ENERGY OF HERBS

TASTE OF HERBS:

BITTER HERBS:

Drying, detoxifying, antibiotic
Drain downward (so don't give to pregnant women). They strengthen the Heart and Small Intestine. They remove heat from the body, cure coughing, vomiting, help constiptation and are good for the heart.
Stimulate digestive secretions, aids liver functions, increasing bile flow, regulate pancreatic hormones, stimulate repair of gut wall.

Aloe
Arnica
Artichoke
Aspen
Balm of Gilead
Barberry
Basil
Barberry
Bayberry
Bee Pollen
Bittersweet
Black Cohosh
BlackHaw
Black Pepper
Blessed Thistle
Bloodroot
Blue Cohosh
Boneset - dry
Buckthorn, alder
Buchu
Camphor
Cajeput
Camphor
Canadian Fleabane
Cascara
Catnip
Cayenne
Celandine
Cereus
Chaparral
Chamomile
Cinnamon
Coffee
Coltsfoot
Crampbark
Cranesbill
Culver's rt
Damiana
Dandelion -
Elder Flower
Eyebright
False Unicorn (helonias)
Feverfew
Figwort
Fringe Tree
Fumitory
Garlic
Goldenrod
Goldenseal
Gravelroot
Green gentian
Gentian
Grindelia
Hawthorne
Hops
Horehound
Horseradish
Hyssop
Iceland Moss
Inmortal
Juniper
Ligusticum (osha)
Lily of Valley
Motherwort
Mugwort
Neroli
Nettle
Oregon grape
Oregano
Parsley seed
Pasque flower
Pine
Pleurisy rt
Prickly ash
Rhubarb
Rosemary
Rue
Sage
Savory
Scabious
Senna
Tansy
Thyme
Tormentil
Turpentine
Valerian
Vervain - dry, cool
Walnut
Watercress
White Horehound
Wild Indigo
Yarrow (warm/cool)
Yerba Santa

SWEET HERBS

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.

Garden weed Common Mallow of Cheeses (Malva sp.)
American Ginseng
Agrimony
Aloe Gel
Angelica
Artichoke
Aniseed
Balm of Gilead
Basil
Bearberry (cool)
Bergamot
Bilberry (c)
Birch
Birthroot
Birthwort (c)
Bittersweet
Blackberry (c)
Black Cohosh
Black haw
Blue cohosh
Blue flag
Blue mallow
Bogbean (c)
Borage (c)
Bugleweed
Burdock
Calamus
Camomile
Canadian Fleabane
Cardamom
Centaury (c)
Celery
Chaparral
Chicory
Chickweed (c)
Cinnamon
Cleavers (c)
Codonopsis (neutral)
Coltsfoot
Cornsilk (c)
Crampbark
Cranesbill
Cypress
Dandelion (c)
Echinacea
Elder flower
Eyebright
Fennel
Figwort
Garlic
Gentian (c)
Ginseng, American
Heartsease
Hops (c)
Horse Chestnut
Horsetail (c)
Hydrangea
Irish Moss
Juniper
Lady's Mantle (c)
Lady's Slipper
Lemon (c)
Licorice
Linden
Loosestrife (c)
Lungwort lichen
Marigold
Marjoram
Marshmallow
Meadowsweet (c)
Melilot
Mellissa (c)
Mistletoe (c)
Motherworth
Oak bark
Oats
Oregano
Passion Flower (c)
Pipsessewa (c)
Plantain, ribwort (c)
Prickly ash
Purslane (c)
Raspberry
Red clover
Red root (c)
Rose
Sanicle (c)
Sarsaparilla
Savory
Self heal(c)
Shepherd's Purse
Skullcap
Slippery Elm
Solomon's seal
Spearmint
Speedwell (c)
Squawvine
Squills
St. John's wort
Stoneroot
Sumac (c)
Tamarind
Wheatgrass
Wild Carrot
Wild Cherry

Wild Indigo (c)
Witch Hazel
Wood Betony (c)
Wood sorrel (c)
Wormwood (c)
Yarrow
Yellowdock (c)
Yerba Santa

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.

warm-pungent herbs release exterior syndrome, dispelling wind and cold use if the wind-cold excess exterior is accompanied by chills, fever, absence of sweating, headache, thin and white tongue coating, superficial and tense pulse. Use 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)

