Madelaine Wolf Bukiet

|  |  |
| --- | --- |
| Latin Name | Mentha piperita |
| Common Name | Peppermint |
| Native To | Europe, Asia, North America – it is a hybrid of m. aquatic (watermint) and m. spicata (spearmint) |
| Parts Used | Aerial parts |
| Forms | Essential oil, lotion, infusion, tincture, capsules |
| Vitalist Actions/ Energetics | Stimulant, relaxant |
| Clinical Actions | Carminative, antispasmodic, diaphoretic, antiseptic, choleretic, cholagogue, mild astringent, antimicrobial |
| Biochemical Components | Volatile oils including menthol and menthone, flavonoids, phenolic acids, triterpenes |
| Primary Uses | Peppermint has been historically used for the digestive system to increase bile and stomach secretions and relax the gut muscles. It can reduce colic, cramps and gas as it soothes an irritated bowel. Peppermint can be used for pain relief. It can help with headaches and migraines, especially those linked to poor digestion. Diluted oil can be inhaled or rubbed on the chest for respiratory infections.  |
| Cautions | Should not be taken if there is biliary obstruction. |

|  |  |
| --- | --- |
| Latin Name | Coryanthe yohimbe, Pausinystalia yohimbe |
| Common Name | Yohimbe, johimbe |
| Family | Rubiaceae |
| Native To | Western Africa |
| Harvest | The bark is gathered year round |
| Parts Used | Bark |
| Forms | Standardized extract |
| Vitalist Actions/ Energetics | Stimulant, warm |
| Clinical Actions | Mild hallucinogen, local anesthetic |
| Biochemical Components | Indole alkaloids, pingments and tannins |
| Primary Uses | Impotence |
| Cautions | May cause anxiety, panic attacks, elevated blood pressure, racing heart and headachesToxic in high dosesShould not be used in cases of liver or kidney disorderShould not be combined with MAOI drugs or herbs |

|  |  |
| --- | --- |
| Latin Name | Withania somnifera |
| Common Name | Ashwaganda, withania |
| Family | Solanaceae |
| Native To | India, the Mediterranean and the Middle east |
| Harvest | The leaves are harvested in spring, the fruit and root in autumn |
| Parts Used | Root, leaves, berries |
| Forms | Decoction, powder |
| Vitalist Actions/ Energetics | Tonic, warming |
| Clinical Actions | Astringent, sedative, aphrodisiac, adaptogenic, mild hypnotic, antispasmodic |
| Biochemical Components | Alkaloids, steroidal lactones, iron |
| Primary Uses | Ayurvedic tonic used to restore vitality in persons suffering from overwork or exhaustionCounters the effects of long term stress and illnessAnemiaIncreases hemoglobin levels, reduces greying of hair and improves sexual performance |
| Cautions | May interact with alcohol and sedative, hypnotic or antidepressant drugsShould not be taken in pregnancy (Skenderi) |

|  |  |
| --- | --- |
| Latin Name | Serenoa serrulata, S. repens |
| Common Name | Saw palmetto, sabal palm |
| Family | Palmaceae |
| Native To | North America |
| Harvest | Berries are harvested in autumn when ripe, then dried. Seeds are often removed |
| Parts Used | Berry |
| Forms | Infusion, tinctures |
| Vitalist Actions/ Energetics | Warming |
| Clinical Actions | Anti-inflammatory, antispasmodic, anti-androgenic, diuretic |
| Biochemical Components | Lipids, flavonoids, polysaccharides |
| Primary Uses | Specific for enlarged prostate – is anti-inflammatory, anti-edema and tonic to pelvic organsFor prostate infection, combine with horsetail and hydrangeaStrengthens the bladderBings to androgens, making them less active within the body, especially within the prostate gland. This herb is also anti-estrogenic.ImpotenceWasting illnesses – this is one of few anabolic herbs – strengthens and builds body tissue |
| Cautions | Do not take if pregnant or lactatingDo not take if taking hormonal drugs or in cases of hormonal-dependent cancer |

|  |  |
| --- | --- |
| Latin Name | Vitex agnus castus |
| Common Name | Chaste tree, chasteberry, agnus castus, monk’s pepper |
| Family | Verbenaceae |
| Native To | The Mediterranean and western Asia |
| Harvest | Ripe berries are collected in autumn |
| Parts Used | Berries |
| Forms | Tincture, tablets, infusion |
| Vitalist Actions/ Energetics | warm |
| Clinical Actions | Hormone regulator, progesterogenic, increases breast-milk production, antiandrogenic. May mimic dopamine at D-2 receptors in the pituitary. Increased dopamine causes increased LH which causes increased progesterone |
| Biochemical Components | Volatile oil, alkaloids, flavonoids, iridoids |
| Primary Uses | Regulates female hormones, balancing the menstrual cycle and treating problems from PMS to amennorea and accompanying symptoms of bloating, breast tenderness, irritability and depression. Infertility MenopauseLong term, internally for treatment of ovarian cysts and non-cancerous breast lumps |
| Cautions | Most (90%) cases of menstrual imbalance are caused by excess estrogen relative to progesterone. However, in cases in which there is excess progesterone relative to estrogen, vitex can severely worsen symptoms.Taken in excess, vitex can cause formication (the sensation of ants crawling on the skin)Do not take during pregnancyContraindicated in cases of pituitary tumors and breast cancerShould not be combined with antipsychotic drugs which are antagonists of dopamine-2 receptors such as haloperidol because it counteracts themRarely causes an allergic reaction seen as a skin rashOften decreases sexual disire |
| Mythology | Vitex is mentioned in the Iliaid |

|  |  |
| --- | --- |
| Latin Name | Capsella bursa-pastoris, Thlaspi bursi-pastoria |
| Common Name | Shepard’s purse |
| Family | Brassicaceae |
| Native To | Europe and Asia, now grows as a weed throughout most temperate regions |
| Harvest | Throughout the year |
| Parts Used | Aerial parts |
| Forms | Tincture, tea, poultice |
| Vitalist Actions/ Energetics | Pungent, sweet |
| Clinical Actions | Hemostatic, astringent, anti-inflammatory, antipyretic |
| Biochemical Components | Flavonoids, polypeptides, choline, acetylcholine, histamine and tyramine |
| Primary Uses | Staunching blood flow of all kinds, arresting hemorrhage, especially uterineDisinfects the urinary tractDiarrheaUsed in Chinese medicine for dysentery and eye problems |
| Cautions | Do not use in pregnancy |

|  |  |
| --- | --- |
| Latin Name | Trigonella foenum-gracium |
| Common Name | Fenugreek |
| Family | Fabaceae |
| Native To | North Africa and the eastern Mediterranean |
| Harvest | Fenugreek is an annual, the seeds are collected in autumn |
| Parts Used | Seeds |
| Forms | Powder, poultice |
| Vitalist Actions/ Energetics | Warming, stimulant |
| Clinical Actions | Demulcent and expectorant (due to mucilage), emollient, stomachic, tonic, antihyperglycemic, nutritive, carminative |
| Biochemical Components | Volatile oil, alkaloids, saponins, flavonoids, mucilage, protein, vitamins A, B1 and C |
| Primary Uses | Fenugreek was used by the ancient Greeks for all gypes of gynecological problems, including uterine infection and vaginal inflammation.ConvalescenceTo encourage weight gain, especially in anorexiaLowers feverGastritis and gastric ulcersIncreases breast mil productionAntidiabeticLowers cholesterolUse externally to treat abscesses, boils, culcers and burnsFreshen bad breathRestore a dulled sense of tasteUsed in China as a suppository to treat cervical cancer |
| Cautions | Do not take during pregnancyMay impair the absorption of some oral medications if taken within an hour of each other |

|  |  |
| --- | --- |
| Latin Name | Cinnamomum verum, C. zeylanicum |
| Common Name | Cinnamon, dalcini (Hindi) |
| Family | Lauraceae |
| Native To | Sri Lanka and India in tropical forests |
| Harvest | The bark is harvested from stump shoots and left for 24 hours to ferment. The outer bark is scrapped away, leaving the inner bark |
| Parts Used | Inner bark |
| Forms | Tincture, essential oil, infusion, powder |
| Vitalist Actions/ Energetics | Hot |
| Clinical Actions | Warming stimulant, carminative, antispasmodic, antiseptic, antiviral, aromatic |
| Biochemical Components | Volatile oil, tannins, coumarins, mucilage |
| Primary Uses | A teaspoon a day will noticeably reduce insulin resistance in persons who can tolerate the heatTaken, often in combination with ginger for “cold” conditions to improve circulationDigestive problems (use tea) – loss of appetite, nonulcer dyspepsia, gastrointestinal inflammationUper respiratory inflammation, especially the common coldAching muscles and other symptoms of viral conditionsConvalescencePost-childbirth contraceptiveMinor fatigueLow sex drive and erectile dysfunction |
| Cautions | Hot in the 3rd degreeDuring pregnancy, should only be used as a flavorMay cause allergic reactions in some people |
| Related species | Cinnamomum cassia is native to China and Japan and has very similar therapeutics. It is traditionally used in China, much the same way that cayenne is used by Western herbalists.  |

|  |  |
| --- | --- |
| Latin Name | Lycopus virginicus |
| Common Name | Bugleweed |
| Family | Lamiaceae |
| Native To | Most of North America, especially close to water |
| Harvest | In summer when in flower |
| Parts Used | Ariel parts |
| Forms | Fresh tincture |
| Vitalist Actions/ Energetics | Bitter, spicy, warm |
| Clinical Actions | Sedative, antithyrotropic |
| Biochemical Components | Phenolic acid, astringent |
| Primary Uses | Overactive thyroid and accompanying racing heart (combined with motherwort)Overproduction of mucus |
| Cautions | Only take with professional guidanceDo not take during pregnancy |

|  |  |
| --- | --- |
| Latin Name | Polygonum multiflorum |
| Common Name | Ho shou wu, he shou wu, flowery knotweed, fleeceflower |
| Family | Polygonaceae |
| Native To | Central and southern China |
| Harvest | The roots of 3 and 4 year old plants are unearthed and dried in the autumn |
| Parts Used | Root |
| Forms | Decoction, tincture, powder. The Chinese form has been cooked in black bean juice which eliminates the laxative effects. Older, larger roots are considered especially valuable for their therapeutic properties.  |
| Vitalist Actions/ Energetics | Slightly moistening, slightly warm |
| Clinical Actions | Tonic, antioxidant, mild sedative, lowers cholesterol |
| Biochemical Components | Chrysophanic acid, anthraquinones (emodin, rhein), tannins, lecithin |
| Primary Uses | Lowers cholesterolCounters infections such as tuberculosis For malaria, this herb is often combined with ginseng, angelica and green tangerine peelRejuvenating tonicIncreases fertility in both women and menStrengthens kidney and liver function, cleansing the blood and allowing free circulation of qiNerve tonic given for symptoms such as dizziness, weakness, numbness and blurred visionPremature aging |
| Cautions | None |

|  |  |
| --- | --- |
| Latin Name | Rehmannia glutinosa |
| Common Name | Rehmannia, di huang |
| Family | Scrophulariaceae |
| Native To | Sunny mountain slopes in northern and northeastern China |
| Harvest | The root is harvested in autumn after the plant has flowered |
| Parts Used | Root |
| Forms | Decoction (1/4 cup) |
| Vitalist Actions/ Energetics | Moistening |
| Clinical Actions | Tones the endocrine system, bitter tonic, anti-inflammatory, antipyretic, antibacterial, liver protective, antioxidant, laxative, diuretic |
| Biochemical Components | Bitter principles, phenylethanoid glycosides, poy saccharides, amino acids |
| Primary Uses | Loss of appetite and nonulcer dyspepsia (with sluggish bowels and minor constipation)Liver inflammationFever, convalescenceAnti-inflammatory for chronic rheumatic conditions and atopic eczema |
| Cautions | Use small doses. Over dosing may cause racing heart and gastrointestinal irritation |

|  |  |
| --- | --- |
| Latin Name | Codonopsis pilosula |
| Common Name | Codonopsis, dang shen, bellflower |
| Family | Campanulaceae |
| Native To | Northeastern China |
| Harvest | The root is harvest in autumn after the aerial parts have died down |
| Parts Used | Root |
| Forms | Powder, decoction or directly chewing the root |
| Vitalist Actions/ Energetics | Warm |
| Clinical Actions | Adaptogen, stimulant, tonic, antimicrobial |
| Biochemical Components | Triterpenoid saponins. Sterins, alkaloid, poly saccharides |
| Primary Uses | Used as a milder ginseng substituteIncreases hemoglobin, lowers blood pressure.Increases endurance to stress , especially those with “false fire” symptoms such as tense neck muscles, headaches, irritability and high blood pressure.Increases milk production in lactating mothersClears excessive mucus from the lungsImproves vitality and helps balance metabolic functionGeneral fatigue, digestive problems |
| Cautions | After taking for 6-8 weeks, a 2-3 week long break should be taken. |
| Combinations | Combines well with licorice |

|  |  |
| --- | --- |
| Latin Name | Eleutherococcus senticosus |
| Common Name | Siberian ginseng, acanthopanex |
| Family | Araliaceae |
| Native To | Eastern Russia, China, Korea and Japan |
| Harvest | Harvested in autumn and dried |
| Parts Used | Rhizome and root |
| Forms | 1:2 tincture in 30% alcohol, decoction |
| Vitalist Actions/ Energetics | Warm |
| Clinical Actions | Adaptogen, stimulant, antioxidant, tonic, immunomodulant |
| Biochemical Components | Eleutherosides, triterpenoid saponins, polysaccharides (does not contain ginsenodides) |
| Primary Uses | An invigorator of fatigue and weakness, decreased mental and physical performance, depression, onvalescence, adjuvant for diabetes and high cholesterolIncreases tolerance to stressTonic effect on the adrenals which helps the body withstand heat, cold, infection and radiationExhaustion |
| Cautions | Overdose produces symptoms resembling maniaMany marketed versions have caffeine addedShould not be used for more than 1-3 months at a timeShould not be used by childrenShould not be taken by persons with hypertensionAt high does, may cause headache, irritability, insomnia, cardiac arrhythmia and elevated blood pressure |

|  |  |
| --- | --- |
| Latin Name | Panex quniquefolium |
| Common Name | American ginseng |
| Family | Araliaceae |
| Native To | North America and the Himalayas |
| Harvest | Rarely seen in the wild due to over harvesting. The root is gathered in autumn. |
| Parts Used | Root |
| Forms | Powder or unboiled tea (use tea three times before discarding plant material) |
| Vitalist Actions/ Energetics | Cooling and moistening |
| Clinical Actions | Adaptogenic, immunomodulant, antihyperglycemic, liver protective, inhibits platelet aggregation, antioxidant, anti-inflammatory, mild sedative |
| Biochemical Components | Triterpenic saponosides (ginsenosides), germanium |
| Primary Uses | Similar to Chinese ginseng, but milder and cooler (can be taken in the summer) – can cross pollinate with Panex ginseng.Native Americans considered this herb beneficial to female fertility. Increases tolerance to stress of all kinds.Yin tonic. Treatment of weakness, fever, wheezing and coughs.  |
| Cautions | Do not take during pregnancy.  |

