
- Violet, Thistle, Honeysuckle, and Fennel: Plant these herbs around your home. When they bloom, harvest them and hang them up to dry. Use the dried herbs in protective sachets or incense.
- Hyssop: Carry some hyssop in your pocket, or spread it around the perimeter of your property to add a layer of magical protection.
- Asofetida: Use asofofetida in incense during protection rituals.
- Mandrake: Plant mandrake around the perimeter of your property as a barrier, or place some under your doorstep for protection. Use as a magical poppet for self defense.
- Heather: Use heather in a dream pillow if you feel you might be under magical attack.
- Holly & Mistletoe: Plant holly around the perimeter of your property for magical protection, or hang mistletoe over your doors and windows.
- Mugwort: Place mugwort under your pillow to prevent astral attacks, or to ward off psychic attacks from those who would do you harm. You can also use it to make protection oil.
- Onion: Make an Onion Braid protection charm to hang in your home to protect those who live there.

### Courage:

- Cedar: Carry a bit of cedar in your pocket when you're facing new challenges, to help boost your courage.
- Mullein: Use mullein in a sachet or incense blend for workings that you'll need extra courage for.
- Tonka Bean: A Tonka Bean carried on your person will help improve confidence, especially if you're facing a legal issue.
- Cinnamon: Tie a pair of cinnamon sticks together, and place them under your bed or carry them with you.

### Strength:

- Oak & Acorns: Carry an acorn in your pocket for strength and power, or plant an oak tree in your yard to help give you extra strength.
- Bay Leaf: Place a bay leaf in your shoe to help you walk with confidence and show your inner strength.
- Thistle: Carry a bit of dried thistle in an amulet or talisman, or burn it in rituals that relate to developing your emotional and mental strength.

### Intuition, Prophecy & Wisdom:

- Sage: Although typically associated with cleansing and purification, sage can also be burned during divination sessions for an added magical boost.
- Tobacco leaf: In some magical traditions, tobacco leaf is burned in rituals related to divination.
- Jasmine: Burn some dried jasmine in your bedroom as you sleep to help with divinatory dreams, or if you're stuck at a crossroads in decision making and need your intuition to guide you.
- Mugwort: Place a few sprigs of fresh mugwort under your pillow to bring on prophetic dreams.
- Heliotrope: Associated with the sun, heliotrope can come in handy in rituals focusing on prophecy, in divination rituals, or even to call upon solar deities for guidance.
- Rowan: Use the wood of the rowan tree to make a divining rod or wand, or carry the leaves and berries in an amulet to help develop your own psychic skills.

## HOMEOPATHY

Homeopathy is an alternative medicine system that is premised on the theories that “like cures like”—the notion that a disease can be cured by a substance that produces similar symptoms in healthy people; and “law of minimum dose”—the notion that the *lower* the dose of the medication, the *greater* its effectiveness. Many homeopathic remedies are so diluted that no molecules of the original substance remain.

Those that practice Homeopathy believe that it is an advanced, effective, and gentle system of holistic medicine. Homeopathy is not to be confused with herbal medicine or nutritional therapy. The set of principles that guide the selection of a medicine make homeopathy a distinct and integral system unto itself.

Homeopathic remedies are derived from substances that come from plants, minerals, or animals, such as red onion, arnica (mountain herb), crushed whole bees, white arsenic, poison ivy, belladonna (deadly nightshade), and stinging nettle. Homeopathic remedies are often formulated as sugar pellets to be placed under the tongue; they may also be in other forms, such as ointments, gels, drops, creams, and tablets. Treatments are “individualized” or tailored to each person—it is not uncommon for different people with the same condition to receive different treatments.

### Regulation of Homeopathic Treatments

Homeopathic remedies are regulated as drugs under the Federal Food, Drug and Cosmetic Act (FDCA). However, under current Agency policy, FDA does not evaluate the remedies for safety or effectiveness. FDA enforcement policies for homeopathic drugs are described in FDA's Compliance Policy Guide entitled *Conditions Under Which Homeopathic Drugs May be Marketed* (CPG 7132.15).

FDA allows homeopathic remedies that meet certain conditions to be marketed without agency preapproval. For example, homeopathic remedies must contain active ingredients that are listed in the *Homeopathic Pharmacopeia of the United States (HPUS)*. The HPUS lists active ingredients that may be legally included in homeopathic products and standards for strength, quality, and purity of that ingredient. In addition, the FDA requires that the label on the product, outer container, or

accompanying leaflet include at least one major indication (i.e., medical problem to be treated), a list of ingredients, the number of times the active ingredient was diluted, and directions for use. If a homeopathic remedy claims to treat a serious disease such as cancer, it must be sold by prescription. Only products for minor health problems, like a cold or headache, which go away on their own, can be sold without a prescription.

## Licensing

Laws regulating the practice of homeopathy in the United States vary from state to state. Usually, individuals who are licensed to practice medicine or another health care profession can legally practice homeopathy. In some states, non-licensed professionals may practice homeopathy.

