ENERGETICS OF HERBS

FOUR TEMPERATURE ENERGIES: Hot, Cold, Warm, Cool (of course neutral is in the middle, having little affect one way or the other)
FIVE TASTES: Sour, Bitter, Pungent, Sweet, Salty

TEMPERATURE ENERGIES:

HOT HERBS

Creates movement and warmth. Don't use if warm conditions unless formula is well balanced so it doesn't exacerbate the hot condition.

- **Cayenne**
- **Horseradish**
- **Black pepper**
- **Rosemary**
- **Prickly ash**
- **Cinnamon**
- **Camphor**
- **Bayberry**

WARM HERBS

Drying in nature and may dry up the Yin if not combined properly with appropriate herbs.

- **Astragalus**
- **Feverfew**

COLD/COOL HERBS

Contracts, slows down Processes. Don't use if stagnation is a problem unless you combine with others herbs that help move.

- **Barberry**
- **Pipsissewa**
- **Yellowdock**

MOISTURE:

Demulcent vs. Astringent

If you see demulcent , think of moistening. If taken internally it will generally moisten the mucous membranes. In some cases it will moisten the skin. Marshmallow root will moisten the mucous membranes and skin, but if you take these demulcents (marshmallow root, slippery elm, licorice root, evening primrose leaf, etc.) can moisten the entire system. Over a period of weeks and months, they cease being hot and dry, and come into balance.

Emollient: something you use on the skin, usually an oil.

Astringent herbs are drying herbs. Chinese define herbs that have actions as astringent, also are classified humorally as dry. They classify diuretic and diaphoretic also as dry. Because our area is dry, we need to classify the drying herbs or if we give them, they can aggravate the situation. Licorice or Marshmallow will easily counterbalance the dryness of other herbs. Nettles is drying and astringent and if the person is dry, they will feel even more dry.

TASTES:

Sour herbs nourish liver and gall. Use to treat diarrhea, prevent pus.

Bitter herbs are drying, detoxifying, antibiotic and drain Qi downward. They strengthen the Heart and Small Intestine. They remove heat from the body, cure coughing, vomiting, help constiptation and are good for the heart.

Pungent herbs stimulate, warm and raise Qi from the interior to the exterior. They help strengthen the Lungs and Large Intestine. Pungent herbs aid circulation, lungs and mild ailments.

Sweet herbs are tonic, nourishing, warming, relaxing and slowing Qi down. Sweet herbs harmonize Spleen and Stomach. They are beneficial for the spleen, pain reduction and restoring harmony and energy.

Salty herbs aid constipation, use for the thyroid, abdominal and kidney problems.

The best way to begin understanding energetics is to simply imagine what it feels like to be in that climate. Heat and Cold are two good ones to start with. Instead of trying to memorize lists of symptoms, feel what "Heat" would feel like in your body.
What does it feel like to be outside on a hot summer day? You might feel hot and thirsty; maybe your exposed skin would turn red. A Heat condition, in turn, might manifest as a fever, redness in the face or skin, feelings of heat of burning sensations, thirst for cold fluids, and could include inflammation or infections. The person might be agitated and irritable, "hot-tempered" or "fiery." Heat conditions tend to manifest a hyperactivity of the body and dilation of blood vessels.

A Cold disease, on the other hand, is usually one of under-activity, sometimes causing stagnation or congestion. Someone with a "cold" condition may appear pale and subdued, move slower, have little thirst, and feel chilly, even they have a mild fever.

Of course, these are not descriptions of diseases in our western sense, but clusters of symptoms that form a pattern. And someone doesn't have to have all these symptoms to have condition, it's the pattern you're looking for. For example, one cannot say that diabetes is a hot or cold disease, or arthritis of a flu. What we are looking at is how this imbalance manifests in this particular individual, and that helps us personalize treatment and come closer to the best remedy for them. These are brief sketches of what can be complex ideas, so play with these ideas, see how they fit in your own body in health and disease.

So now that we can speak the language of "energetics," we can figure out how to treat these conditions, generally by using an herb that has the opposite energy of the imbalance.
For example, for an infection with heat, redness and pain, one can use antibiotic, Cold herbs such as Golden Seal (Hydrastis canadensis), Scullcap (Scutellaria baicalensis), of other Cold "heat-clearing" herbs.
Now any book on Chinese or Ayurvedic Herbalism will list the energetics of their herbs, but what if we want to use local herbs instead? After all, we live in a region rich with medicinal plants, one of the most botanically diverse areas in North America. And why not use what's local instead of having to rely on medicines shipped from half a world away?
One of the easiest ways of discerning the energetic of an herb is by its taste. Taste is actually a very direct way of experiencing the pharmacology of a plant--certain strong alkaloids taste bitter, volatile oils have an aromatic taste, certain plant acids have a sour of astringent taste. Before there were labs, humans used their sense organs to understand and classify plant medicines. There are five main tastes--Pungent or Aromatic, Bitter, Sweet, Salty and Sour.

BITTER HERBS

Promotes tonic, cooling and drying effects. It drains, has a downward energy and promotes elimination (so don't give to pregnant women). Stimulate appetite, stimulate digestion, aids liver functions, increasing bile flow, regulate pancreatic hormones, stimulate repair of gut wall. You can have plants that are aromatic and bitter at the same time (eg. camomile) - so all the plants aren't purely cooling but the bitter confers bitter, cooling, drying, astringent effects. Bitter herbs are the coldest of the herbs and are also drying. They are used to treat Heat and Dampness, such as sinusitis or other infections, as well as

lowering fevers and lessening inflammation. Anyone who's ever tried Golden Sea knows the taste of bitter. There aren't a lot of American foods that are bitter except Dandelion greens and coffee, so the taste is under-used (traditionally, it's important to have all five tastes in the diet). Bitters are an excellent digestive stimulant, but if used over a longer period of time, they need to be combined with some warming aromatic herbs. Otherwise, they may be too cooling.