|  |  |
| --- | --- |
| Latin Name | Panax ginseng |
| Common Name | Asian ginseng, Korean ginseng, Chinese ginseng |
| Family | Araliaceae |
| Native To | Northeastern China, eastern Russia and North orea |
| Harvest | The plant takes at least 4 years to mature and the root is harvested in autumn. Lateral roots are richer in active constituents. The root is washed and steamed before being dried. Red ginseng (Hongshen) has been cured before being dried. |
| Parts Used | Root |
| Forms | Tea made of ground root – do not boil water. Rebrew the tea three times before discarding the root. Capsules, soup, pills |
| Vitalist Actions/ Energetics | Warm, slightly moist |
| Clinical Actions | Adaptogenic, increases plasma corticosterone, nootropic effects, liver protective, inhibits platelet aggregation, antioxidant, anti-inflammatory, **stimulant,** tonic |
| Biochemical Components | Triterpenoid saponins, glycopeptides (panaxanes), polysaccharides, polyacetylenes, volatile oil |
| Primary Uses | Increases general ability to adapt to stress, fatigue, and cold while also improving cognitive function.Increases immune function. Supports liver function.Invigorator used for fatigue, weakness, decreased mental performance.ConvalesceAdjunct for diabetes, high cholesterol and decreased immunityMale aphrodisiac.Endurance tonic for older people to help them through winter. |
| Cautions | Avoid high dosesTake a break if using for more than 1-3 monthsContraindicated with heat signsIf used in place of proper diet and rest, it can cause injury by allowing overexertion |

|  |  |
| --- | --- |
| Latin Name | Juniperus spp |
| Common Name | Juniper berries |
| Family | Cupressaceae |
| Native To | Europe, southwest Asia, North America. |
| Harvest | Berry gathered when ripe in autumn |
| Parts Used | Berries (fruit), essential oil |
| Forms | Tincture (works best), essential oil |
| Vitalist Actions/ Energetics | Warm and dry |
| Clinical Actions | Tonic, diuretic, antiseptic within the urinary tract, emmenagogue, carminative, antispasmodic |
| Biochemical Components | Volatile oil, tannins, diterpenes, sugars, resins, vitamin C. |
| Primary Uses | Cystits.Warming and settling to digestive system, easing colic and supporting stomach function.Used internally or externally (as essential oil) for chronic arthritis, gout and rheumatic conditions.  |
| Cautions | Combine with demulcents to prevent irritation. Do not use in kidney disease.Do not use long term. Use in small doses due to potential kidney function. Do not use during pregnancy. |
| History | Juniper has long been thought to protect against evil spirits. It was burned to ward off the plague.  |

|  |  |
| --- | --- |
| Latin Name | Chimphila umbellate |
| Common Name | Pipsissewa, umbellate wintergreen, prince’s pine |
| Family | Pyrolaceae |
| Native To | North America, Europe and Asia |
| Harvest | Leaves are collected in summer |
| Parts Used | Leaves |
| Forms | Tea, wash, poultice |
| Vitalist Actions/ Energetics | Cool and dry |
| Clinical Actions | Antiseptic within the urinary tract, astringent, tonic, diuretic, antifungal, antibacterial |
| Biochemical Components | Hydroquinones (including arbutin), flavonoids, triterpernes, methyl salicylate and tannins |
| Primary Uses | Used by Native Americans to induce sweating and treat fevers such as typhus. Rheumatism and gout, perhaps because of the elimination action. Fresh leaves can also be applied externally to rheumatic joints, blisters, sores and swellings.A wide variety of urinary and kidney problems such as cystitis and kidney stones.Upper respiratory inflammation.  |
| Cautions | Should be avoided long term.Should not be used by young children.May cause allergic skin reactions (especially fresh plant.) |

|  |  |
| --- | --- |
| Latin Name | Arctostaphylos uva ursi |
| Common Name | Uva ursi, kinnikinnick,pinemat manzanita, bearberry |
| Family | Ericaceae |
| Native To | Native to Europe, naturalized throughout the northern hemisphere up to the Arctic. |
| Harvest | Leaves are gathered in autumn |
| Parts Used | Leaves, berries |
| Forms | Tincture, powder, tea – not boiled, but macerated in room temperature/ warm water |
| Vitalist Actions/ Energetics | Cold and dry |
| Clinical Actions | Astringent, mild diuretic, antibacterial |
| Biochemical Components | Contains arbutin which breaks down in to the disinfectant hydroquinone, tannins, phenolic glycosides and flavonoids.  |
| Primary Uses | Acute and chronic cystitis and urethritis. Uva ursi is more effective when urine is alkaline, so it should be taken in conjunction with a vegetable diet. |
| Cautions | Can be irritating to the gut. Combining with a demulcent such as Althea can help.Do not use in cases of kidney infection. Do not use during pregnancy or lactation. Do not use in children under 12. Take for no more than 10 days in a row or more than five times a year due to hydroquinone’s hepatotoxic effect. |

|  |  |
| --- | --- |
| Latin Name | Zea mays |
| Common Name | Cornsilk, maize, yu mi shu |
| Family | Graminaceae |
| Native To | The Andes and Central America, cultivated almost universally. |
| Harvest | Cornsilk is harvested in summer with the ripe cob, the separated and dried.  |
| Parts Used | Corn silk is the stamens. The inner, yellow corn silk is the part used medicinally.  |
| Forms | Infusion, decoction used for a poultice, powder |
| Vitalist Actions/ Energetics | Cool and moistening to lining of digestive tract, drying through diuretic properties.  |
| Clinical Actions | Demulcent, diuretic, mild expectorant, mild choloagogue, anti-inflammatory |
| Biochemical Components | Flavonoids (maysin), alkaloids, allantoin, saponins, volatile oil, mucilage, vitamins C and K, potassium |
| Primary Uses | Stimulates bile production.Lowers blood pressure, reduces blood clotting time.Used by Native Americans as a poultice to treat bruises, swellings, sores, boils Used in China to treat fluid retention and jaundice.Diuretic and healer for almost all problems of the urinary system – soothes and relaxes urinary system relieving irritation, improving urine flow and elimination. Relieves chronic cystitis and is useful in conjuction with other acture cystitis treatments, reduces kidney stone formation and symptoms.Chickasaw Indians treated itching skin with sores caused by scratching by burning old corncobs and holding the affected part over the smoke. Corn meal is used externally to treat bruises. |
| Cautions | None |
| Etimology | Zea means “cause of life” and mays means “our mother” |

|  |  |
| --- | --- |
| Latin Name | Eupatorium purpureum, E. maculatum |
| Common Name | Sweet Joe Pye Weed, Queen of the Meadow, Gravel Root, Kidney Root, Purple Boneset |
| Family | Asteraceae |
| Native To | Eastern North America |
| Harvest | The root is unearthed in autumn. |
| Parts Used | Root |
| Forms | Decoction, tincture |
| Vitalist Actions/ Energetics | Cool and dry, relaxant |
| Clinical Actions | Diuretic, bitter tonic |
| Biochemical Components | Volatile oil, flavonoids and resin, triterpenoid saponins (causing diuretic effect), bitter principles, a benzofuran (euparin) |
| Primary Uses | Used by Native Americans as a diuretic and for conditions affecting the genitourinary system. Helps preent formation of kidney and bladder stones, may shrink exisiting stones.Used for treatment of cystitis, urethritis, prostate enlargement and other forms of obstruction.Treats fluid retention and hematuria. Use when the urinary system lacks tone – dribbling, incontinence, leukorrhea.Rheumatism and gout, perhaps by increasing kidney function. |
| Cautions | Avoid during pregnancy and lactation (Skendari)Flushing the body is contraindicated in cases of obstructive urinary stones, edema caused by impaired heart or kidney function and kidney inflammation.May cause contact dermatitis to persons sensitive to other asteraceae plants that contain sesquiterpenoid lactones. |

|  |  |
| --- | --- |
| Latin Name | Schizandra chinensis |
| Common Name | Schizandra |
| Family | Schisandraceae, magoliacae |
| Native To | Northeastern China |
| Harvest | The fruit is harvested in autumn |
| Parts Used | Dried fruit |
| Forms | Eaten, decoction – decoct 5 g of crushed berries with ½ cup of water, divide into 3 doses and drink over the course of 24 hours, medicinal wine |
| Vitalist Actions/ Energetics | Sweet, sour, warm |
| Clinical Actions | Tonic, adaptogen, liver protectant, sedative |
| Biochemical Components | Lignans, triterpenes, volatile oil, vitamins C and E |
| Primary Uses | Anti hepatotonic effects make this herb useful for hepatitis – one clinical trial showed a 76% success rate.Stimulates the nervous system, improving mental clarity. Can treat depression, improve irritability and forgetfulness.Stimulates the uterus.Helps the body adapt to stress by strengthening and toning many different organs. Works as a sexual tonic by increasing secretion of sexual fluids and improving sexual stamina. Can also be used as a relaxant for insomnia and bad dreams.Respiratory infections, including chronic coughs, shortness of breath and wheezing.Strengthens kidney function and helps the body balance fluid levels – use for night sweats, thirst, urinary frequency.A wide variety of other uses including skin problems, dysentery, poor sight and hearing. |
| Culture | The Chinese name wu wei zi means “five-flavored herb” |
| Cautions | After 1-3 months of consistent use, a break should be taken before resuming again. Rarely, may cause stomach or skin problems.  |

|  |  |
| --- | --- |
| Latin Name | Curcuma longa, c. domestica |
| Common Name | Tumeric, Indian saffron, yellow ginger |
| Family | Zingiberaceae |
| Native To | India and southern Asia |
| Harvest | Winter |
| Parts Used | Rhizome |
| Forms | Decoction, poultice, tincture, powder |
| Vitalist Actions/ Energetics | Warm and dry |
| Clinical Actions | Digestive bitter, anti-inflammatory, cholagogue, choleretic, antioxidant, antibacterial, antispasmodic, carminative, analgesic, antitumor |
| Biochemical Components | Volatile oil, curcumin, bitter principles, resin |
| Primary Uses | Turmeric’s anti-inflammatory effects are stronger than hydrocortisone.When applied to the skin and then exposed to sunlight, it is strongly antibacterial. Can lower cholesterol.Has anti-coagulant action which can reduce risk of strokes and heart attacks.Improves liver function.Helps digestion.Alleviates nausea.Arthritis, asthma and eczema are all inflammatory conditions and hence, can all be aided by this herb.Nonulcer dyspepsia associated with hepatobiliary malfunction.For primary dysmenorrhea, begin taking a day or two prior to menstruation. |
| Cautions | During pregnancy, turmeric should only consumed in small amounts as a flavor.At high doses, it may cause gastrointestinal irritations including nausea and vomiting.  |

|  |  |
| --- | --- |
| Latin Name | Silybum marianum, Carduus marianus |
| Common Name | Milk thistle seed, mary thistle |
| Family | Asteraceae |
| Native To | Mediterranean |
| Harvest | Flower heads picked in full bloom in early summer, seeds are collected in late summer |
| Parts Used | Seeds, flower heads |
| Forms | Decoction (seed), tincture, pills, compress |
| Vitalist Actions/ Energetics | Cool |
| Clinical Actions | Liver protectant, cholagogue, galactogouge, anti-depressant |
| Biochemical Components | Flavonlignans (including silymarin – liver protectant), bitter principles, polyacetylenes |
| Primary Uses | Silymarin can be used to treat hepatitis and liver cirrhosis. Any condition in which it the liver is being stressed or damaged – infection, excess alcohol or chemotherapy – can probably be aided by this herb. It is so liver protectant that it can even prevent severe damage that can result from ingesting carbon tetrachloride or death cap mushrooms.Traditionally, the flower was used as a spring tonic after a vegetable-deprived winter. Increase milk production.Helps depression.Used externally for varicose ulcers and bleeding hemorrhoids. |
| Cautions | Occasionally it may be mildly laxative |

|  |  |
| --- | --- |
| Latin Name | Chinoanthus viginicus |
| Common Name | Fringe tree |
| Family | Oleaceae |
| Native To | The eastern and southern United States |
| Harvest | Autumn |
| Parts Used | Bark, root bark |
| Forms | Poultice, tea |
| Vitalist Actions/ Energetics | Cold and dry |
| Clinical Actions | Alterative, cholagogue, mild laxative, liver protective, diuretic, anti-inflammatory, antibacterial, antiviral. |
| Biochemical Components | Saponins (including chionanthin) and glycosides (including phyllirine) |
| Primary Uses | Traditionally used to treat inflammations of the eye, cuts and bruises. Native Americans used it as a treatment for toothache.Bitter tonic.Assist recovery from long-term illness.Liver tonic.Gallbladder pain, including gallstones, chronic weakness, jaundice. The root bark increases function in the pancreas and spleen. |
| Cautions | None |

|  |  |
| --- | --- |
| Latin Name | Rumex crispus |
| Common Name | Yellow dock, curled dock |
| Family | Polygonaceae |
| Native To | World wide |
| Harvest | Roots are dug up in autumn, chopped and dried |
| Parts Used | Root |
| Forms | Tea, poultice, wash, syrup |
| Vitalist Actions/ Energetics | Bitter, cool |
| Clinical Actions | Mild laxative, cholagogue, astringent, alterative |
| Biochemical Components | Anthraquinones, tannins, flavonoids, oxalates |
| Primary Uses | Detoxifying effects mean that this plant is used for skin conditions such as acne, eczema and fungal infections.Combined with dietary changes, yellow dock can help atonic constipation and its toxic effects. Anemia (Michael Moore) |
| Combinations | Yellow dock is usually not used on its own, but combined with herbs such as burdock or dandelion for long-term toxic conditions.  |
| Cautions | Avoid during pregnancy and breast feeding.Avoid if suffering from gout or kidney stones.The leaves have a high level of oxalates which are potentially fatal.  |

|  |  |
| --- | --- |
| Latin Name | Plantago spp |
| Common Name | Plantain |
| Native To | Europe and temperate Asia |
| Parts Used | Seeds, leaf |
| Forms | Poultice, wash, tea |
| Vitalist Actions/ Energetics | Cool and moistening when used topically |
| Clinical Actions | Antiseptic, antibacterial, anti-inflammatory, astringent, emollient, wound-healing, demulcent, liver protective, diuretic |
| Biochemical Components | Iridoids, mucilaginous polysaccharides, phenylethanoid glycososides, phenolic acids, flavonoids, tannings, minerals (including silicic acid), saponin, coumarins |
| Primary Uses | Used as a tea for upper respiratory tract and gastrointestinal inflammation. To treat genitourinary tract inflammation, more than 2 liters per day should be drunk.Used externally for a large variety of skin pains and annoyances: Inflammation, wounds, boils, insect bites, poison ivy and hemorrhoids. Plantain staunches blood flow and helps repair damaged tissue. It is used in the treatment of bruises as well as broken bones.  |
| Cautions | In tea form, there is minimal antibacterial effect. May cause contact allergic reactions.  |

|  |  |
| --- | --- |
| Latin Name | Mahonia aquifolium |
| Common Name | Oregon grape root, holly-leaf barberry, mountain grape |
| Family | Berberidaceae |
| Native To | Pacific northwest |
| Harvest | August or September |
| Parts Used | Root, bark |
| Forms | Tincture |
| Vitalist Actions/ Energetics | Cold and dry |
| Clinical Actions | Fungicidal,anti bacterial, anti protozoa |
| Biochemical Components | Berberine |
| Primary Uses | Used externally for psoriasis, acne and vulvovaginitis. Used by Native Americans for all degenerative diseases, especially cancer and arthritis. Can be used to treat hepatitis and jaundice. Other uses are similar to goldenseal |
| Combinations | Combines well with dandelion |
| Cautions | None |