Arizona, Connecticut, and Nevada are the only states with homeopathic licensing boards for doctors of medicine (holders of M.D. degrees) and doctors of osteopathic medicine (holders of D.O. degrees). Arizona and Nevada also license homeopathic assistants, who are allowed to perform medical services under the supervision of a homeopathic physician. Some states explicitly include homeopathy within the scope of practice of chiropractic, naturopathy, and physical therapy.

## Using Homeopathy

Follow the steps below to begin treating minor illnesses or first aid issues with homeopathy (or check out the simple flow chart that breaks down the steps for you):

- First observe the symptoms. Pay special attention to any that are unusual or exceptionally strong. Notice whether there has been a change in mood and what behaviors or environmental factors seem to make symptoms better or worse. You may want to write your observations down.
- Next, take the list of symptoms and compare it to the descriptions of the remedies for that illness. Choose the remedy that *most closely* fits the symptoms (keeping in mind that not every symptom has to match.)
- Homeopathic remedies come in various strengths (also known as potencies): the 6c, 12c, and 30c strengths are gentle and perfect for home use. For most acute conditions treated at home, a 30c potency is ideal. Check out the simple flow chart on choosing the right potency (strength).
- Once you have selected the remedy, give one dose (3-5 pellets) under the tongue and then WAIT and OBSERVE. If there is no improvement at all within a few hours, give another dose.

- If after 3 doses there is no change then it is likely time to try a different remedy or contact a healthcare professional.
- If symptoms persist, make sure to consult a doctor.



national center for  
**homeopathy**

Start

**1** Determine if the condition is something that you could/should treat.

**2** Does the condition need a physician or require emergency room care?

YES

It might be a good idea to seek medical assistance...  
**IMMEDIATELY!**



NO

**3** Is it truly acute, or is it a flare-up of a chronic condition?

ACUTE

CHRONIC

If chronic, seek care from a professional homeopath.

Next observe the symptoms. Pay special attention to any that are unusual or exceptionally strong. Notice whether there has been a change in mood and what behaviors or environmental factors seem to make symptoms better or worse. You may want to write your observations down.

Next, take your list of symptoms and compare it to the descriptions of the remedies for that illness. Choose the remedy that most closely fits the symptoms (keeping in mind that not every symptom has to match.)

Once you have selected the remedy, give one dose (3-5 pellets) under the tongue and then **WAIT** and **OBSERVE**. If there is no improvement at all within 2 hrs give a second dose. Note that if you are dosing for an emotional upset wait 24 hrs.

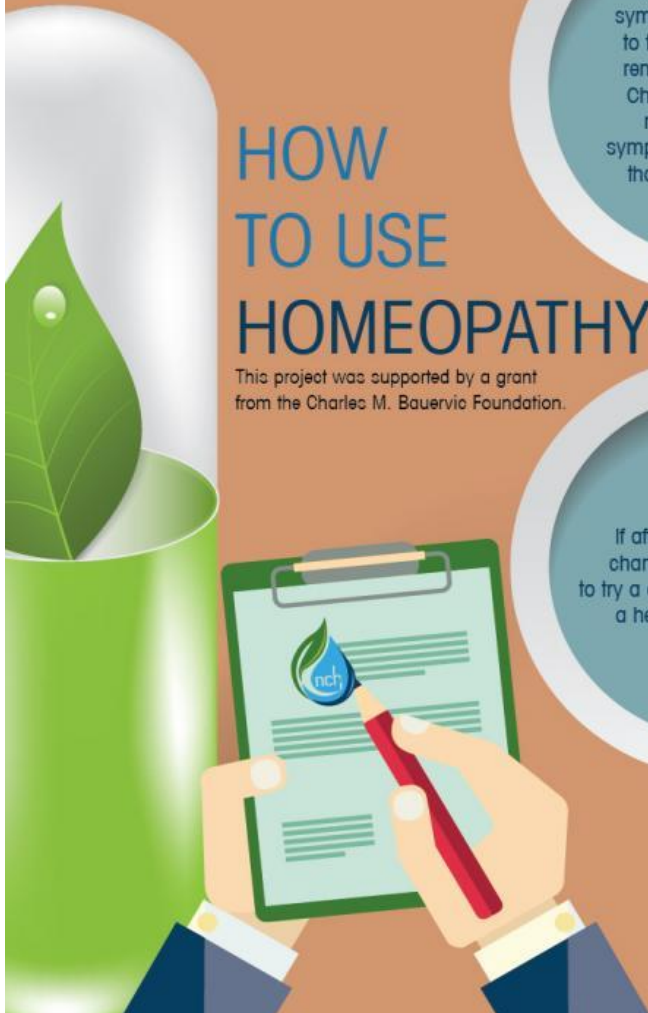
If after 3 doses there is no change then it is likely time to try a different remedy or contact a healthcare professional.

Don't give up if your symptoms don't improve with the first remedy. It sometimes takes a couple of tries to find the "best match" remedy for your symptoms – especially if you're new to homeopathy. If you continue to have difficulty finding the right remedy for your symptoms, make sure to consult a homeopathic professional.

# HOW TO USE HOMEOPATHY

This project was supported by a grant from the Charles M. Bauervic Foundation.