Angelica
Barberry
Bitter orange
Blessed thistle
Burdock rt
Boneset
Centaury
Chamomile
Coffee
Dandelion - gentle bitter
Devil's claw
Gentian-really bitter, good for hydrochloric acid stimulation, don't need much
Ginger
Goldenseal
Hops
Horehound
Milk Thistle
Mugwort
Peppermint
Rhubarb
Rue (most bitter)
Skullcap
Southernwood
Tansy
Wormwood (2nd most bitter)
Yarrow

*** bitter herbs are not indicated when you are fasting, or if constant diarrhea. Very good if constipated, lack of appetite**

PUNGENT

Moves Qi, ridding body of phlegm or expelling pathogens from surface of body outward. Often seen in anti-rheumatic category known as Wind-Damp) to eradicate painful joint conditions. Be careful if person is weak or dry or pregnant. This creates warmth because it moves so if you use pungent and cold in nature you may get some warmth despite the cold temperature of the herb. Pungent herbs and spices are stimulating promoting digestion, increasing appetite, increasing sweating, removing phlegm, killing parasites. Promoting circulation generally icnreases all bodily functions.
Pungent herbs are used for constipation; bad breath; really smelly feces; tongue coating; abdominal pain and distention esp. if aggravated by massage; intestinal gas and cramping pain; low appetite; heaviness; slow pulse; yellow feces; heaviness in stomach, sour taste in mouth; skin rash; brain fog; saliva threads; tonsil stones; mucus in stools and urine; generalized pain; fatigue.
Easiest way to take these is tea as in ginger tea, or use in cooking.

Basil
Bayberry
Bay leaves
Black Pepper
Camphor

Cardamom
Cayenne
Cinnamon
Cloves
Coriander
Cumin
Ephedra
Eucalyptus
Garlic
Ginger
Horseradish
Mustard
Onions
Oregano
Peppermint
Prickly Ash
Rosemary
Sage
Sassafras
Spearmint
Thyme
Other: Ligusticum rt., Magnolia flower, Chinese green onion

Chinese divide pungent into
a)warm-pungent herbs that release exterior syndrome, dispelling wind and cold. These are used if the wind-cold excess exterior is accompanied by chills, fever, absence of sweating, headache, thin and white tongue coating, superficial and tense pulse. They can be used to treat cough, asthma, edema, pain caused by invasion of wind-damp. As warm pungent herbs may cause heavy sweating, proper dosages should be used: Ephedra, Cinnamon, Fresh Ginger, Ligusticum, Magnolia flower, Chinese green onion, Coriander (Cardamom)
b) cool pungent herbs that release exterior syndrome. These are cool and pungent in property, not strong enough to promote sweating. They are indicated in wind-heat exterior syndrome manifested as high fever, mild chills, thirst, sore throat, scanty or no sweating, thin and yellow tongue coating and superficial and rapid pulse. some of these are also effective in promoting the full expression of rashes in measles, and for use on boils and carbuncles on the exterior: Arcticum fruit, Mulberry leaf, Chrysanthemum flower, Chastetree fruit, Bupleurum root, Cimifuga root, Shavegrass

Herbs that have a pungent or aromatic taste to them are usually warming. These include spicy herbs like Cayenne, but also plants with strong aroma or taste like Cinnamon, Ginger Fennel and many of our cooking spices. The stronger the flavor, the stronger the action. Local pungent herbs include Sassafrass (Sassafrass albidum), Wild Ginger (Asarum canadense), and Spicebush (Lindera benzoin). Pungent herbs stimulate circulation, disperse blocked of stuck energy increase digestion, and dispel phlegm. A few of these herb, are actually cooling, like Peppermint and Cilantro.

SWEET HERBS

The Sweet taste needs a little explanation. White sugar, honey, and other intense sweeteners were not widely available until a century ago. So when Chinese medicine speaks of the sweet taste, they are not talking about sugar, they are referring to taste more like well-chewed grains, or sweet potatoes or winter squash-more of a subtle sweetness.

Sweetness tends to be sticky and will clog things up if not moving well, combine with herbs that help move.

Sweet herbs are the tonics, the nourishing herbs that feed us in subtle but strong ways. They are warming. Some local herbs are:

American Ginseng (Panax quinquefolius)
Solomon's Seal (Polygonatum biflorum)
Garden weed Common Mallow of Cheeses (Malva sp.)

All are moistening and nourishing, but in different ways. Ginseng is more of an energy tonic, while Mallow (related to Marshmallow) and Solomon's Seal are great tomes for people with chronic fluid deficiency who are always thirsty and have dry chapped lips. Solomon's Seal is specific for arthritis in people with creaky joints.

Sweet and Cold: yin tonic, promotes urination, promotes fluids

Sweet and Warm: yang tonic

SOUR

Sour and salty herbs are less common in the herbal field. The taste of sour means like a lemon, and it can include astringent plants as well. Sour plants tend to be cooling, contracting and stop the excess flow of fluids out of the body. Many wild fruits such as blackberries are sour. So to a lesser extent are raspberries, strawberries, and apples. Medicinally, Raspberry leaf is used as a uterine tonic to tighten and tone the structure of the organ, while Hawthorn berries are used as a tonic to the heart and blood vessels. All herbs which are sour have some sort of astringent nature.

SALTY

Finally, when you think of salty herbs, think of mineral-rich plants. Seaweeds, of course, are a food with a long history of medicinal use, both as a nourishing food tonic and as a medicine. Kelp, for example, has been used for thyroid problems. Stinging Nettles (Urtica dioica) is a local herb that typifies the Salty taste. It is so mineral-rich that when the leaves are left to steep for several hours the resulting liquid tastes as rich as a broth. Nettles and Oatstraw (Avena sativa) have been used for anemia and blood deficiency, and for conditions like osteoporosis and broken bones to help rebuild.

They detoxify (sore throat eg), Mostly coming from sea and being salty and cold, which encourage retention of fluids in body so other herbs must be used to guard against this.

OTHER TASTES:

BLAND

mostly seen in the drain damp category. Made up of sweet and cold herbs which promote urination and sweet and bland herbs whic which do the same thing. Mlld, without taste.