Radical Botany, Oregon grape (Mahonia aquifolium berberidace), <http://radicalbotany.com/2010/11/26/oregon-grape-mahonia-aquifolium-berberidace/>

|  |  |
| --- | --- |
| Latin Name | Taraxacum officinalis |
| Common Name | Dandelion, lion’s tooth, blow ball, puff ball |
| Family | Asteraceae |
| Native To | Grows wild in most parts of the world |
| Harvest | Young leaves should be picked in spring. The root of the two year old plant is harvested in autumn. |
| Parts Used | Leaves, root |
| Forms | Leaves are eaten raw or infused, tincture of root, decoction of root |
| Vitalist Actions/ Energetics | Cool and dry |
| Clinical Actions | Diuretic, detoxifying, bitter, cholagogue, choleretic, mild alterative |
| Biochemical Components | Bitter principles, triterpenes, phytosterols, phenolic acids, minrals, inulin, fructose |
| Primary Uses | Dandelion leaf is one of very few diuretics which gives the user a net gain of potassium. For this reason, it can be used to treat high blood pressure.The root works on the liver, gallbladder and kidneys to remove toxins. This process means that the herb is useful for constipation, skin problems such as acne, eczema and psoriasis and arthric conditions. Both the leaf and root can be used in the prevention of gallstones.  |
| Cautions | Should not be taken in cases of biliary obstruction. Persons sensitive to other asteraceae plants may experience allergic contact dermatitis. |

|  |  |
| --- | --- |
| Latin Name | Medicago sativa |
| Common Name | Alfalfa, Lucerne |
| Family | Fabaceae |
| Native To | Asia, Europe and North Afria |
| Harvest | Summer |
| Parts Used | Aerial parts, sprouting seeds |
| Forms | Infusion |
| Vitalist Actions/ Energetics | None |
| Clinical Actions | Nutrative |
| Biochemical Components | Isoflavones, coumarins, alkaloids, vitamins and porphyrines |
| Primary Uses | Supplementation of vitamins, minerals and phytoestrogens |
| Cautions | People with autoiummune diseases and estrogen receptor-positive tumors should avoid alfalfa |

|  |  |
| --- | --- |
| Latin Name | Berberis vulgaris |
| Common Name | Barberry |
| Family | Berberidaceae |
| Native To | Europe |
| Harvest | Bark is gathered in spring or autumn, and berries in autumn |
| Parts Used | Stem, bark, root bark, berries |
| Forms | Tincture, decoction |
| Vitalist Actions/ Energetics | Cool |
| Clinical Actions | Strongly antibacterial and amebicidal, alterative, laxative |
| Biochemical Components | Isoquinoline alkaloids |
| Primary Uses | Improves bile flowAntiseptic properties help with amebic dysentery, cholera and other gastrointestinal infections.Healing to the intestinal wallEczema and psoriasisDiluted decoction makes an effective eyewash |
| Cautions | Do not take during pregnancy |

|  |  |
| --- | --- |
| Latin Name | Smilax off |
| Common Name | Sarsaparilla, Sasparilla |
| Family | Liliaceae |
| Native To | Tropical rainforests, temperate regions of Asia and Australia |
| Harvest | Throughout the year |
| Parts Used | Root |
| Forms | Tea |
| Vitalist Actions/ Energetics | Cool |
| Clinical Actions | Alterative, diuretic, diaphoretic, tonic, anti-inflammatory |
| Biochemical Components | Saponins, parillin, sarsaponin, gylcosides, resin |
| Primary Uses | Skin disordersHepatic illnessesRheumatism, arthritis and goutHormone excess |
| Cautions | Avoid high doses during pregnancyCan influence the absorption and excretion of some drugs – when taking oral medication, take it one hour before or after taking sarsaparilla. |

|  |  |
| --- | --- |
| Latin Name | Stillingia sylvatica |
| Common Name | Queen’s delight |
| Family | Euphorbiaceae |
| Native To | Southeastern US |
| Harvest | Early autumn. Fresh root is the most active |
| Parts Used | Root |
| Forms | Tincture, decoction |
| Vitalist Actions/ Energetics | Cool and dry |
| Clinical Actions | Emetic, alterative, astringent |
| Biochemical Components | Diterpenes, fixed oil, volatile oil, resin and tannins. |
| Primary Uses | Conditions with red, shining membranes. AsthmaSwollen and infected throat lymph nodesConstipationWeeping eczemaHemorrhoids |
| Cautions | Emetic in large doses |

|  |  |
| --- | --- |
| Latin Name | Baptisia tincoria |
| Common Name | Wild indigo |
| Family | Fabaceae |
| Native To | Eastern North America |
| Harvest | Autumn |
| Parts Used | Root, leaves |
| Forms | Decoction, tincture |
| Vitalist Actions/ Energetics | Very cold |
| Clinical Actions | Alterative, antiseptic, stimulant, astringent, emetic, cathartic, immunostimulant |
| Biochemical Components | Isoflavones, flavonoids, alkaloids, coumarins, polysaccharides |
| Primary Uses | Septic infection of mucous membranesStomach ulcersUse a decoction on cuts and wounds.Upper respiratory infectionsLymphatic problems |
| Cautions | May cause nausea and vomiting in small amounts. Traditionally, it is used topically |

|  |  |
| --- | --- |
| Latin Name | Phytolacca decandra |
| Common Name | Poke root, pokeweed |
| Family | Phytolaccaceae |
| Native To | North America |
| Harvest | Late autumn |
| Parts Used | Root |
| Forms | Infusion, tincture of fresh root, poultice |
| Vitalist Actions/ Energetics | Bitter, cold, toxic |
| Clinical Actions | Cathartic, alterative, antitumor, anodyne |
| Biochemical Components | Saponin, formic acid, tannins, fatty oil, resin, sugar, phytolaccin |
| Primary Uses | ConstipationGlandular and lymphatic congestionTreatment of cancer, arthritis and degenerative diseasesExternally used for sores, boils and difficult urination.Respiratory tract infectionsUse as a poultice or ointment for acne, fungal infections and scabies. |
| Cautions | Toxic – use in extremely small quantities. Do not use during pregnancy |

|  |  |
| --- | --- |
| Latin Name | Iris spp |
| Common Name | Blue flag, orris |
| Family | Iridaceae |
| Native To | North America |
| Harvest | Late summer, early autumn |
| Parts Used | Root |
| Forms | Infusion |
| Vitalist Actions/ Energetics | Very cold |
| Clinical Actions | Aromatic, mild expectorant, demulcent, antidiarrheal, diuretic |
| Biochemical Components | Volatile oil, mucilaginous polysaccharides, tannins, triterpenes, xanthones, phytosterols, flavonoids, phenolic acids, starch, wax |
| Primary Uses | Chronic lymphatic swellingStagnant liverUpper respiratory and gastrointestinal tract inflammationCatharticHeadacheRheumatic complaintsIncreases bile flow |
| Cautions | Use only in formula |

|  |  |
| --- | --- |
| Latin Name | Ceanothus spp |
| Common Name | Red root, New Jersey tea |
| Family | Rhamnaceae |
| Native To | Eastern North America |
| Harvest | Root is harvested in spring, leaves in summer |
| Parts Used | Leaf, root bar |
| Forms | Infusion, lotion |
| Vitalist Actions/ Energetics | Cold and dry |
| Clinical Actions | Astringent, expectorant, antispasmodic |
| Biochemical Components | Tannins, alkaloids, resin and a coagulant |
| Primary Uses | The root bark is used as a tea for minor inflammatory and spastic conditions of the gastrointestinal and respiratory tracts. It is used externally for mouth and throat inflammations and as a vaginal irrigation or sitz bath for leukorrrhea.Treat diarrhea and dysentery. May be a sedative and lower blood pressurek |
| Cautions | Should not be used during pregnancy and lactation |

|  |  |
| --- | --- |
| Latin Name | Galium aparine |
| Common Name | Cleavers, bedstraw, clivers, goosegrass, stcywilly |
| Family | Rubiaceae |
| Native To | Europe and North America |
| Harvest | Late spring, right before it flowers |
| Parts Used | Ariel parts |
| Forms | Infusion, juice (stronger) |
| Vitalist Actions/ Energetics | Cold and dry |
| Clinical Actions | Diuretic, astringent, anti-inflammatory, bitter tonic, antimicrobial, mild laxative |
| Biochemical Components | Flavonoids, iridoids, tannins, phenolic acids |
| Primary Uses | Inflammation of the genitourinary tract, non-obstructive stones, prevents relapsing urinary infectionsAtopic eczema and psoriasisSwollen lymph glandsDetoxifying agentExternally used for minor wounds, ulcers, dermatitis, bruises, leucorrhea |
| Cautions | Should not be taken in cases of edema |

|  |  |
| --- | --- |
| Latin Name | Lentinus edodes |
| Common Name | Shiitake mushroom |
| Family | Marmasmiaceae |
| Native To | Korea, China, Japan |
| Harvest | Harvest before cap opens completely |
| Parts Used | Whole mushroom |
| Forms | Eaten, usually in soup or stir-fry, extract of lentinan |
| Vitalist Actions/ Energetics | Balancing |
| Clinical Actions | Immunomodulant, antitumoral, antibacterial |
| Biochemical Components | Lentinan, minerals, vitamin D |
| Primary Uses | Enhance the effects of cancer and infection therapiesIncrease WBC countUse in cases of autoimmune disease, hepatitis, immunodepression and HIV |
| Cautions | Should not be taken in cases of chronic debilitating diseaseUndercooked, can cause temporary dermatitis |

|  |  |
| --- | --- |
| Latin Name | Astragalus membranaceus |
| Common Name | Astragalus, Haung Chi, Yellow vetch, Milk vetch |
| Family | Fabaceae |
| Native To | Mongolia, northern and eastern China. |
| Harvest | The root of the four year old plant is harvested in autumn. |
| Parts Used | Root |
| Forms | Decoction, tincture |
| Vitalist Actions/ Energetics | Sweet, slightly warm |
| Clinical Actions | Diuretic, anhidrotic, adaptogenic, immune stimulant, vastodilator, antiviral |
| Biochemical Components | Triterpene saponins, isoflavonoids, polysaccharides, phytosterols |
| Primary Uses | Strengthens digestion, metabolism and immune systemPromotes healingChronic lung weakness with shortness of breathProlapse of internal organs, especially uterusNephritis that does not respond to diureticsCan restore normal immune function in cancer patients, helping combat the side effects of chemotherapy and radiotherapyEnergy tonic helps adaptation to the cold, improves physical enduranceThe vasodilator effects indicate astragalus for excessive sweating. |
| Cautions | Do not use during acute illness. |

|  |  |
| --- | --- |
| Latin Name | Cassia senna |
| Common Name | Senna |
| Family | Fabaceae |
| Native To | Tropical Africa |
| Harvest | Leaves are picked before or while the plant is in flower. Pods are collected when they are ripe in autumn. |
| Parts Used | Leaves and pods |
| Forms | Decoction, infusion, tincture, pills |
| Vitalist Actions/ Energetics | Bitter, sweet, cold |
| Clinical Actions | Stimulant, laxative, cathartic |
| Biochemical Components | Anthraquinone (including sennosides which irritate the lining of the large intestine causing strong muscle contractions while inhibiting water absorption), glycosides, naphthaline glycosides, mucilage, flavonoids, volatile oil |
| Primary Uses | Specifically for constipation, especially when soft stool is desired such as in cases of anal fissure |
| Cautions | This is a short term herb – use for more than 10 days can lead to weakening of the muscles of the bowel.Because it is cathartic, senna should be taken with aromatic, carminative herbs that can prevent griping. Should not be used by children under 12Should not be used during pregnancyShould not be used by persons suffering from colitis |

|  |  |
| --- | --- |
| Latin Name | Salvia officinalis |
| Common Name | Garden sage |
| Family | Lamiaceae |
| Native To | The Mediterranean |
| Harvest | Leaves are picked in summer. |
| Parts Used | Leaves |
| Forms | Infusion, tincture, fresh leaves |
| Vitalist Actions/ Energetics | Spicy, astringent, warm |
| Clinical Actions | Astringent, antiseptic, stomachic, estrogenic, tonic, antioxidant aromatic |
| Biochemical Components | Essential oil, diterpenes, triterpenes, phenolic compounds (including rosmarinic acid), tannins |
| Primary Uses | Sore throat, canker sores, sore fumsAsthma treatmentRelief of menopausal symptomsReduces excessive sweatingReduces milk productionAs a nerve tonic, for a muscle relaxant and to prevent the onset of Alzheimer’s disease |
| Cautions | None |

|  |  |
| --- | --- |
| Latin Name | Agrimony spp |
| Common Name | Agrimony, church steeple |
| Family | Rosacae |
| Native To | Europe |
| Harvest | While in flower during summer |
| Parts Used | Ariel parts |
| Forms | Tea, compress, poultice |
| Vitalist Actions/ Energetics | Bitter, cooling |
| Clinical Actions | Astringent, hemostatic, antiinflmmatory, analgesic |
| Biochemical Components | Tannins, flavonoids, phenolic acids, triterpenes |
| Primary Uses | Bleeding from any part of the body.Used as a suppository tor treatment of hemorrhoids, tapeworms and diarrhea.Mild bitterInflammation of the gastrointestinal and genitourinary tract.Combines with other herbs to treat chronic hepatobiliary disorders. Specific for childhood diarrhea, appendicitis and urinary incontinence |
| Cautions | None |

|  |  |
| --- | --- |
| Latin Name | Carum carvi |
| Common Name | Caraway |
| Family | Apiaceae |
| Native To | Europe, North Africa and Asia |
| Harvest | Seeds are harvested in late summer |
| Parts Used | Seed |
| Forms | Tea, essential oil, powder |
| Vitalist Actions/ Energetics | Spicy, warm |
| Clinical Actions | Antispasmodic, carminative, expectorant, galactagogue |
| Biochemical Components | Volatile oil, fixed oil, flavonoids, polysaccharides, proeins and furanocoumarins |
| Primary Uses | Sooths digestive tract relieving colic, cramps, bloating and flatulence.Used in cough remedies. Increases milk production.Used in laxative formulas to prevent griping.  |
| Cautions | None |

|  |  |
| --- | --- |
| Latin Name | Foeniculum vulgare |
| Common Name | Fennel |
| Family | Apiacea |
| Native To | Mediterranean |
| Harvest | Autumn |
| Parts Used | Fruit (commonly called seed) |
| Forms | Infusion, syrup, essential oil |
| Vitalist Actions/ Energetics | Spicy, sweet, warm |
| Clinical Actions | Stimulant, carminative, antispasmodic, expectorant, antimicrobial |
| Biochemical Components | Volatile oil, phenolic acids, flavonoids, furanocoumarins, fixed oil |
| Primary Uses | Treatment of gastrointestinal discomforts such as indigestion, gas and diminished peristalsis of the stomach and intestines.Upper respiratory tract inflammationUseful for cancer patients recovering from radiation and chemotherapy.Combined with uva ursi, used to treat cystitis.Increases milk production.Eyewash for sore eyes and conjunctivitis.  |
| Cautions | Rarely, can cause an allergic reaction of the skin and respiratory tract. Do not take the essential oil internally.Limit use during pregnancy.Potentially toxic in high doses. |