 **Finish**



## What symptoms matter?

As homeopathy relies on prescribing one remedy to your precise combination of symptoms, all your symptoms should be included in the process.

Most of us have a few symptoms that have been with us so long we don't even notice them anymore. (i.e., cold feet) These all need your full attention. You should also include things which you might not even class as symptoms, such as a persistent itch behind your ear.

Aside from the obvious nature of your complaint (i.e. headache). things to notice include:

- State of mind (including fears, anxieties, attitudes etc.)
- Colour and consistency and regularity of your stool
- What makes a particular symptom feel worse or better?
- Where exactly is each problem located?
- When did symptoms first occur, and what brought them on?
- Your sleep pattern
- What are you sensitive to (i.e. light, cold, heat, drafts, touch, criticism etc.)
- For women, where you are on your monthly cycle.

## Getting Familiar with the Repertory

It is worth spending a while exploring the database behind our software in depth, so as to familiarize yourself with the broad range of complaints that count as symptoms. You may therefore wish to use the browse feature rather than the search facility on the remedy finder where possible. You may also wish to explore the complete repertory listing from the Homeopathy Database:

### The Plain English **Homeopathy** Repertory Listing

The following pages are provided for professional scrutiny, by homeopaths, to allow them to point out errors and suggest improvements to the database used by ABC Homeopathy. If that is not your purpose here, you are likely to find the [homeopathy remedy finder](#) more useful.

The data from which this information is sourced is compiled from Kent's Repertory, the leading Homeopathic reference work. In order to make it more accessible, several terms have been substituted for their modern and plain English equivalents where possible.

In addition, the repertory has been substantially rearranged and sub categorized in order to make it easier to find the relevant symptoms easily.

**View by page number** or by [section](#)

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## A word of warning

The most important thing when attempting to diagnose and treat illnesses at home is to know when to stop. If symptoms persist, go and see your doctor; even if you feel your symptoms seem unworthy of professional help, minor symptoms can often be a sign of something more serious.

## Remedy Finder

## NATUROPATHY

Naturopathy—also called naturopathic medicine—is a medical system that has evolved from a combination of traditional practices and health care approaches popular in Europe during the 19th century.

### The Origins of Naturopathy

The principles of Naturopathy were first used by the Hippocratic School of Medicine in about 400 BC. The Greek philosopher Hippocrates believed in viewing the whole person in regards to finding a cause of disease, and using the laws of nature to induce cure. It was from this original school of thought that Naturopathy takes its principles.

- The healing power of nature- nature has the innate ability to heal
- Identify and treat the cause – there is always an underlying cause, be it physical or emotional
- Do no harm- a Naturopath will never use treatments that may create other conditions
- Treat the whole person- when preparing a treatment plan, all aspects of a person’s being are taken into consideration
- The Naturopath as a teacher – a Naturopath empowers the patient to take responsibility for his/her own health by teaching self-care



- Prevention is better than cure – a Naturopath may remove toxic substances and situations from a patient’s lifestyle to prevent the onset of further disease

## Treatment Approaches

Naturopathic practitioners use many different treatment approaches. Examples include:

Dietary and lifestyle changes

Stress reduction

Herbs and other dietary supplements

Homeopathy

Manipulative therapies

Exercise therapy

Practitioner-guided detoxification

Psychotherapy and counseling.

Some practitioners use other methods as well or, if appropriate, may refer patients to conventional health care providers.

## Education and Licensure of Practitioners

Education and licensing differ for the three types of naturopathic practitioners:

**Naturopathic physicians** generally complete a 4-year, graduate-level program at one of the North American naturopathic medical schools accredited by the Council on Naturopathic Medical Education, an organization recognized for accreditation purposes by the U.S. Department of Education. Some U.S. states and territories have licensing requirements for naturopathic physicians; others don’t. In those jurisdictions that have licensing requirements, naturopathic physicians must graduate from a 4-year naturopathic medical college and pass an examination to receive a license. They must also fulfill annual continuing education requirements.

**Traditional naturopaths**, also known simply as “naturopaths,” may receive training in a variety of ways. Training programs vary in length and content and are not accredited by organizations recognized for accreditation purposes by the U.S. Department of Education. Traditional naturopaths are often not eligible for licensing.

**Other health care providers** (such as physicians, osteopathic physicians, chiropractors, dentists, and nurses) sometimes offer naturopathic treatments, functional medicine, and other holistic therapies, having pursued additional training in these areas. Training programs vary.

### **What does a treatment consist of?**

An initial consultation with a Naturopath normally takes about an hour. During this time the Naturopath will ask questions about the person's condition, medical history, diet and lifestyle, and any conventional treatments that they may be taking. The consulting Naturopath may then use Iridology (looking into the iris), or tongue and nail diagnosis to get a better picture of the complete health state of the client. If needed, pathology testing such as hair, stool, or blood analysis may be recommended. Once all of the information is gathered, a treatment plan is formulated that addresses all areas of the person's life, providing the body with the optimum chance to heal itself. The treatment plan may include advice on diet, lifestyle, exercise, herbal medicine, homeopathic treatments, or other suitable remedies. A Naturopath may also refer the client to other practitioners as part of an integrated health care approach.