ASTRINGENT and SOUR
Sour is similar to astringent. Many are astringent and sour.

ANTISEPTIC
Thyme
Oregano

ASTRINGENTS

- Goldenseal
- Tormentil
- Cranesbill
- Bayberry
- White oak
- Red Raspberry
- Mullein
- White popular
- Rose leaves topically
- Plantain
- Ground Ivy
- Bistort
- White Pond Lily
- Pipsissewa
- White Hazel
- Oakbark
- Geranium
- Eyebright
- Turpentine
- Walnut
- Canadian fleabane
- Sumac

RELAXANTS

- Lobelia
- Pasque flower
- Black cohosh
- Parsley seed
- Motherwort
- Marjoram
- Skullcap
- Bugleweed
- Wood betony
- St. John's wort
- Lady's slipper
- Wild cherry
- Wild yam
- Camomile
- Bergamot (bitter orange rind)
- Aniseed
- Caraway
- Chasteberry
- Passion Flower

DRY HERBS

Barberry

NEUTRAL

Not many found. Neither hot or cold, more gentle because of this.

AROMATIC

Used in place of diffusives. Probably high in volatile oils. Most are warming, but you can say they have a cooling net effect because they increase circulation to the surface and that cools you down. Drying, transforming, moves upward and outward. Many used to release exterior syndromes as with the common cold, assisted by aromatic quality which assists their already pungent nature in releasing the pathogenic invasion from the body. Other herbs which are aromatic are herbs used to transform dampness = they focus on treating damp conditions, transforming (drying and moving it) . The aromatic quality is ascending which asisst in the awakening of the Spleen which in turn will naturally rid the body of its damp condition.

Aromatics can irritate the lining mildly of GI tract. They bring more blood tot he area, therefore more function. They differ from bitters. You can drink them: peppermint, cinnamon, ginger. You can get enteric coated peppermint capsules. Aromatics are warming. You may switch to bitters if not good enough. Some plants are both bitter and aromatic such as basil.

Lavender	**Bee Balm**	**Goldenrod**	**Fennel**
Evening Primrose	**St. Johns Wort**	**Chamomile**	**Rose**
Eucalyptus	**Basil**	**Mints**	**Rosemary**
Sage	**Juniper**	**Horehound**	**Cinnamon**

STIMULANTS - without mixed relaxant or diffusive effects.

Yarrow
Agrimony
Wild Indigo,
Capsicum
Oregon Grape
Echinacea Ang.
Euphrasia
Gentian
Ginseng, Asian
Goldenseal
Juniper
Elecampagne
Blue Flag
Red Root
Stoneroot
Lovage
Bugleweed
Poplar
Wild Cherry
Rhubarb rt
Yellowdock
Saw Palmetto
White willow
Goldenrod
Chickweed
Queens Delight
Comfrey

Dandelion
Cedar
Nettle
Crampbark

Relaxants - it is important to know this.
You can readily feel the relaxants. It relaxes the vital tension in the body eg. Peony root.
All we do is stimulate, relax, tonify. If we know the herb relaxes, tonifies or relaxes then we can match the right herb to the patient. Tissues tend to be over tonified (hypertonic) and inflamed or over relaxed and boggy and you have to match the right action to the tissue. If someone has a lot of tension and you give a tonic herb, you can increase their tension and pain. With a relaxant herb, they relax and the headache/muscles/digestive tone relaxes and helps to relax the obstruction and tension which is blocking the normal expression of the vital force.

RELAXANTS AND DIFFUSIVES without stimulating qualities, usually cooling

Burdock
Pleurisy Rt
Gravel rt
Cleavers
Korean Ginseng
Elder nigra flower
Lungwort

RELAXANT AND STIMULATING some are more relaxant to certain tissues. We want to relax, but feel alive in that relaxed state.

Garlic
Angelica archangelica
Camomile
Spikenard
Canadian Wild ginger
Calendula
Blue Cohosh
Fringetree - good for tense, obstructed liver
Black Cohosh
Wood Betony
Coral rt
Gravelroot
Asafoetida
Licorice
Gumweed
Hops
Lavender
Motherwort
Lobelia
Peppermint
Pennyroyal
Spearmint
Bee balm
Cat nip
Passiflora
Peppermint
Plantago major
Rosemary

Skullcap
Smilax
Red Clover
Coltsfoot
Valeriana
Mullein
Hyssop
Crampbark
Sarsaparilla

RELAXANT AND TONIC

Relaxes vital tension. These actions are generally opposite but there are a few herbs containing them in a mixture of bitter sedatives and herbs with iidiosyncrataic effects

Camomile
Spikenard
Wood Betony
Motherwort
American Ginseng
Kava Kava
Skullcap

DIFFUSIVE

Generally warming. Bring blood up to the surface so they can be defused. If congestion in the body such as pneumonia, you can take diffusives to break up the congestion and move it away. Also for allergies, eczema etc. at the surface because diffusives bring everything to the surface to be dealt with. Also good for for fevers, dispersing the blood to skin surface where body heat can radiate it out. This is also useful when hot outside - tropical cultures take warming diffusives to help sweat.

Dill
Fennel
Burdock seed
Buchu
Cinnamon
Bitter orange
Tumeric
Horehound
Myrrh
Red Korean Ginseng
Raspberry leaf
Sage
Thyme
Prickly Ash
Ginger

TONIC/ASTRINGENTS

without relaxant or diffusive properties, usually cooling and drying

Yarrow
Horse Chestnut
Ohio Buckeye
Agrimony
Uva Ursi / Bearberry
New Jersey Tea
Pipsissewa

Oregon Grape
Stone root
Coptis
Euphrasia
Gentian
Geranium
GOldenseal
Elecampane
Bugleweed
Poplar
Wild Black Cherery
Cascara
Rhubarb
Yellowdock
Saw Palmetto
Willow
Goldenrod
Queens Delight
Comfrey
Dandelion
Nettle
Black Haw
Cornsilk

CLINICAL ACTIONS:

Aromatic, bitter, alterative, demulcent, diuretic, diaphoretic, antispasmodic, carminative, expectoratn. Can have aromatic and bitter at the same time eg: yarrow, camomile

ALTERATIVES

It was observed clinically that certain people would have bad blood syndrome (boils, acne, tumors etc) and fatigued, low grade fever, poor digestion, poor metabolism. They found those people given a certain herb were restored to normal, they called the herb "alterative" and 150 years ago they said it was herbs that would restore a derranged metabolism to normal. These herbs don't seem to have any relationship to one another, perhaps one acts through nutrition, the other through immunity but correct 'bad blood'. Old formulas has 10-12 different alteratives in there to act on various parts of the body.
Echinacea
Nettles

DEMULCENT

Cooling, soothing, moistening. Wet. Take some demulcent herbs as beverages and you can hold water and moisten the whole body.