|  |  |
| --- | --- |
| Latin Name | Gentiana lutea |
| Common Name | Gentian |
| Family | Gentianaceae |
| Native To | The Alps and other parts of mountainous Europe |
| Harvest | Currently overharvested, Gentian should be cultivated rather than wildcrafted. The root is dug up in early autumn and dried. |
| Parts Used | Root |
| Forms | Tincture, decoction |
| Vitalist Actions/ Energetics | Bitter, cold |
| Clinical Actions | Bitter tonic, digestive stimulant, eases stomach pain, alterative |
| Biochemical Components | Bitter principles, gentianose, inulin, phenolic acids |
| Primary Uses | One of the most pitter plants on earth, gentian can stimulate saliva and gastric secretions and eliminating many syptoms of weak digestion such as gas, indigestion and poor appetite.Increases nutrient absorption by improving digestive function.  |
| Cautions | Should not be taken by persons with acid indigestion and peptic ulcers |

|  |  |
| --- | --- |
| Latin Name | Matricaria recutita, Chamomilla recutia, Anthemis nobilis |
| Common Name | Chamomile, German chamomile |
| Family | Asteraceae |
| Native To | Europe |
| Harvest | Flower heads picked in full bloom in summer |
| Parts Used | Flowers |
| Forms | Infusion, cream, essential oil, tincture |
| Vitalist Actions/ Energetics | Bitter, spicy |
| Clinical Actions | Calmative, nervine, antispasmodic, anodyne, diaphoretic, emmenagogue, carminative, anti inflammatory, antiallergenic  |
| Biochemical Components | Volatile oil, flavonoids, bitter glycosides, coumarins, tannins |
| Primary Uses | Nervousness, headaches, anxiety, cramps and spasms.Febrile disease such as colds and flusDigestive complaintsCombined with ginger to treat menstrual crampsInfant colic |
| Cautions | None |

|  |  |
| --- | --- |
| Latin Name | Thymus vulgaris |
| Common Name | Thyme |
| Family | Lamiaceae |
| Native To | Southern Europe |
| Harvest | Summer |
| Parts Used | Leaves, aerial parts |
| Forms | Infusion, essential oil, syrup, tincture |
| Vitalist Actions/ Energetics | Spicy, warm |
| Clinical Actions | Antiseptic, tonic, antispasmodic, expectorant, antioxidant, antifungal, carminative |
| Biochemical Components | Volatile oil, flavonoids, phenolic acid |
| Primary Uses | Kills stomach wormsRelieves muscle spasms Works against stomach0ulcer causing bacteriaImmune tonic, especially chronic, fungal infectionsThroat and chest infections and irritations such as bronchitis, whooping cough, pleurisy, asthma and hay fever.Can be used externally on fungal infections. |
| Cautions | Only consume in small amounts as a spice in pregnancy and lactation |

|  |  |
| --- | --- |
| Latin Name | Prunus serotina |
| Common Name | Wild black cherry |
| Family | Rosaceae |
| Native To | North America |
| Harvest | May-June |
| Parts Used | Inner bark |
| Forms | Tea, poultice, powder |
| Vitalist Actions/ Energetics | Sedative |
| Clinical Actions | Aromatic, antitussive, antispasmodic, astringent |
| Biochemical Components | Cyanogenic glycoside, tannins, coumarins |
| Primary Uses | Internally used for inflammation and spastic conditions of the upper respiratory and gastrointestinal tract.Used to flavor syrup medicines.Externally used for minor skin inflammations.Used by Cherokee women to ease labor pain. |
| Cautions | Highly toxic in excessive doses |

|  |  |
| --- | --- |
| Latin Name | Verbascum Thapsus |
| Common Name | Mullein |
| Family | Scrophulariaceae |
| Native To | Central and southern Europe and western Asia |
| Harvest | Summer |
| Parts Used | Leaf, flower, root |
| Forms | Tea, oil, tincture, poultice |
| Vitalist Actions/ Energetics | Astringent, cool |
| Clinical Actions | Expectorant, demulcent, antispasmodic, antitussive, astringent, anodyne, vulnerary, emollient, diuretic |
| Biochemical Components | Trierpenoid saponins (including verbascosaponin), mucilaginous poly saccharides, flavonoids, iridoids, phenylethanoid glycosides (including verbascoside which inhibits synthesis of WBCs) |
| Primary Uses | Upper respiratory discomforts such as irritating dry cough, hoarseness, bronchitis, laryngitis, phlegm, bronchial asthma and whooping cough.The flowers are specifically sedative and antifinclamatory – it can be used for earaches. The root can be used to treat eye inflammation, cramps and diarrhea.The leaf can be used externally for minor skin inflammations such as bruises, wounds, ulcers and hemorrhoids. |
| Cautions | None |

|  |  |
| --- | --- |
| Latin Name | Tussilago farfara |
| Common Name | Coltsfoot |
| Family | Asteraceae |
| Native To | Europe and northern Asia |
| Harvest | Flowers are gathered in late winter, leaves in summer |
| Parts Used | Leaves, flowers |
| Forms | Decoction, poultice |
| Vitalist Actions/ Energetics | Relaxant, bitter, sweet |
| Clinical Actions | Expectorant, demulcent, antitussive, anti inflammatory, antibacterial |
| Biochemical Components | Mucilaginous polysaccharides, inulin, tannins, triterpenes, coumarins, flavonoids, phenolic acids, minerals, unsaturated pyrrolizidine alkaloids (heptotoxic and cerinogenic) |
| Primary Uses | Chest problems such as coughs or asthma. Sedates cough reflex, resolves wheezing. Crushed leaves can be applied to insect bites and stings.  |
| Combination | Combines well with licorice, thyme and black cherry |
| Cautions | Do not take coltsfoot during pregnancy or lactation. Not suitable for children under age 6. Legal restrictions in some countries. Should not be taken for more than 4-6 weeks per year.  |

|  |  |
| --- | --- |
| Latin Name | Inula helenium |
| Common Name | Elecampane, scabwort |
| Family | Asteraceae |
| Native To | Southeastern Europe and western Asia. Grows in temperate regions. |
| Harvest | Harvested in autumn, cut up and tried at a high temperature.  |
| Parts Used | Root |
| Forms | Decoction, tincture, syrup. |
| Vitalist Actions/ Energetics | Tonic, stimulant, warming, drying |
| Clinical Actions | Expectorant, carminative, diuretic, antiseptic, astringent, choleretic, cholagogue, antimicrobial, diuretic. |
| Biochemical Components | Volatile oil, bitters, triterpenes, hytosterols, polyacetylenes, inulin |
| Primary Uses | Elecampane is used for chronic cold lung conditions with clear expectoration, cough, consumption, bronchitis and asthma. Inulin is mucilaginous and soothes bronchial linings. It allows mucus to be coughed up from the lungs. Its warming effect makes it an tonic for the respiratory system and useful for chronic chest problems. This herb strengthens digestion and can be used for loss of appetite and nonulcer dyspepsia. This herb can also be used for intestinal worms and genitourinary tract inflammation.Elecampane is useful in hepatobiliary disorders such as nonobstructive gallstones and impaired bile flow.Can be used as a tonic for those with chronic conditions accompanied by weakness.  |
| Mythology |  This is the plant that Helen held in her hand when she went to Troy with Paris.  |
| Cautions | May irritate a dry cough without any mucus. Note that a cough with mucus can appear dry because the mucus is stuck. Should not be taken during pregnancy and lactation. It can cause allergic contact dermatitis to persons sensitive of other Asteraceae plants that contain sesquiterpenoid lactones.At high doses it can cause gastrointestinal irritations. |

|  |  |
| --- | --- |
| Latin Name | Glycyrrhiza glabra |
| Common Name | Licorice |
| Family | Fabaceae |
| Native To | Southeastern Europe and southwestern Asia |
| Harvest | Late autumn |
| Parts Used | Root |
| Forms | Tincture , powder (for canker sores), decoction, fluid extract |
| Vitalist Actions/ Energetics | Relaxant, stimulant, sweet, neutral |
| Clinical Actions | Demulcent, anti-inflammatory, anti ulcer, antispasmodic, expectorant, liver protective, antioxidant, antibacterial, antiviral, antifungal, aperient, mild sedative, mild laxative. Licorice helps the body retain water and calcium while flushing out potassium.  |
| Biochemical Components | Glycyrrhizin (triterpenoid saponins – inhibits the biosynthesis of inflammatory prostaglandins and leukotrienes), flavonoids, polysaccharides, sugars, phytosterols, coumarins |
| Primary Uses | Licorice soothes upper respiratory and gastrointestinal tract inflammation, especially ulcers of the stomach and duadnum. It does this by creating a protective mucus which covers the stomach. Strengthens digestion, combats fatigue, atopic eczema and rheumatic problems. Detoxifies. Useful for dry coughs and inflamed eyesLicorice can be used as an adrenal agent, stimulating hormonal production of the adrenal glands and reducing the breakdown of steroids. Glycyrrhizins can be used in the treatment of chronic hepatitis and liver cirrhosis. The ancient Greeks used licorice for asthma, chest problems and canker sores.  |
| Combinations |  Licorice is used to harmonize and flavor many different herbal formulas. It is fifty times sweeter than sugar and can prevent many uncomfortable side effects from other herbs.  |
| Cautions | Should not be taken during pregnancy, in cases of severe liver and kidney disorders, potassium depletion or hypertension. High does taken for prolonged periods of time and containing glycyrrhizin can cause edema, posstassium depletion and hypertension. Do not take for more than 4-6 weeks. |

|  |  |
| --- | --- |
| Latin Name | Althea officinalis |
| Common Name | Marshmallow |
| Native To | Europe. Groes in marshy fields and tidal zones |
| Parts Used | Root, leaf, flower |
| Forms | A hot water extraction extracts both starch and mucilage. A cold water extraction, only mucilage. Cmpress, poultice |
| Vitalist Actions/ Energetics | Cooling, moistening, sweet, bitter |
| Clinical Actions | Demulcent, immunostimulant, antitussive, emollient, alterative, diuretic, vulnerary, laxative |
| Biochemical Components | Mucilaginous poly saccharides (esp root, esp in autumn), flavonoids |
| Primary Uses | Inflammatory conditions of the upper respiratory and gastrointestinal tract. This includes intestinal problems and irritable bowel syndrome. This herb can be used for cystitis.Used as a compress for minor skin inflammations and as a poultice for boils. Marshmallow primarily has a soothing effect, especially around the mucous membranes.  |
| Harvest | Ariel parts gathered in summer, root in autumn |
| Cautions | May impair the absorption of some drugs if taken with an hour of each other.  |
| Tips | Marshmallow is a great substitute for slippery elm which is endangered.  |
| Family | Malvaceae |

|  |  |
| --- | --- |
| Latin Name | Larrea tridentate |
| Common Name | Chaparral, creosote bush |
| Native To | Southwestern US and Mexico |
| Parts Used | Areal parts |
| Forms | Decoction, poultice, due to its drying properties, it is best administered as an oil or salve.  |
| Vitalist Actions/ Energetics | Cold and dry |
| Clinical Actions | Astringent, disinfectant, anti-inflammatory, diuretic |
| Biochemical Components | Resids and lignans (including nordihydroguaiauretic acid which can be harmful to the lymph glands and kidneys) |
| Primary Uses | Chaparral decoction was used by the Native Americans to treat stomach problems such as diarrhea.Today, chaparral is used to treat arthritis, venereal infections, uterine fibroids, urinary infections and certain types of cancer such as leukemia. It is used internally for acne and eczema and applied as a lotion to sores, wounds and rashes.  |
| Harvest | Leaves are collected in the summer. |
| Cautions | Five cases of hepatitis have been reported following chaparral ingestion.  |

|  |  |
| --- | --- |
| Latin Name | Anemopsis californica |
| Common Name | Yerba mansa, apache beads, lizard tail |
| Native To | Southwestern US and Mexico |
| Parts Used | Root, leaf |
| Forms | Infusion, powder of dried root, tincture |
| Vitalist Actions/ Energetics | Warming in the 2nd degree, drying in the 3rd degree, bitter, astringent |
| Clinical Actions | Antimicrobial, antispasmodic, anti-inflammatory, liver protective, immunomodulant, astringent, carminative |
| Biochemical Components | Volatile oil, lignans |
| Primary Uses | Yerba mansa can often be substituted for goldenseal. It is used to treat inflammation of mucous membranes. Yerba mansa can be taken as a diuretic. By ridding the body of excess uric acid, it can treat rheumatic diseases and prevent kidney stones. Used externally for fungal infections, especially as a powder.It can be used to soak inflamed or infected areas. This herb can be used in a postpartum stitz bath to promote perennial healing.  |
| Harvest | Collect in the fall, preferably after the first freeze. According to Michael Moore, after being collected, yerba mansa should be washed to remove clay, wilted for several weeks in a well ventilated area, then cut into small pieces and left to dry for 4 or 5 months.  |
| History | Used traditionally by Native Americans Hispanic settlers in the southwest.  |
| Cautions | May have side effects from drying. May cause GI irritation when used in high doses.  |