DIURETIC

Increases flow of urine. We rarely need to increase the flow of urine in a person but if you have edema it is a different scenario. They don't necessarily act on the kidneys, but the water in the cells - draining accumulated edema from tissues. Useful in hot damp form of arthritis to reduce swelling that is causing pain. Diuretics are drying, don't use in a dry patient.

DIAPHORETIC

Increases circulation to the skin. May or may not promote sweating. Sudorific however is a strong sweat promoter. You can take a diaphoretic tea and if you don't have a fever, you can feel the skin become moist, not break out in a sweat. So it might be better to look at Diaphoretics as increasing energy to the skin. Chinese say there is deficient circulation at the surface and the diaphoretics which opens up the surface, relieving tension in the surface and allow qi and blood to flow at the surface. So diaphoretics may be useful in asthma (bronchial tract is surface also), hayfever, allergies.

ANTI-SPASMODIC

Reduces constriction or cramping in the muscle. Is it acting on the muscle or nerves? When you use a term like 'nervous tension' - are your nerves really tense? - no, but you can feel your muscles tighten. Almost impossible to have nervous tension without muscle tension. The muscles and nerves are intertwined so it is hard to say which it is acting on.

CARMINATIVE

Specifically applied to reducing spasms in the gut. So most of them are going to be antispasmodics and most are warming spices. You could call them 'gut diffusives' - they diffuse the circulation not to the skin as a diaphoretic does, but to the digestive tract. By increasing circulation to the muscles of the digestive tract, they can help cramping

They also increase digestive secretions. You get more HCl secreted in response to a bitter herb; you also get more HCl secreted in response to a carminative herb, and also more pancreatic and intestinal enzymes secreted with a carminative herb. Often you will combine a bitter herb and a carminative herb to promote digestion through two different mechanisms. The classic one being gentian and ginger.

Constant using bitter, cooling, draining herbs because they can cause injury (cold) to the digestion.

EXPECTORANT

Increases the flow of mucous from the membranes. You can have a tonic expectorant or a relaxant expectorant. You can see the tense, dry, irritable cough (licorice, lobelia or wild cherry bark is more moist and demulcent to help. Or a moist boggy cough with lots of mucous you need to expectorate (horehound is more stimulating to help).

ELIMINATING

HERBS TO CAUSE SWEATING, RELEASE EXTERNAL CONDITIONS

A. Cause sweating and scatter wind cold (pungent warm circulatory stimulant diaphoretics)
Peppermint
Ginger
Sassafras
Osha
Butterbur
Virginia snakeroot
Other: Angelica, Angelica dahurica, Angelica pubescens, Aurum, Asarum, Atractylodes ovata, Bayberry, Bittersweet, Black pepper, Blue Cohosh, Burnet saxifrage, Cajeput, Camphor, Cayenne, Celandine, Cinnamon, Daisy, Elder flower, Ephedra, Eucalyptus, Galangal, Guaiacum, Hazelwort, Horsemint, Hyssop, Magnolia flower, Masterwort, Milk thistle, Mugwort, Mustard, Notopterigium, Oats, Osha, Pasque flower, Perilla, Prickly ash, Red pimpernel, Rosemary, Sand sedge, Sarsaparilla, Sassafras, Savory, Scabious, Schizonepeta, Seneca snakeroot, Siler, Spikenard, Thyme, Twinleaf, Violet, Water eryngo, Wild ginger, Yarrow.

B. Cause sweating and scatter wind heat (pungent cool peripheral vasodilatory diaphoretics)
Linden
Elder flower
Catnip
Spearmint
Eucalyptus
Boneset
Vervain
Other: Aconitum napellus, Adonis, Agrimony, Ash bark, Betony, Borage, Bupleurum, Burdock seed, Calamint, Camomile, Cayenne, Chrysanthemum, Cimicifuga foetida, Clematis, Columbine, Coral root, Cowslip flower (Cicada), Dwarf elder flower, Echinacea, Elsholtzia, Gelseminum, Feverfew, Feverweed, Fieldmint, Forsythia, Goat's rue, Horsemint, Hyssop, Inmortal, Jaborandi, Kudzu, Lady's slipepr, Lavender, Lilac, Linden flower, Lobelia, Lonicera, Marigold, Mayapple, Meadowsweet, Melissa, Milk Thistle, Milkwort, Motherwort, Mulberry leaf, Oregano, Pasque flower, Pennyroyal, Peppermint, Peucedanum, Pleurisy root, Pipsissewa, Poppy, Purpose loosestrife, Saffron, Silver thistle, Spearmint, Tansy, Virginia's bower, Wild bergamot, Wild oregano, Wood betony, Wood sage.

HERBS TO PROMOTE URINATION AND RELIEVE FLUID CONGESTION (seeping diuretics)

Lovage
Goldenrod
Squills
Wild carrot
Dandelion leaf
Elder bark
Couchgrass
Other: Abutilum, Akebia, Alisma, Artemisia capillaris, Artichoke, Ash, Asparagus, Astragalus, Atractylodes (all types), Beanpod, Benincasa, Birch, Bitter milkwort, Bitterroot, Blue flag, Blue mallow, Butcher's broom, Bryony, Celery, Celandine, Chicory, Cleavers, Coix, Cornsilk, Cota, , Dandelion root, Dianthus, Dogbane, Dwarf Elder bark, Elder flower, Figwort, Flax, Garlic, Garlic mustard, Germanium, Ground Ivy, Hazelwort, Heather, Hedge hyssup, Holy Thistle, Horsetail, Hydrangea,Marshmallow, Meadowsweet, Mercury, Mousewar, Nettle, Nilkweed, Mugwort, Onion, Para cress, Parsley seed, Parsley piert, Phaseolus, Polyporus, Poria, Quassia, Restharrow, Rupturewort, Sage, Sand sedge, Silver thistle, Skunk cabbage,Sour wood, Spirodela, Stephania, Tansy, Virginia snakeroot, Water eryngo, Wild ginger, Winter cherry, Woodruff, Wormwood, Yellow goatsbeard.

HERBS TO PROMOTE BOWEL MOVEMENT, RELIEVE CONSTIPATION

A. Stimulate liver and gall, break up obstruction, promote bowel movement (stimulant laxatives)
Celandine
Milk thistle
Culver's root
Blue flat
May apple
Fringe tree
Balmony
Fumitory
Also: Aloes, American columbo, Ash, Barberry, Bitter orange (immature), Bitter root, Black radish, Bladder senna, Bogbean, Boldo, Blue Flat, Butternut, Cardamom (all types), Cascara sagrada, Celery, centaury, Chirata, Culver' root, Dodder, Fennel, Figwort, Fireweed, Flower pollen, Gentian, Hedge hyssop, Larch fungus, Lindera, Magnolia bark, MErcury, Mulberry, Polygonum multiflorum, Purging cassia, Purging flax, Rhubarb, Rhineberry, Saussurea, Senns, Shepherd's purse, Turpentine, Walnut, Wheatgrass, Wild Indigo, Wild senna, Yellow dock.

B. Clear Heat and Promote Bowel Movement (cold laxatives and purgatives)
Rhubarb
Cascara
Alder buckthorn
Senna
Aloes
Tamarind
Also: Alder buckthorn, Bitter root, Bladderwrack, Bryony, Box, (Calcitum), Cascara, Chickweed, Epsom salts, Gelsemium, Kelp, Magnesium sulphate, Purslane, Rhubarb, Turpentine, Wormwood, REd rose, Winter cherry

C. Moisten intestines and Promote Bowel Movement (demulcent laxatives)
Agar-agar, Apricot kernel, Blackthorn flower, Blue mallow, Cannabis seed, Cassia tora, Castor seed, Date leaf, Dogrose, Flaxseed, Gentiana macrophylla, Grain bran, Iceland moss, Irish moss, Jujube, Peach kernel and flower and leaf, Plum kernel, and fruit, Psyllum husk,, Psyllum seed, Red clover, Tamarind, White rose.

D. Expel Fluid and Promote Bowel Movement (drastic hydragogue purgatives)
Euphorbia
Hedge hyssop
Poke root
Bryony and White bryony
Also: Black hellebore, Colocynth, Croton seed (oil), Cyclamen, Dog's mercury, Jalap, Gamboge, Pharbites, Scammony, Squirting cucumber, White agaric

HERBS TO EXPEL PHLEGM AND RELIEVE COUGHING

A. Generate Warmth and Expel Phlegm (warm stimulant expectorants)
Hyssop
Pine
Blood root
Yerba santa
Inmortal
Also: Aniseed, Angelica, Arum, Asafoetida, Asarum, ASter, Balm of tofu, Bayberry, Bay laurel, Basil, Bayberry, Benzoin, Bergamot, Birth root, Bitter milkwort, Bittersweet, Black radish, Bogbean, Brakefern, Butterbur, Button snakeroot, Cajeput, Calamus, Canadian fleabane. Cardamom, Cedarwood, Chives, Cowslip root, Elderflower, Elecampane, Eucalyptus, Fennel, Fireweed, Germander, Ginkgo, Ground ivy, Groundsel, Hazelwort, Holy thistle, Horseradish, Ipecac, Ivy, Jasmine, Liverwort, Lobelia, Maidenhair fern, Marjoram, Marshmarigold, Milk thistle, Motherwort, Mullein, Mustard seed, Myrrh, Nasturtiuim, Nettle, Onion, Oregano, Orris, Osha, Pennyroyal, Peppermint, Perilla seed, Pine, Pinellia, Rosemary, Rue, Sandalwood, Sanicle, Scabious, Scarlet pimpernel, Seneca snakeroot, Skunk cabbage, Speedwell,

Spikenard, St. John's wort, Stonecrop, Thyme, Turpentine, Vervain, Violet, Watercress, Water dropwort, White horehound, Wild ginger, Wood betony, Wood sage,

B. Clear Heat, Restrain Infection, Expel Phlegm (cold antiseptic expectorants)
Pleurisy root
Scabious
Grindelia
White horehound
Coltsfoot
Also: Agrimony, Bamboo sap & shaving, Blue flag, Camomile, Comfrey, Dwarf elder flower, Elder flower, Eucalyptus, Ground ivy, Knotgrw, Maidenhair fern, Melissa, Milkwort, Mulberry branch, Mullein, Nasturtium, Myrtle, Onion, Pleurisy, Ribwort plantain, Red root, Scarlet pimpernel, Scute, Spikenard, Violet, White bryony, Wood sage.

C. Liquify and Expel Phlegm and Relieve Coughing (secretolytic expectorants)
Asafoetida, Basil, Balm of Gilead, Bittermilkwort, Black poplar, Coltsfoot, Cowslip flower and root, Daisy, Grindelia, Ground ivy, Heartsease, Ivy, Lungwort, Lungwort lichen, Mullein, Orris, Popular, Scabious, Skunk cabbage, Soapwort, Speedwell, Sundew, Thyme, Violet. White horehound, Wild cherry

Antitussives:
Almond, Angelica, Apricot kernel, Asarum, Aster, Bitter milkwort, Borage, Bupleurum, Chestnut, Coltsfoot, Cowslip, Daisy, Elecampane, Ephedra, Eucalyptus, Ginkgo seed, Grindelia, Ground Ivy, Horsemint, Horsenettle, Hyssop, Iceland moss, Licorice, Lungwort, Maidenhair ferm, Marshmallow, Myrtle, Mulberry root bark, Onion, Oregano, Peach kernel, Pine, Pinellia, Poppy, Saffron, Scabious, Scarlet piimpernel, Schizandra, Siberian ginseng, Speedwell, Sundew, Violet, White horehound.