Andrea Medina (ANTH457 Summer 1999 & Hort300 Fall 1999), <http://medplant.nmsu.edu/yerba.html>

|  |  |
| --- | --- |
| Latin Name | Commiphora myrrha |
| Common Name | Myrrh gum |
| Native To | Northeastern Africa |
| Parts Used | Oleoresins |
| Forms | Tincture, essential oil, mouthwash, powder, capsules – it is not soluble in water or easily absorbed by the intestines and as a result, it is used more oftn in external treatments or gargles.  |
| Vitalist Actions/ Energetics | Bitter, spicy, neutral |
| Clinical Actions | Antimicrobial, analgesic, anti-inflammatory, astringent, wound-healing, stimulant, expectorant, antispasmodic, carminative |
| Biochemical Components | Volatile oil, gum, resin |
| Primary Uses | Sores and infections of the mouth and throat. The powder can be rubbed on to sore gums. Myrrh can be used on minor wounds, ulcers, acne and boils. Increases circulation and heart rate. Myrrh purges stagnant blood from the uterus and so can be helpful for amenorrhea, dysmenorrhea, menopause and uterine tumors. Myrrh is used in Chinese medicine for rheumatic, arthritic and circulatory problems.  |
| Combination | Combines well with goldenseal. |
| History | The ancient Egyptians used myrrh to embalm their mummies because it destroyed bacteria. It is described in the bible.  |
| Harvest | Incisions made in the bark of the tree ooze oleoresins. |
| Cautions | May cause temporary burning after paint with undiluted tincture. All resins can be difficult to eliminate and can cause minor kidney damage if taken internally over an extended period of time.  |

|  |  |
| --- | --- |
| Latin Name | Allium sativa |
| Common Name | Garlic |
| Native To | Central Asia |
| Parts Used | Cloves |
| Forms | Chopped in food, syrup (for coughs, one tsp ever 3 horus), capsules, enema |
| Vitalist Actions/ Energetics | Spicy, hot |
| Clinical Actions | Triglyceride reducing, antioxidant, platelet aggregation inhibitory, anticoagulant, vasodilator, antihypertensive, antibacterial, antifungal, anthelmintic, alterative, digestant, carminative, expectorant |
| Biochemical Components | Garlic contains alliin – a non-odoriferous sulfur compound. When a garlic clove is crushed, the relatively stable alliin is converted into allicin which is odoriferous but unstable. Allicin has a half-life of 18 hours. It then breaks down into over 20 other compounds such as ajoenes, but loses its strong antiseptic properties. Garlic also contains scordinins, selenium and vitamins A, B, C and E.  |
| Primary Uses | Garlic can be lower high blood fat, including cholesterol. It can guard against blood clots, high blood pressure and high blood sugar. Prior to the development of antibiotics, garlic was the premiere treatment of infections of call kinds. During WWI, it was used to dress wounds. When taken in conjunction with alleopathic antibiotics, garlic can help diminish side effects. Garlic can be used to treat all kinds of chest and digestive infections, including those caused by intestinal parasites.  |
| Preparation | Honey and wine are both good garlic carriers.  |
| Cautions | Allicin kills anything, and that can include human cells if it is too concentrated – it is hot in the fourth degree and can cause topical blisters.Should be used sparingly in pregnant women due to its mild emenagouge effect. |

|  |  |
| --- | --- |
| Latin Name | Allium sativa |
| Common Name | Garlic |
| Native To | Central Asia |
| Parts Used | Cloves |
| Forms | Chopped in food, syrup (for coughs, one tsp ever 3 horus), capsules, enema |
| Vitalist Actions/ Energetics | Spicy, hot |
| Clinical Actions | Triglyceride reducing, antioxidant, platelet aggregation inhibitory, anticoagulant, vasodilator, antihypertensive, antibacterial, antifungal, anthelmintic, alterative, digestant, carminative, expectorant |
| Biochemical Components | Garlic contains alliin – a non-odoriferous sulfur compound. When a garlic clove is crushed, the relatively stable alliin is converted into allicin which is odoriferous but unstable. Allicin has a half-life of 18 hours. It then breaks down into over 20 other compounds such as ajoenes, but loses its strong antiseptic properties. Garlic also contains scordinins, selenium and vitamins A, B, C and E.  |
| Primary Uses | Garlic can be lower high blood fat, including cholesterol. It can guard against blood clots, high blood pressure and high blood sugar. Prior to the development of antibiotics, garlic was the premiere treatment of infections of call kinds. During WWI, it was used to dress wounds. When taken in conjunction with alleopathic antibiotics, garlic can help diminish side effects. Garlic can be used to treat all kinds of chest and digestive infections, including those caused by intestinal parasites.  |
| Preparation | Honey and wine are both good garlic carriers.  |
| Cautions | Allicin kills anything, and that can include human cells if it is too concentrated – it is hot in the fourth degree and can cause topical blisters.Should be used sparingly in pregnant women due to its mild emenagouge effect. |

|  |  |
| --- | --- |
| Latin Name | Aloe vera |
| Common Name | Aloe vera |
| Native To | Eastern and southern Africa |
| Parts Used | Leaves |
| Forms | Gel inside leaves, juice, tincture |
| Vitalist Actions/ Energetics | Cold and moist |
| Clinical Actions | Wound-healing, emollient, laxative, stimulates bile secretions, anti-bacterial, antifungal, demulcent |
| Biochemical Components | Anthranoids, resin, bitter principles |
| Primary Uses | Puts a protective coast on burns, wounds and ulcers and can speed healing by stimulating the immune system.Aloe can sooth and astringe most sin conditions.Aloe can also be used as a laxative for short-term constipation.  |
| Cautions | Should not be used on severe burns or wounds. |

|  |  |
| --- | --- |
| Latin Name | Calendula officinalis |
| Common Name | Pot marigold |
| Native To | Southern Europe |
| Parts Used | Petals |
| Forms | Oil, compress, wash |
| Vitalist Actions/ Energetics | Warming and drying |
| Clinical Actions |  Anti-inflammatory, antiedematous, antimicrobial, wound-healing, immunomodulant, emmenagogue, diaphoretic, alterative, astringent |
| Biochemical Components | Triterpenes, carotenoids, water-soluble polysaccharides, flavonoids, coumarins, phytosterols, volatile oil |
| Primary Uses | Calendula promotes healing and cleanses wounds while reducing inflammation. Externally, Calendula is used for cuts, boils, wounds, ulcers, bruises, sprains, sunburns, varicose veins and hemorrhoids. It’s antifungal properties make it useful for ringworm, athletes’s foot and thrush. An infusion can be used as a douche for yeast infections.Internal uses of Calendula include inflammations of the gastrointestinal tract such as gastritis, peptic ulcers, regional ileitis and colitis.  |
| Cautions | Do not use on wounds or ulcers where there is a possibility of sealing the pus in.  |
| Combinations | Combines well with Plantain because of their complementary energetics.  |

|  |  |
| --- | --- |
| Latin Name | Collinsonia candensis |
| Common Name | Stone root, horse balm, richweed, collinsonia |
| Native To | Eastern North America |
| Parts Used | Root |
| Forms | Tea, poultice, tincture , |
| Vitalist Actions/ Energetics | Warm, spicy, sour |
| Clinical Actions | Alterative, diuretic, tonic, gastro-intestinal, emmenagogue, aromatic, bitter tonic, antispasmodic, astringent |
| Biochemical Components | Volatile oil, lamiaceae tannins, sriterpenoid saponins, mucilaginous polysaccharides |
| Primary Uses | Gastrointestinal inflammation and spastic conditions such as loss of appetite, nonulcer dyspepsia with flatulence, diarrhea, ulcerative colitis, hemorrhoids. Inflamatoy and spastic conditions of the genitourinary tract such as cystitis, gravel, kidney stones (non obstructive) and primary dysmenorrhea.Stoneroot can also be used as a poultice for bruises, small cuts and boils.This herb has an affinity for the rectum.  |
| Cautions | Should not be taken during pregnancy and lactations. Can cause GI irritation and dizziness at high doses.  |

|  |  |
| --- | --- |
| Latin Name | Collinsonia candensis |
| Common Name | Stone root, horse balm, richweed, collinsonia |
| Native To | Eastern North America |
| Parts Used | Root |
| Forms | Tea, poultice, tincture , |
| Vitalist Actions/ Energetics | Warm, spicy, sour |
| Clinical Actions | Alterative, diuretic, tonic, gastro-intestinal, emmenagogue, aromatic, bitter tonic, antispasmodic, astringent |
| Biochemical Components | Volatile oil, lamiaceae tannins, sriterpenoid saponins, mucilaginous polysaccharides |
| Primary Uses | Gastrointestinal inflammation and spastic conditions such as loss of appetite, nonulcer dyspepsia with flatulence, diarrhea, ulcerative colitis, hemorrhoids. Inflamatoy and spastic conditions of the genitourinary tract such as cystitis, gravel, kidney stones (non obstructive) and primary dysmenorrhea.Stoneroot can also be used as a poultice for bruises, small cuts and boils.This herb has an affinity for the rectum.  |
| Cautions | Should not be taken during pregnancy and lactations. Can cause GI irritation and dizziness at high doses.  |

|  |  |
| --- | --- |
| Latin Name | Mentha spicata |
| Common Name | Spearmint |
| Native To | Europe and southwest Asia |
| Parts Used | Leaf |
| Forms | Infusion, mouthwash |
| Vitalist Actions/ Energetics | Stimulant, relaxant, spicy, bitter cool |
| Clinical Actions | Aromatic, bitter tonic, choleretic, antispasmodic, carminative, mild antiseptic |
| Biochemical Components | Volatile oil, Lamiaceae tannints, bitter priniciples, flavonoids |
| Primary Uses | Internally spearmint is used for loss of appetitie and nonnuclear dyspepsia or diarrhea. Externally, it is helpful for bad breathEssentially, it is almost identical to peppermint, but slightly more relaxant |
| Cautions | Rare cases of allergic reaction |

|  |  |
| --- | --- |
| Latin Name | Eupatorium perfoliatum |
| Common Name | Boneset, thoroughwort |
| Native To | Eastern North America, in meadows and marshland |
| Parts Used | Aerial parts |
| Forms | Infusion |
| Vitalist Actions/ Energetics | Cooling, drying, relaxant |
| Clinical Actions | Diaphoretic, bitter tonic, laxative, antipyretic, choleretic, cholagogue, immunomodulant. |
| Biochemical Components | Sesquiterpene lactones and polysaccharides (together, these create an immunostimulant effect), flavonoids, diterpenes, sterols and volatile oil |
| Primary Uses | Relief for symptoms of the common cold. The diaphoretic and immunostimulant properties can aid the body in fighting both viral and bacterial infections. It loosens phlegm and allows productive coughing.  |
| Cautions | Toxic if taken in excess. Should not be taken during pregnancy or lactation. In persons sensitive to other Asteraceae plants, boneset may cause allergic contact dermatitis.  |

|  |  |
| --- | --- |
| Latin Name | Monarda spp |
| Common Name | Wild bergamot, horsemint, bee balm |
| Native To | Eastern and central United States, dry sandy soil |
| Parts Used | Ariel parts |
| Forms | Infusion, poultice |
| Vitalist Actions/ Energetics | Spicy, bitter, cool |
| Clinical Actions | Diaphoretic, aromatic, bitter tonic, antispasmodic, carminative, antimicrobial, anti-inflammatory, diuretic, expectorant, emmenagogue, counterirritant. |
| Biochemical Components | Volatile oil with thymol, flavonoids, Lamiaceae tannins, triterpenes, bitter principles |
| Primary Uses | Digestive and upper respiratory problems such as bronchitis, laryngitis, coughs, nausea, indigestion, flatulence and colic. It can reduce upper respiratory mucus and fevers – it is antiseptic within the chest. It can be used for primary dysmenorrhea.Externally monarda is used as a mouthwash for mouth inflammation and as a poultice for rheumatic pain.  |
| Cautions | Do not take during pregnancy or lactation.  |

|  |  |
| --- | --- |
| Latin Name | Eugenia carylophyllum, syzgium aromaticum |
| Common Name | Clove |
| Native To | Indonesia |
| Parts Used | Dried flower bud |
| Forms | Infusion, tincture, essential oil |
| Vitalist Actions/ Energetics | Warming, astringent |
| Clinical Actions | Antiseptic, carminative,e stimulant, analgesic, prevents vomiting, antispasmodic, eliminates parasites |
| Biochemical Components | Volatile oil with augenol, triterpenes, flavonoids, tannins |
| Primary Uses | Clove has been used for thousands of years as a Southeast Asian cure-allThe combination of anesthetic and antiseptic makes clove especially useful for toothacheClove can be used to fight bacterial infections such as malaria, cholera, tuberculosis and parasites such as scabiesClove’s carminative and antispasmodic properties make it useful for digestive discomforts. Topically, clove can relieve muscle spasmsClove is a mind and memory stimulant. It has been used as an aphrodisiac and as a way to stimulate and ready the uterus for childbirthClove can be used to treat acne, skin ulcers, sores and styes. It can also act as mosquito repellant and for fungal skin infections. |
| Cautions | Hot and drying in the 3rd degree |

|  |  |
| --- | --- |
| Latin Name | Zanthoxylum americanum |
| Common Name | Northern prickly ash, toothache tree |
| Native To | United States, southern Canada, moist shdy sites |
| Parts Used | Bark |
| Forms | Tincture, decoction, pills, lotion |
| Vitalist Actions/ Energetics | Warming, stimulating |
| Clinical Actions | Circulatory stimulant (especially to the periphery), diaphoretic, antirheumatic, carminative, local anesthetic, anti-inflammatory, alterative, astringent |
| Biochemical Components | Alkaloids, herclavin, lignans, neoherclin, tannins, resins, volatile oil |
| Primary Uses | Used to treat arthritic conditions due to the stimulation of blood flow to painful and stiff joints. Prickly ash is also useful in improving circulation in conditions in which the lib’s arteries have narrowed such as Raynaud’s disease. Prickly ash is used for relief of gas and diarrhea, topically for leg ulcers and for inflammation of the gastrointestinal, upper respiratory or genitourinary tract. |
| Cautions | Avoid during pregnancy. |

|  |  |
| --- | --- |
| Latin Name | Viscum album |
| Common Name | European mistletoe |
| Native To | Europe and northern Asia. Parasitic shrub attaches to trees |
| Parts Used | Leaves, branches, berries |
| Forms | Tincture, injection |
| Vitalist Actions/ Energetics |  |
| Clinical Actions | Cytotoxic, immunomodulant, antihypertensive |
| Biochemical Components | Glycoproteins, polypeptides (viscotoxins inhibit tumors and stimulate immune response), flavonoids, caffeic acid, lignans, acetylcholine |
| Primary Uses | Cancer fighting – may be used parenterally in conjunction with allopathic therapies for certain malignant tumors. Improves cases of mild hypertension and accompanying complaints such as vertigo or headache. |
| Cautions | Potentially toxic, especially raw. Should not be taken durig pregnancy. Rare allergic reactions. The host plant plays an important role in the constituents of an individual plant.  |

National Institutes of Health, National Center for Complementary and Alternative Medicine, Herbs at a Glance, European Mistletoe, <http://nccam.nih.gov/health/mistletoe/>, 10/4/11.

|  |  |
| --- | --- |
| Latin Name | Tilia europea |
| Common Name | Linden, basswood, lime tree |
| Native To | Europe |
| Parts Used | Flowers, bracts |
| Forms | Infusion |
| Vitalist Actions/ Energetics | Relaxant |
| Clinical Actions | Antihypertensive, antispasmodic, diuretic, mildly sedative, demulcent, expectorant, astringent, anti-spasmodic, antimicrobial.  |
| Biochemical Components | Flavonoids (improve circulation), cafffeic acid, mucilage, tannins, volatile oil, traces of benzodiazepine-like compounds |
| Primary Uses | Linden relieves tension and sinus headaches and calms the mind, allowing for sleep. It is helpful for stress, panic and resulting palpitations. It is used in cases of cold or flu to reduce nasal congestion. Linden is used to treat high blood pressure, especially when emotional factors are involved. This plant is emollient and in France it is used in lotion form as a treatment for itchy skin. |
| Mythology | Linden trees have historically been used to carve sacred art. In the middle ages, it was used to carve images of the Virgin Mary and saints. It was known as lingum sacrum meaning sacred wood.  |
| Cautions | There are some reports that heavy or long term use of Linden flowers may cause heart damage. |

|  |  |
| --- | --- |
| Latin Name | Crataegus oxycantha |
| Common Name | Hawthorne, white horn |
| Native To | Temperate regions of the northern hemisphere |
| Parts Used | Berries, flowering tops |
| Forms | Tincture, decoction, infusion, pills |
| Vitalist Actions/ Energetics | Sour, sweet, slightly warm |
| Clinical Actions | Cardiotonic, vasodilator, relaxant, antioxidant. Hawthorne is positively inotropic, meaning that it causes heart muscles to contract more readily and positively dromotropic, meaning that it enhances the electrical signals from the AV node. |
| Biochemical Components | Bioflavonoids and proanthocyanins (these two components relax and dilate the arteries, especially the coronary arteries, thus increasing blood flow to the heart and reducing symptoms of angina. Their antioxidant properties help prevent blood vessel degredation), polyphenols, coumarins, amines, triterpenoids |
| Primary Uses | Hawthorn was historically used for kidney stones and as a diuretic. It has also been widely used for heart problems. Today it is used in the treatment of angina and coronary artery disease, for mild congestive heart failure and irregular heartbeat when used long term. Using an infusion can help regulate blood pressure, whether it is too high or too low. Finally, hawthorn combines with gingko to increase circulation of blood to the head and thus, improve memory.  |
| Cautions | Because Hawthorn’s accumulated effect takes at least 6 weeks to work, it should not be taken as treatment for an acute attack. May interact with heart medications, especially if taken in concentrated form. |

|  |  |
| --- | --- |
| Latin Name | Hypericum perforatum |
| Common Name | St John’s wort |
| Native To | Temporate regions worldwide in sunny, well-drained, chalky soil |
| Parts Used | Flowering tops |
| Forms | Infused oil, cream, tincture, infusion |
| Vitalist Actions/ Energetics | Bitter, cool |
| Clinical Actions | Antidepressant, anxiolytic, antiviral, antioxidant, wound healer, anti-inflammatory, mild sedative |
| Biochemical Components | Phloroglucinols (hyperforin – antidepressant), polyclcic dione (hypericin – antiviral against enveloped viruses such as herpes, HIV, hep B and hep C), flavonoids, proanthocyanidins, napthodianthrones. The tetracyclic antidepressant-like action blocks reuptake of serotonin, norepinephrine and dopamine by blocking MAO and COMT inhibitory action and interacting with GABA receptors. |
| Primary Uses | Mood elevator in mild-to-moderate depression, nervous exhaustion and seasonal affective disorder. As a tea, it clears stress hormones.This herb is a nervous system tonic. It can be used to treat addiction or to reduce nerve pain, such as sciatica. St John’s wort may help the lowered vitality that can accompany menopause.The infused oil stimulates tissue epair when applied to wounds and burns. The analgesic effects are useful for toothache and joint pain. Internally, it can help heal peptic ulcers. |
| Cautions | Standardized extracts or large, prolonged use of tinctures may cause rash and photosensitivity.Should not be taken in cases of severe depression or combined with antidepressant druges or immunosuppresants.May cause gastrointestinal discomfort |