D. Drain Head Phlegm and Clear the sinuses (aromatics)
Basil, Camomile, Eucalyptus, Feverfew, Ground ivy, Juniper, Larch, Lavender, Magnolia flower, Marjoram, Peppermint, Rosemary, Savory, Thyme, Turpentine, Xanthium strumarium

HERBS TO PROMOTE THE MENSES AND CLEAR STAGNATION (stimulant emmenagogues)

A. Simulate Uterus, Clear Stagnation, Promote Menses (stimulant emmenagogues)
Juniper
Wild ginger
Hazelwort
Pennyroyal
Oregano
Rue
Also: Aloes, Arnica, Balm of Gilead, Black Cohosh, Black hellebore, Blue cohosh, Blue flag, Bogbean, Burdock, Burning bush, Butterbur, Camomile, Celandine, Celery, Centaury, Colic root, Coriander, Culver's root, Daisy, Damiana, Dang qui, Dianthus, Elecampane, Fennel, Feverfew, Figwort, Fumitory, Groundsel, Inmortal, Ivy, Life root, Ligusticum chuanziong, Lobelia, Lovate, Magnolia flower, Maidenhair fern, Mrigold, Marjoram, Motehrwort, Mugwort, Mulberry, Nasturtium, Parsley seed, Peach Kernel, Pennyroyal, Ragwort, Red peony, Rose, Rue, Safflower, Saffron, Scabious, Schizandra, Senna, Squills, Tansy, Tarragon, Thuja, Tree peony. Turmeric, Vervain, White cohosh, White horehound, White deadnettle, Wild carrot, Wood sage, Wormwood.

B. Stimulate Uterus, Generate Warmth, Promote Menses (pungent hot stimulant emmenagogues)
Aconite, Angelica, Asafoetida, Basil, Bittersweet, Bloodroot, Blue cohosh, Butterbur, Cajeput, Cinnamon, Cowslip root, Calbanum, Ginger, Hazelwort, Horsemint, Horseradish, Fennle, Hyssop, Jasmine, Juniper, Lavender, Ligusticum, Milk thistle, Myrrh, Oregano, Osha, Pasque Flower, Peppermint, Pennyroyal, Pine, Prickly ash, Rosemary, Rue, Safflower, Sassafras, Smartweed, Spikenard, Thuja, Turpentine, Virginia snakeroot, Wild ginger

HERBS TO CAUSE VOMITING (emetics)

Lobelia
Wild Yam
Wild ginger
Pleurisy root
Horseradish
Vervain
Boneset
Melilot
Ipecac
Blessed Thistle
Arnica
Also: bearberry bitterroot, bittersweet, black cohosh, celandine, chaparral, Culver's root, Dogbane, Fireweed, Gentian, Hedge hyssop, Heartsease root, Jaborandi, Marquosa bark, Milk thistle, Milkweed root, Mustard, Orris, Pasque flower, Poke root, Primrose, Rue, Saffron, Seneca, Skunk cabbage, Solomon's seal, Spurge, squills, Stavesacre, Stillingia, White bryony, White Horehound, Wild daffodil, Wild ginger, Wild indigo, Wintergreen, Wood betony.
After vomiting: give warm tea of peppermint,yarrow and camomile to relax and settle stomach. No food for 2-3 hours after treatment. Do not induce with debility, heart disease, high blood pressure, lung hemorrhage, during grieving, during pregnancy and menstruation.

RESTORING

HERBS TO INCREASE QI, RESTORE, REPLENISH DEFICIENCY

A. Increase the qi, restore lungs and nerve, enhance immune potential and create strength (Wi, lung & nerve tonics)
Licorice
American ginseng
Elecampane
Sage
Thyme
Cardamon
Also: Ashwagandha, Astragalus, Avens, Codonopsis, Dioscorea, All ginsengs, Gotu kola, Pine, Prickly Ash, Risemary, Sage, Suma, Thyme, Vervain, Wild cherry

Nerve tonics: American Ginseng, Cardamom, Celery, Cowslip flower, Damiana, All ginsengs, Gotu Kola, Heartsease, Lady's slipper, Lavender, Marjoram, Melissa, Oats, Pasque flower, Rosemary, Sage, Saw palmetto, Schizandra, Thyme, Valerian, White cohosh, Wild cherry, Wood betony.

Immunity Potentisers: American ginseng, Andrographis, Elecampane, Flower pollen, all ginseng, Licorice, Lycium, Microalgae, Prickly ash, Sage, Savory, Sibergian ginseng, Thyme

Adaptogenics: American ginseng, Codonopsis, all ginseng, Schizandra, Siberian ginseng

Hypertensives: Bayberry, broom, Camphor, Catsfoot, Coffee, Elecampane, Ephedra, Foxglove, Heather, Holy thistle, Hyssop, Lemon, Lily of the valley, Milk thistle, Motehrwort, Olive, Rosemary, Shepherd's purse, Sage, Schizandra, Thyme.

B. Restore, Strengthen, Support Heart, Harmonize circulation, lift spirit and rid depression (cardiac tonics)
Arnica
Hawthorn
Cereus
Lily of the valley

Valerian
Cowslip flower
Also: all types of Aconite, American Ginseng, Aniseed, BEnzoin, Broom, Bugleweed, Butterbur, Cereus, Chickeeed, Cinnamon, Cola, Cowslip flower, Dogbane, Figwort, Flower pollen, Foxglove, Forsythis, Garlic, all tginsengs, Hedge hyssop, Lavender, Lemon, LIgusticum, Ligustrum, Melissa, Motherwort, Orange flower, Pasque flower, Pink root, Prickly ash, Pulsatilla, Rehmannia, Rosemary, Schizandra, Scrophularia, Shepherd's purse, Tormentil, Wallflower, Wild cherry, Valerian, White horehound, White pond lily.

C. Restore liver, stomach, spleen, intestines. Awaken appetite, promote digestion, create strength (bitter digestive and hepatic tonics)
Calamus
Angelica
Holy thistle
Yarrow
Tansy
Feverfew
Barberry
Oregon grape

D. Restore and Strengthen the Urogenital organs (urogenital tonics)
Fennel
Saw palmetto
Buchu
Jasmine
Damiana
Poplar
Gravel root
Sea holly

E. Restore Uterus, return the menses (uterine tonics)
Helonias
Life root
Whit deadnettle
Mugwort

HERBS TO SUPPORT THE YANG, GENERATE WARMTH AND DISPEL COLD (pungent hot circulatory stimulants)

Cayenne
Horseradish
Black pepper
Rosemary
Prickly ash
Cinnamon
Camphor
Bayberry

HERBS TO RESTORE BLOOD, NOURISH AND REPLENISH DEFICIENCY (nutritive blood tonics)

Flower pollen
Microalgae
Wheatgrss
Asparagus
Oats
Parsley root
Iceland Moss
Kelp
Bladderwrack

Alfalfa
Nettle
Watercress

HERBS TO FOSTER YIN, PROVIDE MOISTURE AND LENIFY DRYNESS (sweet bland demulcents)

Marshmallow
Blue mallow
Slippery elm
Comfrey
Mullein
Borage
Chickweed
Irish moss
Lungwort lichen
Aloe gel
Balm of Gilead
Licorice rt

HERBS TO CAUSE ASTRICTION, DRY MUCOUS DAMP, ARREST DISCHARGE, STOP BLEEDING (astringents)

Tormentil
Cranesbill
Oakbark
Geranium
Eyebright
Turpentine
Walnut
Canadian fleabane
Sumac

DRAINING

HERBS TO CIRCULATE QI, RELAX, LOOSEN CONSTRAINT (relaxants)

Lobelia
Pasque flower
Black cohosh
Parsley seed
Motherwort
Marjoram
Skullcap
Bugleweed
Wood betony
St. John's wort
Lady's slipper
Wild cherry
Wild yam
Camomile
Bergamot (bitter orange rind)
Aniseed
Caraway
Chasteberry

HERBS TO CLEAR HEAT, RESOLVE FEVER, REDUCE INFLAMMATION

A. Resolve Fever, Clear Heat on the Qi level (bitter cold febrigues)
Gentian

Bogbean
Centaury
Wormwood
Chicory
Melissa
Lavender
Melilot
Selfheal

B. Remove congestion, Resolve Inflammation, Clear Heat on the Blood Level (sour astringent cold anti-inflammatory decongestants)
Wood sorrel
Graspevine
Rose
Lady's mantle
Sanicle

C. Restrain Infection, Resolve Inflammation, Clear Damp Heat (bitter astringent cold antiseptics)
Horsetail
Sandalwood
Agrimony
Willow
Loosestrife
Bearberry
Blackberry
Bilberry
Cornsilk

D. Clear Toxemia, Resolve Inflammation, Clear Fire Toxin (cool detoxifying antiseptics)
Lemon
Purslane
Ribwort Plantain
Meadowsweet

HERBS TO ENLIVEN THE BLOOD, RELIEVE CONGESTION, MODERATE THE MENSES (astringent venous & uterine blood decongestants)

Goldenseal
Red root
Shepherd's purse
Horse chestnut
Witch hazel
Marigold
Cypress
Stoneroot

ALTERING & REGULATING

HERBS TO PROMOTE CLEANSING, CLEAR TOXINS AND RESOLVE TOXEMIA (cleansers)

Dandelion
Artichoke
Cleavers
Yellowdock
Pipsissewa (wintergreen)
Speedwell
Birch

Figwort
Burdock
Celery
Sarsaparilla
Poke root
Hydrangea
Heartsease
Red Clover
Cowslip root
Bittersweet

HERBS TO REGULATE YIN AND THE YANG (systemic Yin/Yang or CNS regulators

HERBS TO REGULATE HORMONES (hormonal regulators)

SYMPTOM TREATMENT

HERBS TO ENHANCE PREGNANCY AND CHILDBIRTH (pregnancy enhancers)

Raspberry
Black haw
Cramp bark
Squaw vine
Blue cohosh
Birthroot
Birthwort

HERBS TO RELIEVE INDIGESTION (digestives)

1. For flatulence, bloating, belching etc. Look for disharmony such as Qi constraint and Spleen Qi or Spleen Yang deficiency. Remedies in this class are known as carminatives. They promote digestion, move intestinal stagnancy, relieve abdominal swelling. REmedies smell fragrant, and have warm pungent qualities.

Fennel, Cumin, Anise, Caraway, Dill, Coriander

2. Herbs to remove stagnancy, transform damp and relieve distention (epigastric distension and fullness), reguritating sour fluids or semi-digested food, lack of thirst and appetite, nausea, painful swollen gurgling abdomen, feeling heaviness in body and limbs, lethargy, irregular mucousy stool, vacillating between diarrhea and constipation. Slippery soggy pulse. Thick greasy tongue moss. Look to intestinal stagnancy and damp conditions, acute gastritis or enteritis and food poisoning. Patterns of disharmony found are stomach Qi stagnation and intestinal mucous damp (Spleen damp). Use aromatic, pungent, bitter, warm and dry herbs - they are known as digestive stimulants. They work through their high essential oil content which dissolves mucous, stagnation and they disinfect.