.

|  |  |
| --- | --- |
| Latin Name | Piper methysticum |
| Common Name | Kava kava, awa, yangona, kava pepper |
| Native To | Polynesia and throughout the pacific islands, as far east as Hawaii |
| Parts Used | Root |
| Forms | Infusion, tincture |
| Vitalist Actions/ Energetics | Pungent, bitter, warm |
| Clinical Actions | Anxiolytic, muscle relaxant,stmulant, tonic, urinary antiseptic, analgesic, hypnotic, in large doses produces intoxication and euphoria |
| Biochemical Components | Kavapyrones (thought to have GABAmimetic activity which increases the binding affinity of GABA to its receptors), flavonoids, yangonin, methysticin, glycosides, starch |
| Primary Uses | A major traditional use of this herb is a calming and stimulating intoxicant with accompanying euphoria – it has long been considered an aphrodisiac. In higher doses, it has a narcotic effect, although unlike benzodiazepines, kava doesn’t interfere with concentration and cognitive functions unless taken at high doses. Very good for the anxiety that accompanies withdrawal. Kava kava also has an antiseptic action and has been used to treat gonorrhea and infected or irritable bladder. Good for many bladder ailments, urinary incontinence and childhood enuresis.This herb can be used as a relaxant in cases of chronic pain, muscle tension and emotional stress. The diuretic effect aids arthritic problems such as gout.  |
| Cautions | Potential heptotoxin, especially in standardized extract form. A symptom of over use is flakey skin lesions.Should not be taken during pregnancy |
| History | The people of the Pacific Islands use this herb in ceremony to communicate with the gods. |

|  |  |
| --- | --- |
| Latin Name | Nepeta cataria |
| Common Name | Catnip, catmint |
| Native To | Europe |
| Parts Used | Ariel parts |
| Forms | Tincture, ointment, tea |
| Vitalist Actions/ Energetics | Relaxant, warming |
| Clinical Actions | Sedative, mild antispasmodic, diaphoretic, bitter tonic, aromatic, carnimative |
| Biochemical Components | Iridoids (cause bitter tonic effect), tannins, colatile oil |
| Primary Uses | Children’s remedy, especially for colds, flu and fever.Settles indigestion and colic. Also helpful for headaches related to digestive problems. Tincture for arthritic joints, ointment for hemorrhoids |
| Combination | Mixes will with elderflower and honey |
| Cautions | Do not use during pregnancy or lactation |

|  |  |
| --- | --- |
| Latin Name | Melissa officinalis |
| Common Name | Lemon balm, bee balm, melissa balm |
| Native To | Southern Europe and, western Asia and northern Africa |
| Parts Used | Ariel parts |
| Forms | Essential oil, infusion, tincture, lotion, juice, ointment |
| Vitalist Actions/ Energetics | Relaxant, warming |
| Clinical Actions | Relaxant,sedative, antispasmodic, antidepressant, emmenagogue, diaphoretic especially when hot, carminative, antiviral, nervine |
| Biochemical Components | Volatile oil, flavonoids, triterpenes, polyphenols, Lamiaceae tannins, bitter principle |
| Primary Uses | Lemon balm is traditionally used as a mood boosters. It is believed to encourage longevity when taken on a regular basis. It is a mood tonic for relieving anxiety, mild depression, restlessness and irritability. It will diminish nervousness and panic and as a result can be used as a remedy for heart palpitations. Other anxiety-caused ailments can also be treated with lemon balm including indigestion, nausea, bloating and colicky pains.Lemon balm both relieves cold sores and reduces the chances of further outbreaks.Lemon balm is used to treat an overactive thyroid.This herb is also a useful in first-aid for cuts and insect stings. The flavor and properties make it an excellent children’s remedy, especially for acute illnesses |
| Cautions | None |

|  |  |
| --- | --- |
| Latin Name | Valeriana officinalis |
| Common Name | Valerian |
| Native To | Europe and northern Asia, grows wild in damp conditions |
| Parts Used | Root |
| Forms | Decoction, pills, powder, tincture |
| Vitalist Actions/ Energetics | Warming, sedative, spicy, bitter |
| Clinical Actions | Sedative, hypnotic, relaxant, antispasmodic, mild antiulcer, carminative, anodyne |
| Biochemical Components | Volatile oil, iridoids, alkaloids |
| Primary Uses | This herb is used to help people with stress-related conditions, especially those who suffer from mental over-activity and nervous excitability. Insomnia can be treated with valerian, especially if it includes symptoms of anxiety such as tremors, panic, palpitations or sweating. The relaxant properties of valerian mean that it can help release overly contracted muscles.It can also be used to bring down high blood pressure.Valerian prolongs the action of inhibitory neurotransmitters (GABA) and hence, reduces activity in the nervous systemValerian is also used for dysmenorrhea, gastrointestinal complaints, mild withdrawal symptoms or for pepticulcers |
| History | In the Middle Ages, valerian was known as “all-heal” and was credited with curing epilepsy. |
| Cautions | A patient with a hot constitution may find this herb stimulating, rather than relaxing. This herb is most effective for individuals with a cold, nervous constitutionMay interact with alcohol.Use extreme caution if combining with sedative, hypnotic or antidepressant drugs |

|  |  |
| --- | --- |
| Latin Name | Valeriana officinalis |
| Common Name | Valerian |
| Native To | Europe and northern Asia, grows wild in damp conditions |
| Parts Used | Root |
| Forms | Decoction, pills, powder, tincture |
| Vitalist Actions/ Energetics | Warming, sedative, spicy, bitter |
| Clinical Actions | Sedative, hypnotic, relaxant, antispasmodic, mild antiulcer, carminative, anodyne |
| Biochemical Components | Volatile oil, iridoids, alkaloids |
| Primary Uses | This herb is used to help people with stress-related conditions, especially those who suffer from mental over-activity and nervous excitability. Insomnia can be treated with valerian, especially if it includes symptoms of anxiety such as tremors, panic, palpitations or sweating. The relaxant properties of valerian mean that it can help release overly contracted muscles.It can also be used to bring down high blood pressure.Valerian prolongs the action of inhibitory neurotransmitters (GABA) and hence, reduces activity in the nervous systemValerian is also used for dysmenorrhea, gastrointestinal complaints, mild withdrawal symptoms or for pepticulcers |
| History | In the Middle Ages, valerian was known as “all-heal” and was credited with curing epilepsy. |
| Cautions | A patient with a hot constitution may find this herb stimulating, rather than relaxing. This herb is most effective for individuals with a cold, nervous constitutionMay interact with alcohol.Use extreme caution if combining with sedative, hypnotic or antidepressant drugs |

|  |  |
| --- | --- |
| Latin Name | Humulus lupulus |
| Common Name | Hops |
| Native To | Europe and Asia |
| Parts Used | Fresh or dried strobiles (female flowers) |
| Forms | Infusion, but so bitter, that it’s very difficult to use as a tea,sachet, ills, tincture, capsules, best fresh or freshly tinctured |
| Vitalist Actions/ Energetics | Bitter, cooling, sedative |
| Clinical Actions | Sedative, hypnotic, soporific, antispasmodic, aromatic bitter, antiseptic, estogenic |
| Biochemical Components | Bitters (lupulin, lupulon and valerianic acid), volatile oils, flavonoids, polyphenolic tannins, estrogenic substances, asparagin |
| Primary Uses | Hops is used mostly as a sedative and sleep aid in cases of restlessness and irritability. Blended with other herbs, it can help alleviate stress, anxiety and tension as well as headaches or loss, appetite or indigestion that may arise from these causes. As a strong bitter, hops increases gastric secretions and aids digestion. |
| Cautions | Contraindicated in persons with depression due to the extreme sedative nature. It is recommended that after ingesting hops, the patient not drive or operate dangerous equipment.Hops my interact with alcohol. |
| Combinations | Combines with Valerian to balance out the energy |

|  |  |
| --- | --- |
| Latin Name | Leonurus cardiaca |
| Common Name | Motherwort |
| Native To | Central Asia |
| Parts Used | Aerial parts |
| Forms | Infusion, tincture |
| Vitalist Actions/ Energetics | Bitter, spicy, slightly cold |
| Clinical Actions | Sedative, antispasmodic, promotes relaxation rather than drowsiness, antihypertensive, astringent |
| Biochemical Components | Alkaloids, iridoid, diterpenes, flavonoids, cafferic acid, tannins |
| Primary Uses | Used for weak heart and nerves, problems such as palpations.Stimulates the uterus and hence can be used for delayed menstruation and dysmenorrhea, especially if shock or distress is a factor. |
| Cautions | Should not be used in pregnancyShould not be used with heavy menstrual bleeding. |

|  |  |
| --- | --- |
| Latin Name | Verbena officinalis, V. hastata (blue vervain) |
| Common Name | Vervain, ma bian cao |
| Native To | Europe, northern Africa, China and Japan |
| Parts Used | Ariel parts |
| Forms | Tincture, infusion, wash, poultice |
| Vitalist Actions/ Energetics | Cold, bitter |
| Clinical Actions | Nervine, tonic, mild sedative, mild bitter, diuretic, mild laxative, demulcent, emollient, liver protective, works on the parasympathetic nervous system to decrease heart rate, increase gastrointestinal secretions and contract smooth muscles of the bronchi, uterus and urinary bladder |
| Biochemical Components | Bitter iridoids, volatile oil, alkaloids, mucilage, tannins |
| Primary Uses | As a bitter, vervain acts as a digestive tonic improving the ability of the body to absorb nutrients. As a result, it is a useful tonic for people recovering from chronic illness.Vervain is used to fight nervous tension with a mild anti-depressant action. More specifically, it treats the anxiety and nervous exhaustion that result from long-term stress.Vervain is used for menstrual migraines, jaundice, gallstones, asthma, insomnia, PMS and fevers. This herb can be used externally for minor skin inflammations, wounds, ulcers or fungal conditions.  |
| Cautions | None |
| Mythology | Vervain has always been associated with the divine. It was called “Iris’s tears” by the ancient Egyptians and “Juno’s tears” by the ancient Greeks. It is said to be the herb used to staunch the blood from Jesus’s wounds when he was taken off the cross. It has been historically used as protection against witches and in the Vampire Diaries, it is a means by which humans can protect themselves from vampires.  |

|  |  |
| --- | --- |
| Latin Name | Passiflora incarnata |
| Common Name | Passion flower, maypop, apricot vine |
| Native To | Southern US, Central and South America |
| Parts Used | Aerial parts |
| Forms | Tincture, infusion, pills |
| Vitalist Actions/ Energetics | Bitter, cool |
| Clinical Actions | Sedative, antispasmodic, tranquilizing, hypnotic, anodyne |
| Biochemical Actions | Flavonoids, maltol, cyanogenic glycosides, indole alkaloids |
| Primary Uses | Passionflower is used to aid short-term insomnia and disrupted sleep patterns. This plant works as a gentle sedative, appropriate for anxiety, tension and irritability. It is occasionally indicated for convulsions. Passionflower can be used for pain relief and tranquilizing effects for any condition that calls for an antispasmodic such as dysmenorrhea, mild withdrawal syndromes or asthma.  |
| Cautions | None |
| History | The passionflower is named due to its representation of Jesus’s crucifixion. The 5 stamen represent 5 wounds, 3 for the 3 nails, the colores white and purple-blue represent purity and heaven.  |

|  |  |
| --- | --- |
| Latin Name | Avena sativa |
| Common Name | Oats |
| Native To | Northern Europe |
| Parts Used | Seed |
| Forms | Tincture |
| Vitalist Actions/ Energetics | Nerve tonic, stimulating, cooling |
| Clinical Actions | Nervine |
| Biochemical Actions |  |
| Primary Uses | Long-term nerve tonic used to treat addiction, anxiety, depression, stress and accompanying fatigue. It is usually tolerated by people who are highly sensitive to other tonic herbs.  |
| Cautions | None |

Tillotson Institute of Natural Health, Milky Oat Seed, <http://oneearthherbs.squarespace.com/important-herbs/milky-oat-seed-avena-sativa.html>

|  |  |
| --- | --- |
| Latin Name | Scutellaria lateriflora |
| Common Name | Scullcap, Virginia skullcap, mad dog |
| Native To | North America, damp riverbanks |
| Parts Used | Aerial parts |
| Forms | Tincture or, for full sedative effect – a strong tea never boiled in doses 1-2 oz |
| Vitalist Actions/ Energetics | Relaxant, cooling, mildly bitter |
| Clinical Actions | Sedative, nervine tonic, antispasmotic, mild bitter, astringent |
| Biochemical Actions | Flavonoids (scutellarin), bitter iridoids (catalpol), volatile oil, tannins |
| Primary Uses | When stress results in hypertonic tension, scullcap can help to relax into a normal state of tone. It is useful in treating seizures.Cherokee used this herb to stimulate menstruation, relieve breast pain and quicken the third stage of labor.Today it is taken as a restorative of the nervous system.Scullcap is a great herb to use for drug and alcohol addiction withdrawal.  |
| Cautions | None |
| Combinations | Combining skullcap with valerian and other nervines allows for broader action |

|  |  |
| --- | --- |
| Latin Name | Paeonia albiflora |
| Common Name | White eony, Bai shao yao |
| Native To | Northeeastern China and Inner Mongolia |
| Parts Used | Root |
| Forms | Decoction |
| Vitalist Actions/ Energetics | Bitter, sour, cold |
| Clinical Actions | Antispasmodic, tonic, astringent, analgesic, anti-inflammatory, analgesic, sedative, vasodilatory, inhibits platelet aggregation |
| Biochemical Actions | Monoterpenoid glycosides including paenoiflorin (relaxes smooth muscle of the intestine and uterus, countering oxytocin), benzoic acid, pentagalloyl |
| Primary Uses | The pentaglloyl glucose may have an antiviral effect when used on herpes simplex.White peony is useful for menstrual disorders such as heavy bleeding and dysmenorrhea. It has also been used to treat hot flashes other yin deficiency disorders. The antispasmodic properties are useful in treating cramps of all kinds, especially that originating in the gallbladder and kidneys.Peony root is useful in treating. symptoms of stress tension such as headaches, dizziness and blurred vision. Used externally for skin inflammation, wounds and burns.  |
| Cautions | Should not be taken during pregnancy |

|  |  |
| --- | --- |
| Latin Name | Lobelia inflate |
| Common Name | Lobelia, Indian tobacco, puke weed |
| Native To | North America, especially the east |
| Parts Used | Ariel parts |
| Forms | Infusion, tincture, pills |
| Vitalist Actions/ Energetics | Bitter, neutral |
| Clinical Actions | Antispasmodic, relaxant to muscles, nerves and cough reflex, expectorant emetic in high doses, diaphoretic, diuretic |
| Biochemical Actions | Piperidine alkaloids including lobeline (stimulates the respiratory center within the brain stem, producing stronger/deeper breathing), carboxylic acids |
| Primary Uses | Lobelia is especially famous for respiratory problems. IT is used to treat asthma and chronic bronchitis by relaxing the muscles of the bronchial tubes in order to stimulate breathing and cough up phlegm.Lobelia is an effective antispasmodic when applied externally. It relaxes smooth muscle making it especially useful for sprains and back problems originating from or aggravated by muscle tension. It can ease lockjaw.Because of its similarity to nicotine, lobelia can help people who are attempting to quit smoking.  |
| Cautions | Class 3 due to nausea and vomiting at high dosesShould not be taken by pregnant or lactating women |
| Combinations | Lobelia has traditionally been combined with cayenne so that it can push blood into the areas that lobelia has relaxed.  |

|  |  |
| --- | --- |
| Latin Name | Viburnum prunifolium |
| Common Name | Black haw, nanny bush |
| Native To | Central and southern North American woodland |
| Parts Used | Bark, root bark |
| Forms | Decoction |
| Vitalist Actions/ Energetics | Tonic/astringent, bitter, cool |
| Clinical Actions | Antispasmodic, astringent, sedative, analgesic |
| Biochemical Actions | Coumarins, salicin, hemimellitate, viburnin, plant acids, tannin |
| Primary Uses | A wide range of gynecological conditions including dysmenorrhea, uterine prolapse, heavy menopausal bleeding, morning sickness and threatened miscarriage (combined with false unicorn root). It is especially effective in cases in which cramping effects the bile ducts, digestive or urinary tract. Black haw can be used for all nervous complaints such as convulsions, hysteria and spasms. |
| Cautions | In cases of severe muscle spasms, use crampbark, not black haw.This herb should not be taken by persons who are allergic to aspirin. |
| History | The Catawba people used black haw to treat dynsentery. In the 19th century, it was used in decoction form to tone the uterus and halt postpartum hemorrhage. |

|  |  |
| --- | --- |
| Latin Name | Viburnum opulus |
| Common Name | Crampbark, guilder rose |
| Native To | Europe and eastern North America |
| Parts Used | Bark |
| Forms | Decoction, tincture, lotion |
| Vitalist Actions/ Energetics | Stimulant, relaxant |
| Clinical Actions | Strong antispasmodic, sedative, astringent, nervine |
| Biochemical Actions | Hydroquinoes, coumarins, tannins, resin |
| Primary Uses | Combines well with wild yamCrampbark is used as a muscle relaxant that may effect smooth muscle in the intestines, airways or uterus or voluntary muscles anywhere in the body. Muscle tension may be mitigated by either internal or topical administration.When arthritis has caused rigid, contracted muscles, crampbark can bring great relief. This herb is also used to treat high blood pressure. |
| Cautions | When taken at high doses for a long period of time, this herb can cause dizziness, nausea and vomiting. |

|  |  |
| --- | --- |
| Latin Name | Dioscorea villosa |
| Common Name | Wild yam |
| Native To | North and Central America |
| Parts Used | Root and tuber |
| Forms | Infusion, decoction, tincture, poulice |
| Vitalist Actions/ Energetics | Sweet, bitter, warm |
| Clinical Actions | Antispasmodic on smooth muscle (combines will with cramp bark), anti-inflammatory, antirheumatic, diuretic, diaphoretic, demulcent, emollient |
| Biochemical Actions | Steroidal saponins including dioscin (anti-inflammatory), phytosterols, alkaloids, tannins, starch |
| Primary Uses | Relieves the cramping associated with menstrual, ovarian and even labor pains. Other types of cramping can benefit as well including muscle tension and colic.Wild yam can sooth arthritis and rheumatism but reducing inflammation and pain as well as relaxing stiff muscles.This herb can also help digestive problems such gallbladder inflammation, irritable bowel syndrome, diverticulitis and chronic flaulence. |
| Cautions | Do not take during pregnancy or while taking estrogen-producing medication |
| History | Wild yam was originally used to make artificial progesterone and as a result retains its reputation as a female hormonal herb. In fact, today corn is used in this process with the same results. |

|  |  |
| --- | --- |
| Latin Name | Equisetum spp |
| Common Name | Horsetail, Bottlebrush |
| Native To | Europe, North Africa, northern Asia and the Americas, prefers damp soil |
| Parts Used | Ariel parts |
| Forms | Infusion, decoction, poultice, gargle |
| Vitalist Actions/ Energetics | Sweet, bitter, cool |
| Clinical Actions | Diuretic, tonic to the kidney, alterative, hemostatic, anti-inflammatory |
| Biochemical Actions | Contains silicic acid (provides silicon cofactor necessary for collagen production), flavonoids, phenolic acid, alkaloids (including nicotine), sterols |
| Primary Uses | Clots wounds, nosebleeds and helps when blood is being coughed up. The Genitourinary tonic effect means that horsetail is useful when there is bleeding as the result of a severe urinary tract or bladder infection. Horsetail helps repair damaged connective tissue while simultaneously improving its strength and elasticity. It can be used to treat rheumatic ailments, chest problems such as emphysema and eczema. A wash of horsetail can be used to treat conjunctivitis or eye inflammation |
| Cautions | Horsetail concentrates the minerals in the soil around it and as a result, it should be harvested when young, in the spring and not near any polluted sites, highways or places where it might have the opportunity to amass lead.Should not be taken as a tea for more than ten days.Because horsetail breaks down thiamine, if it is to be taken long term, it should be done with a vitamin B supplement.Horsetail should not be taken by those with severe edema.  |
| Other uses | The high silica content makes horsetail abrasive and it has been used to polish metal and wood. The name originates from the fact that this plant was traditionally tied to the tails of livestock in order to help them sho away flies. |

|  |  |
| --- | --- |
| Latin Name | Symphytum officianalis |
| Common Name | Comfrey |
| Native To | Temperate Europe |
| Parts Used | Root, aerial parts |
| Forms | Infused oil, poultice, ointment, tincture |
| Vitalist Actions/ Energetics | Stimulant, cool, moist |
| Clinical Actions | Demulcent, expectorant, tonic to mucus membranes, anti-inflammatory, vulnerary |
| Biochemical Actions | Silicic acid (provides silicon cofactor necessary for repairing collagen), allantonin (increases cell proliferation), mucilage and tannins (soothing), triterpenoids, phenolic acids including rosmarinic acid (anti-inflammatory), asparagine, pyrrolizidine alkaloids (see Cautions, below) |
| Primary Uses | Promotes the healing of bruises, sprains and fractures by encouraging ligaments and bones to knit together firmly.Skin conditions that may benefit from comfrey treatment include acne, boils, psoriasis and scars.Traditionally comfrey has also been used to treat chronic lung disease with dry cough and inflammation, soure throat, stomach ulcers and wasting diseases. |
| Cautions | Potential heptotoxin due to pyrrolizadine alkaloids which are most highly concentrated in the root and young leaves. Should probably not be taken internally for this reason or, if it is taken internally, only the mature leaves should be used. Should not be given to infants, pregnant women or incases of damaged skin. Applications should be limited 4-6 weeks.  |

|  |  |
| --- | --- |
| Latin Name | Avena sativa |
| Common Name | Oat straw |
| Native To | Northern Europe |
| Parts Used | Dried stems |
| Forms | Infusion |
| Vitalist Actions/ Energetics | Most neutral |
| Clinical Actions | Nutrient, tonic, demulcent, emollient |
| Biochemical Actions | Saponins, alkaloids, sterols, flavonoids, silicic acid, starch, proteins, polysaccharides (mild immunomodulating), vitamins and minerals |
| Primary Uses | Antidepressant, combats loe-level fatigue, supports nervous system, may be used to treat insomnia. Externally it can be used to bathe mild skin inflammations. |
| Cautions | Should not be used by persons with gluten intolerance |

|  |  |
| --- | --- |
| Latin Name | Urtica dioica, U. urens |
| Common Name | Stinging nettle |
| Native To | Temperate regions worldwide |
| Parts Used | Leaf, root (this entry refers to leaf) |
| Forms | Ointment, food, infusion |
| Vitalist Actions/ Energetics | Bland, slightly bitter, cool |
| Clinical Actions | Diuretic, tonic, astringent, hemostatic, antiallergenic, anti-inflammatory, expectorant, nutritive, alterative |
| Biochemical Actions | Flavonoids, amines (histamine, choline, acetylcholine, serotonin), glucoquinone, minerals (calcium, potassium, silic acid, iron), formic acid (causes stinging – is quickly dissipated by cooking or drying), caffeoly-malic acid (inhibits synthesis or prostaglandins and leukotrienes and hence causes an anti-inflammatory effect) |
| Primary Uses | Cleanses blood in order to clear skin conditions and arthritic symptoms. Staunches bleeding from wounds, nosebleeds and heavy menstruation. Nettles can be used to treat a wide variety of allergies including hay fever, asthma and skin bites. This herb can help inflammatory conditions of the urinary or gastrointestinal tract. The juice can be used daily to eliminate warts.  |
| Cautions | Drying in the third degree, can aggravate symptoms of skin or mucus membranes |

|  |  |
| --- | --- |
| Latin Name | Fucus vesiculosus |
| Common Name | Kelp, bladderwrack |
| Native To | North Atlantic, Western Mediterranean |
| Parts Used | Whole plant |
| Forms | As a food or condiment |
| Vitalist Actions/ Energetics | Salty, cool |
| Clinical Actions | Expectorant, demulcent, emollient, alterative, diuretic |
| Biochemical Actions | Polyphenols, polysaccharides (immune stimulant) , iodine (thyroid stimulant), calcium, iron, alginic acid, mannitol, carotene, protein, riboflavin, vitamin C |
| Primary Uses | Provides iodine and hence, functions as an antigoiter remedy. Increases hormone production in a poorly functioning thyroid. Rheumatism. Weight loss. Sooths irritated throat and mucous membranes. |
| Cautions | Do not take if pregnant or lactating. In persons with thyroid disorders or those taking insulin, take only with great care. Contraindicated for persons with a weak, cold, digestion. |

|  |  |
| --- | --- |
| Latin Name | Trifolium pretense |
| Common Name | Red Clover blossoms |
| Native To | Europe and Asia |
| Parts Used | Flower heads, collected in summer when newly opened |
| Forms | Infusion, decoction, extract |
| Vitalist Actions/ Energetics | Sweet, salty, cool, moistening |
| Clinical Actions | Estrogen-like, antioxidant, antitumoral, antispasmodic, expectorant, anti-inflammatory, wound-healing, alterative, relaxant, with an affinity for the lungs. |
| Biochemical Actions | Volatile oil (including benzyl alcohol and methyl salicylate), isoflavones (which are phytoestrogenic), coumarins (blood thinning), and cyangenic glycosides |
| Primary Uses | Skin conditions (especially in combination with other purifying herbs such as Arctium lappa and Rumex crispus), spasmodic coughs, menopausal remedy – aiding in both the symptoms of menopause (hot flashes, sweating, tachycardia, insomnia, depression, fatigue, ect), as well as exerting a protective effect on the heart and bones. It has traditionally been used in the treatment and prevention of breast cancer. Tea or extract is used for upper respiratory tract infections. It can also be used externally for chronic skin diseases such as psoriasis and eczema. Susan Weed recommends four hour infusion of red clover blossoms as an infertility treatment in the case of scarred fallopian tubes, irregular menses, abnormal cell growth or “unexplained” infertility. |
| Cautions | Because of the estrogen-ike effect, red clover should not be taken in cases of estrogen receptor-positive tumors.  |

Weed, Susan, Feeling Frisky? Herbs for Fertility, 1999, <http://www.susunweed.com/Article_Fertility_Herbs.htm>

|  |  |
| --- | --- |
| Latin Name | Arctium lappa |
| Common Name | Burdock root, niu bang zi |
| Native To | Europe and Asia |
| Parts Used | Leaves, fruit, root, seeds (unless otherwise indicated, this material medica refers to the root) |
| Forms | Decoction, tincture, infusion, poltice |
| Vitalist Actions/ Energetics | Alterative, cool |
| Clinical Actions | Detoxifying, mild diuretic, antibiotic, antiseptic, mild bitter tonic, mild diaphoretic by relaxing the pores through its affinity for skin. The seed may be considered a different medicine from the root – it is more strongly diuretic and diaphoretic than the root, but does not act as a bitter tonic.  |
| Biochemical Actions | Bitter glycosides, flavonoids, tannins, polyacetylenes, volatile oil, inulin (food for beneficial gut bacteria and present only when decocted for a long time), lignans |
| Primary Uses | Burdock is very effective at increasing lymph flow and has traditionally be used as a remedy for gout, fever and kidney stones. It is used to remove toxins and waste products which are often responsible for skin problems such as acne, abscesses, eczema and psoriasis. It is usually mixed with other herbs such as dandelion. The Amish use burdock leaf while treating burns as an antiseptic and pain-reducing way to keep their burn salve close to the skin. |
| Cautions | Can cause allergic contact dermatitis to persons who are hypersensitive to other Asteracae plants. |
| Interesting | Burdock was the inspiration for Velcro – when examined under a microscope, the hook-and-loop system was discovered as a means of attaching things to each other.  |