Cardamom, Pepper Garlic, Calamus Bitter orange rind
Lovage, Juniper, Turpentine, Horseradish, Watercress,
Peppermint, Sage

HERBS TO CALM THE SPIRIT (nerve sedatives)

1. Herbs to free spasms, cal wind, calm the spirit.

If caused by internal wind, liver Yang rising, liver/endocrine disharmony or kidney qi constraint, or hot febrile conditiosn. Tension, irritability, restlessness, insomnia, wiry pulse. If liver/endocrine disharmony also presents hot flushes, palpitations, dizzy, severe headaches, kidney Qi constraint, agitated depression, vomiting, colicky abdominal pain, fetid regurgitation. Both may lead to internal wind with local tics, trembling, shaking, spasms or convulsions esp. where liver blood def. is involved, numbing of limbs, local paralysis, speech loss, wiry thin pulse

Mistletoe
Hops

Passion flower
Neroli (bitter orange flower) oil
Camomile
Lobelia
Black Cohosh
Belladonna
Peony
Ipecac
Rue
Others: Aconitum chinensis, Acorus gramineus, Bergamot, Betony, Bittersweet, Black horehound, Boldo, Calamint, California poppy,Catnip, Cherry laurel Cordyalis, Cowslip flower, Gelsemium, Fumitory, Gastrodia, Hellebore, Henbane, Horsenettle, Houndstongue, Ipecac, Jamaica dogwood, Jimson weeed, Lady's bedstraw, Lady's slipper, LInden Melilot,Peony, Pond lily, Poppy, Saffron, Sage, Silverweed, Stoneroot, Uncaria, Water hemlock, White hellebore, Wild yam, Woodruff.
Oils: Benzoin, Bergamot, Bitter orange, Black pepper, Camomile, Camphor, Cedarwood, Clary sage, Cypress, Geranium, Hyssop, Jasmin, Juniper, Lavender, Marjoram, Melissa, Myrrh, Neroli, Roman camomile, Ylang-ylang.

2. Herbs to Clear Heat, Lower Fever, Calm the spirit
Excessive spirit due to febrile conditiosn like liver fire and phlegm fire heart agitation.
Sumptoms: irritable, physical and mental agitation (manical rage), thirst, bitter raste in mouth, palpitations, insomnia, fast slippery pulse. Excessive heat which causes mental disturbances.
Use bitter cold herbs with downward moving effect. Many contain alkaloids active in toxic as well as sedative effects and you need skill in herbal medicine to use. Careful dosing if medium or high toxicity.
Passionflower
Neroli
Mistletoe
Poppy
Hellebore
Bryony
Gelsemium
Henbane
Also: Aconite, Belladonna, Bupleurum, Coral root, Hops, Mistletoe, Uncaria, Wild lettuce
Oils: Neroli, Rose, Sandalwood

3. Herbs to Support and Comfort the Heart, calm the spirit.
Used for 2 heart conditiosn with overintense spirit. First is deficientcy caused by overwork, childbirth, hemorrhage, emotional problems, typically manifesting as exhaustion, fatigue, apathy, anxiety, poor memory, palpitations, dizzy, insomnia, dream filled sleep, pale tongue, thin weak pulse. This is heart blood deficiency. If poor appetite and indigestion also, it becomes Heart blood and Spleen Qi deficiency.
Second is excess condition originating in mental or emotional factors, leading to heart qi constraint. In addition to common worry and anxiewty are nervous unrest, shortness of breath, cardiac pains, palpitations, wiry hasty pulse and if left untreated it can turn to acute angina pectoris.
Remedies support heat, induce calm and relaxation. They are low in toxicity and may be taken over longer periods. These remedies are often supplements with restoratives (see above under restoring) and specifically nerve trophorestoratives since nervous tissue tends to suffer in excess spirit conditions.
Melissa
Lavender
Rosemary
Valerian
Motherwort
Lily of the Valley
Also: Passionflower, Polygala ten., Polygonum mult. stem, Valerian, White hellebore, Zizyphus spinosa

Oils: lavender, melissa, neroli.

HERBS TO LIFT THE SPIRIT (anti depressants)

1. To strengthen the nerve, lift the spirit, rid depression.
Asafoetida, Damiana, all Ginsengs, Oats, Polygonum multiflorum, Scarlet pimpernel, Skullcap, St. John's wort, Valerian, Saw palmetto, Vervain, Wood betony
Oils: Melissa, Sage

2. To restore the heart and nerve, lift the spirit and rid depression. Cardiac tonics
Adonis, Arnica, Bugleweed, Cereus, Cowslip flower, Hawthorn, Lily of the valley, Pasque flower, Polygala tenufolia, Valerian
Oils: Melissa, neroli

3. To restore nerve, lift spirit and rid depression. Use focused nerve tonics.
American ginseng, Ashwaghanda, Clary sage, Gotu Kola, All ginseng, Microalgae, Pasque flower, Polygala tenufolia, Polygonum multiflorum, Priskly ash, Schizandra, Siberian ginseng, Stavesacre, Sumbul
Oils: Basil, Bergamot, Camomile, Camphor, Cardamom, Melissa, Patchouli, Pepeprmint, Rosemary, Sandalwood, Sage, Savory

or use diffuse nerve stimulants:
Tea, Cocoa leaf, coffee, corn ergot, guarana, Ignatia, Kola nut, Mate, Nutmeg, Nux vomica.

or use analeptics:
Aconitum carmichaeli, Acorus gramineus, Arnica, Borneol, Bitter orange, Cayenne, Forsythia, Foxglove, all ginseng. Lobelia, Lily of the valley, Nux vomica, Styrax, Valerian, Winter cherry.

HERBS TO RELIEVE PAIN (anodynes)

HERBS TO PROMOTE TISSUE REPAIR (vulneraries)

HERBS TO ACTIVATE IMMUNITY, RESTRAIN INFECTION AND CLEAR TOXINS (anti-infectives)

Garlic
Myrrh
Cajeput
Tea tree
Echinacea
Wild indigo
Chaparral

HERBS TO KILL AND EXPEL PARASITES (anthelmintics & parasiticides)

Wormwood
European and American wormseed
Rue
Tansy
Pink root
Male fern root
Garlic
Oxeye daisy
External: Thyme Lemon Eucalyptus Lavender Borax Suylphur