Hall, Harriet, Science Based Medicine, Herbs and Supplements, Amish Home Burn Treatment: B&W Salve and Burdock Leaves <http://www.sciencebasedmedicine.org/index.php/amish-home-burn-treatment-bw-salve-and-burdock-leaves/>

|  |  |
| --- | --- |
| Latin Name | Aesulus hippocastanum |
| Common Name | Horsechestnut |
| Native To | Mountain woods from the Balkans through the Himalayas |
| Parts Used | Leaves, seeds, bark |
| Forms | Tablets, and decoction which can be used as a lotion, poultice |
| Vitalist Actions/ Energetics | Astringent, bitter, neutral |
| Clinical Actions | Venous tonic, astringent, anti-inflammatory, antioxidant, narcotic, nutritive, febrifuge, expectorant |
| Biochemical Actions | Triterpenoid saponins including 5% aescin, polysaccharides, coumarins, flavonoids, tannins, fixed oil |
| Primary Uses | Improves the tone of venous walls to treat ailments such as hemorrhoids, varicose veins and edema caused by fluid leakage from disended veins while increasing the permeability of capillaries. Can bused internally for leg ulcers, piles and frostbite.Oil extracted from the seeds can be used topically for rheumatism. The decoction has been used for whooping cough. Fluid extract from the fruit protects against sunburn |
| Cautions | Normal dosage can cause gastrointestinal upset and excess may be toxic. Contraindicated for children. May interact with blood-thinning drugs. |

|  |  |
| --- | --- |
| Latin Name | Achillea millefolium |
| Common Name | Yarrow |
| Native To | Europe and western Asia |
| Parts Used | Aerial parts, leaves |
| Forms | Infusion, tincture, essential oil, poultice |
| Vitalist Actions/ Energetics | Astringent, stimulant, bitter, spicy, neutral |
| Clinical Actions | Anti-spasmodic, astringent, bitter tonic, diaphoretic, lowers blood pressure, reduces fever, mild diuretic and urinary antiseptic, stops internal bleeding, promotes menstruation, anti-inflammatory, carminative, hemostatic |
| Biochemical Actions | Volatile oil, sesquiterpene lactones, flavonoids, alkaloids, triterpenes, phytosterols, tannins |
| Primary Uses | Wound healer, regulation and pain reduction for the menstrual cycle, combined with other herbs for colds and flu, digestive upset, hey fever, high blood pressure and poor venous circulation |
| Cautions | Careful evaluation is necessary before using it for gynecological problems. Yarrow may cause allergic contact dermatitis in persons hypersensitive to other Asteraceae plants.  |
| Culture | The stalks of yarrow are used for divining the I Ching  |

|  |  |
| --- | --- |
| Latin Name | Hydrastis canadensis |
| Common Name | Golden seal |
| Native To | North American mountainous woodland |
| Parts Used | Root |
| Forms | Powder, capsule, tincture, decoction, infusion |
| Vitalist Actions/ Energetics | Astringent, bitter, cold |
| Clinical Actions | Astringent, mild laxative, anti-inflammatory, antibacterial, bitter tonic, uterine stimulant, stops internal bleeding, antiperiodic, diuretic, cholagogue |
| Biochemical Actions | Isoquinoline alkaloids, volatile oil, resin |
| Primary Uses | Mucous membrane disorders, fighting infection in the eye, mouth or vagina, stimulation of digestive secretions, can reduce heavy menstrual bleeding and postpartum hemorrhage |
| Cautions | Should not be taken for extended periods of time because it weakens colonic flora and reduces the gut’s capacity to absorb B vitamins. Should not be taken during pregnancy or lactation. At high doses can cause nausea, vomiting and diarrhea |
| Other | Goldenseal is now endangered, at least partly due to overharvesting. It is a very popular remedy, although many ailments that can be assisted using it could be better served with other, less popular herbs.  |

|  |  |
| --- | --- |
| Latin Name | Zingiber offianalis |
| Common Name | Ginger |
| Native To | Asia, grown throughout the tropics |
| Parts Used | Root at 10 months of age |
| Forms | Essential oil, infusion, capsules, tincture |
| Vitalist Actions/ Energetics | Diffusive, warming, vital stimulant |
| Clinical Actions | Antiemetic, carminative, circulatory stimulant, inhibits coughing, anti-inflammatory, antiseptic, gastrointestinal tonic, analgesic (by inhibiting synthesis of prostaglandins and leukotrines), inhibits platelet aggregation, cholagogue, cardiotonic, antispasmdic, rubefacient |
| Biochemical Actions | Volatile oil, oleoresin |
| Primary Uses | Digestive problems such as indigestion nausea, gas and colic, also used for morning sickness and gastrointestinal infections such as some types of food poisoning.Circulatory stimulation which helps high blood pressure and reduces fever.Ginger warms and sooths coughs, colds, flus and other respiratory problems. It can help primary dysmenorrhea.Chinese medicine uses ginger for fever, head ache, aching muscles and internal cold. It can be used externally (as a gargale) for sore throat and rheumatic pains. |
| Cautions | Can combine with platelet aggregation inhibitors and anticoagulants. In cases of obstructive gallstones, ginger should only be consumed as a flavor in small amounts.  |

|  |  |
| --- | --- |
| Latin Name | Angelica sinensis |
| Common Name | Dang Gui, Chinese angelica |
| Native To | China and Japan |
| Parts Used | Root |
| Forms | Infusion, tonic wine, tincture, chopped in food, decoction, pills |
| Vitalist Actions/ Energetics | Diffusive, warming, spicy, bitter |
| Clinical Actions | Tonic, anti-inflammatory, antispasmodic, blood thinner, promotes menstrual flow, diaphoretic, carminative, emmenagogue, cholagogue, peripheral vasodilatory, antihypertensive, immunmodulant, mild sedative |
| Biochemical Actions | Volatile oil, coumarins, phytosterols polyacetylenes, ferulic acid |
| Primary Uses | Blood tonic for symptomatic anemia, menstrual regulator for PMS, dysmenorrhea, uterine tonic, infertility. Angelica improves circulation to the abdomen, hands and feet while warming those places. It strengthens digestion and can be used externally to treat abscess and boils. In colds and flues, it induces sweating.Angelica can also be used for inflammation of the liver or kidney or for neuralgic and arthritic pain. It may help prevent or alleviate coronary heart disease.  |
| Cautions | Angelica can produce excessive heat or bleeding, including excessive mensis.Can combine with anticoagulants and platelet aggregation inhibitors. Avoid skin contact. It may also cause phototoxic skin irritations, so it is best to avoid strong sunrays while taking this herb.  |

|  |  |
| --- | --- |
| Latin Name | Geranium spp. |
| Common Name | Cranesbill, alumroot, spotted geranium, storksbill, wild geranium |
| Native To | Temperate and mountainous tropical zones throughout the world, especially in the Eastern Mediterranian |
| Parts Used | Root, arial part |
| Forms | Powdered root 20-30 grains, dried and cut root in a standard decoction, tincture 10-30 drops, can be used as a vaginal wash, wet compress, poultice, enema, mouthwash or gargle.  |
| Vitalist Actions/ Energetics | Astringent |
| Clinical Actions | Astringent, hemostatic, styptic, anti-inflamatory, aphrodisiac. |
| Biochemical Actions | Tannins (wound healing), volatile oil, root contains phlobaphenes and starch |
| Primary Uses | Internally, geranium is used for reatment of diarrhea, dysentery, diabetes, internal bleeding, hemorrhage, indolent ulcers, opthalmia, gleet, and all other excessive chronic mucous discharge, digestive tract inflammation of all kinds.Externally for leucorrhea, minor skin or mouth inflammation, sores or burns, hemorrhoids |
| Cautions | In high doses may cause nausea, vomiting or constipation |

|  |  |
| --- | --- |
| Latin Name | Rhamnus purshiana |
| Common Name | Cascara sagrada, cascara buckthorn, bearberry, chittam |
| Native To | Pacific North America |
| Parts Used | Bark aged at least one year. Fresh bark causes vominiting and violent diarrhea |
| Forms | 1-2 tsp infused for 10 min |
| Vitalist Actions/ Energetics | Bitter tonic, (downward movement, drying, draining,) cold |
| Clinical Actions | Laxative, bitter tonic, nervine, emetic |
| Biochemical Actions | Anthraquinone glycosides increase smooth muscle actions, emodin glycosides cascarosides, chrysaloin, chrysophanol, aloe-emodin, biter principle, tannins, ferment and resin. |
| Primary Uses | Atonic, non-spastic constipation. Causes fewer dependence effects than other anthranoid laxatives Colitis, hemorrhoids, hepatic torper and jaundice.  |
| Cautions | May cause abdominal griping. Should be avoided during pregnancy, lactation, menstruation, in cases of bowel obstruction and inflammatory gastrointestinal disorders. Should not be used by children under 12. Chronic use may cause electrolyte imbalance.  |

|  |  |
| --- | --- |
| Latin Name | Salix alba, purpurea, pentandra, fragilis, daphnoides |
| Common Name | Willow (unless otherwise noted, this mm refers to Salix alba, white willow) |
| Native To | Europe, North Africa and Asia, damp areas |
| Parts Used | Bark |
| Forms | Tincture, decoction, pills |
| Vitalist Actions/ Energetics | Astringent, bitter, cooling |
| Clinical Actions | Anti-inflammatory, analgesic, antipyretic, antirheumatic, astringent |
| Biochemical Actions | Salicylic acid, flavonoids, tannins |
| Primary Uses | Staunch internal bleeding, sooth arthritic and rheumatic pain, relieves inflammation and swelling, improves mobility in joints, manage high fever, aid in soothing sweating during menopause |
| Cautions | Like aspirin, it may cause allergic reactions in persons sensitive to salicylates. In high doses, the tea may cause gastrointestinal irritations, nausea and constipation. |
| History | Willow has been used since the times of ancient Greece for its anti-inflamatory process. In the 1800s, isolated compounds from willow bark were used to create aspirin. (University of Maryland) |

University of Maryland Medical Center, Medical Reference, Complementary Medicine, Willow Bark, <http://www.umm.edu/altmed/articles/willow-bark-000281.htm>

|  |  |
| --- | --- |
| Latin Name | Rosmarinus officinalis |
| Common Name | Rosemary |
| Native To | Southern Europe |
| Parts Used | Leaves |
| Forms | Tincture, essential oil |
| Vitalist Actions/ Energetics | Stimulant, relaxant |
| Clinical Actions | Tonic, stimulant, astringent, nervine, anti-inflammatory, antioxidant, mild analgesic |
| Biochemical Actions | Volatile oil, flavonoids, tannins, rosmarinic acid, diterpenes, rosmaricine |
| Primary Uses | Cerebral stimulant to improve memory and concentration, headaches, migraines, treats poor circulation, recovery from long term stress and illness, mild to moderate depression |
| Cautions | Avoid excessive consumption in pregnancy |

|  |  |
| --- | --- |
| Latin Name | Lavandula offinalis, L. angustifolia |
| Common Name | Lavender |
| Native To | Western Mediterranean |
| Parts Used | Flowers |
| Forms | Tincture, oil |
| Vitalist Actions/ Energetics | Relaxant, stimulant |
| Clinical Actions | Carminative, relieves muscle spasms, antidepressant, antiseptic, antibacterial, stimulates blood flow, antioxident |
| Biochemical Actions | Volatile oil, flavonoids, tannins, coumarins |
| Primary Uses | The soothing and calming nature of lavender makes it a useful component in treating insomnia, irritability, headaches, migraines and depression. Lavender is also used to sooth indigestion and asthma when nervousness is a factor. The essential oil is antiseptic and hence, useful in treating burns, wounds, sores, instect stings and head lice. |
| Cautions | No contraindications |

|  |  |
| --- | --- |
| Latin Name | Sambucus nigra |
| Common Name | Elder |
| Native To | European woods, hedges and wasteground |
| Parts Used | Flowers, berries |
| Forms | Infusuion, cream, tincture |
| Vitalist Actions/ Energetics | Relaxant, especially to nervous system and pores |
| Clinical Actions | Expectorant, diuretic, demulcent, emollient, laxative |
| Biochemical Actions | Flavonoids, phenolic acids, triterpenes, sterols, volatile oil, mucilage, tannins. Leaves: cyanogenic glycosides Berries: Flavonoids, anthocyanins, vitamins A and C |
| Primary Uses | Upper respiratory and gastroinstestinal inflammation, atopic eczema, gargled for mouth and throat inflammation, compress for minor skin inflamation |
| Cautions | Unknown |

|  |  |
| --- | --- |
| Latin Name | Asclepias tuberosa |
| Common Name | Pleurisy root, Butterfly weed, Chigger Flower, Fluxroot, Indian Paintbrush, Canada root |
| Native To | Southern US |
| Parts Used | Root |
| Forms | Powder, decoction, infusion, tincture |
| Vitalist Actions/ Energetics | Relaxant (specifically to the pores, mucus membranes and lungs) |
| Clinical Actions | Antispasmodic, diaphoretic, expectorant, tonic, carminative, mildly cathartic. In large doses it is emetic and purgative |
| Biochemical Actions | Cardenolides, flavonoids, estrogenic |
| Primary Uses | Traditionally used as a cure-all. Acts especially on the lungs assisting expectoration and calming inflammation. It is used for pnuemonia, congestion, eczema, hot dry fevers, reduces fever by stimulating perspiration. Also used effectively for chronic diarrhea and dysentery |
| Cautions | Do not take during pregnancy. Excessive use may cause vomiting |
|  |  |

Sources:

Grieve, M, Botanical.com : A Modern Herbal, http://botanical.com/botanical/mgmh/p/pleuri52.html

|  |  |
| --- | --- |
| Latin Name | Echinacea angustifolia, E. purpurea, E. pallida |
| Common Name | Echinacea, purple cornflower, Kansas snakeroot |
| Native To | Central US |
| Parts Used | Dried root, fresh root, flower (E. purpurea) |
| Forms | Tincture, (for chronic infections), decoction (throat infection gargle), capsules, externally as a wash, compress or ointment for wounds ulcers or eczema |
| Vitalist Actions/ Energetics | Bitter, pungent, cooling, stimulant |
| Clinical Actions | Immune stimulant, anti-inflammatory, antibiotic, detoxifying, increases sweating, heals wounds, antiallergenic, alternative, stimulates phagocytosis, T-cell formation), alternative, carminative, vulnerary |
| Biochemical Actions | Alkamides (antibacterial and antifungal), caffeic acid esters, polysaccharides (anti-hyaluronidase action prevents viruses from occupying cells), volatile oil, echinolone |
| Primary Uses | Infections of all kinds, colds, flu, skin disorgers, respiratory problems, allergies |
| Cautions | Should not be taken for more than 8 weeks without a break of 2-3 wees in between. May cause contact dermatitis to people who are hypersensitive to other Asteraceae plants.  |

|  |  |
| --- | --- |
| Latin Name | Capsicum frutescens, Capsicum annuum |
| Common Name | Cayenne, chili, habanero pepper |
| Native To | Tropical Americas |
| Parts Used | Fruit is harvested in summer and shade dried |
| Forms | Powder, infused oil, tincture. Applied externally, it is rubefacient and mildly analgestic |
| Vitalist Actions/Energetics | Stimulant, spicy, hot, astringent |
| Clinical Actions | Stimulant, tonic, carminative, relieves muscle spasm, antiseptic, increases sweating, increases blood flow to the skin, analgesic, expectorant, hemostatic |
| Biochemical Actions | Capaicin (stimulates circulation, alters temperature regulations), carotenoids, flavonoids, volatile oil, steroidal saponins (seeds only), vitamin C |
| Primary Uses | Warming stimulant to improve circulation, pain relief, fight microbial infections, relief of gas and colic, digestive stimulant, gargled for chronic laryngitis |
| Cautions | Should not be used on injured or inflamed skin or mucus membranes. It can cause blisters if left on for too long. Products containing high capsaicin content should only be used for several days.  |