Aniseed
Arnica
Bee Pollen
Birch
Birthwort
Black papper
Blue Flag
Buchu
Burdock
Cajeput
Camphor
Cardamom
Cayenne
Chasteberry
Cinnamon
Echinacea
Elder bark
Elecampane
Eucalyptus
Eyebright
Garlic
Ginger
Hops
Horse chestnut
Horseradish
Hydrangea
Lavender
Lobelia
Lovage
Marigold
Marjoram
Melilot
Milk Thistle
Osha
Parsley seed
Pasque flower
Poke rt
Red root
Rosemary
Rue
Sanicle
Sarsaparilla
Saw Palmetto
Sea Holly
Self heal
Turpentine
Valerian
Walnut
Watercress
White deadnettle
Wild Carrot
Wild Ginger

SALTY HERBS

Alfalfa
Bee Pollen
Borage
Chickweed
Chicory
Cleavers
Cowslip
Echinacea
Heartsease
Irish Moss
Kelp
Iceland Moss
Lungwort Lichen
Marigold
Plantain, ribwort
Purslane
Wheatgrass

SOUR HERBS
Birthroot
Canadian Fleabane
Cypress
Lemon
Melissa
Sumac
Wood Sorrel

SOUR HERBS

Citrus Peel
Schizandra Berry
Sheep Sorrel

AROMATICS

This are diffusive too.
Lavender
Bee Balm
Goldenrod
Fennel
Evening Primrose
Ginger
Juniper
Horehound
St. Johns Wort
Chamomile
Cinnamon
Rose
Eucalyptus
Basil
Mints
Rosemary
Sage

TEMPERATURE OF HERBS

Warming, Cooling, Moisening, Drying

WARM HERBS:

(h) = hot

Angelica
Aniseed
Asafoetida
Astragalus
Basil
Bayberry > cool
Black Pepper (h)
Bloodroot (h)
Blue Cohosh
Buchu (h)
Butterbur
Cajeput(h)
Calamus
Camphor > cool
Caraway
Cardamom
Catnip
Cayenne (h) > cool
Celandine
Cinnamon (h)
Culver's root
Deer Antler
Elder Bark
Elecampane
Fennel
Garlic (h)
Ginger (h)
Ginseng, Asian
Horseradish (h)
Jasmine
Juniper
Lavender > cool
Lemon balm (slightly warm)
Linden >cool
Lovage
Myrrh
Oats
Oregano
Osha
Parsley root
Pasque flower > cool
Peppermint > cool
Pine
Prickly Ash (h)
Rosemary
Sassafras (h)
Savory
Senna > cooling
Thyme
Valerian > cool
Wild Ginger
Sarsaparilla
Saw Palmetto
Turpentine > cool
Walnut > cool
Watercress
Wheatgrass

COOL HERBS

(c) = cold

Aloe (c)
Asparagus root (c)
Barberry (c)
Blueflag
Blue Mallow
Boneset (c)
Buckthorn, alder
Cascara (c)
Cereus
Chamomile
Comfrey
Couchgrass
Dendrobium (c)
Eucalyptus
Feverfew
Fringe tree (c) (helonias)
Ginseng, American
Herba Santa
Iceland Moss
Kelp
Licorice
Life root
Lycium
Marshmallow
Mistletow
Motherwort
Mugwort
Mullein
Nettle
Oregon grape (c)
Pine
Pleurisy rt
Poplar
Purslane (c)
Rehmannia
Rhubarb (c)
Scabious
Spearmint
Sage
Slippery Elm
Squills
Tamarind
Tansy
Vervain (dry)
White deadnettle
White horehound

NEUTRAL HERBS:

Cordyceps
Dioscorea

MOISTURE

DRY HERBS:

Angelica (w)
Aniseed (w)
Agrimony
Aspen
Barberry (c)
Basil (w)
Bearberry (uva ursi)
Bilberry
Birch
Bittersweet
Blackberry
Black Cohosh
Black haw
Black Pepper (h)
Blessed thistle
Bloodroot (w)
Blue Cohosh (w)
Blue flag (c)
Bogbean
Boneset (c)
Buchu (h)
Buckthorn, alder (c)
Bugleweed
Burdock
Butterbur (w)
Cajeput (w)
Calamus (w)
Camphor
Canadian Fleabane
Caraway
Cardamom
Catnip
Cayenne (h)
Celandine (w)
Centaury
Cereus (c)
Chamomile
Chaparral
Chasteberry
Cinnamon (h)
Cleavers
Coffee
Coltsfoot
Cornsilk
Cowslip
Crampbark
Cranesbill
Culver's rt
Cypress
Damiana
Dandelion
Echinacea
Elder bark
Elderflower
Elecampane
Eucalyptus (c)
Eyebright
False Unicorn (helonias)
Figwort
Fennel (w)
Feverfew
Fringetree
Fumitory
Garlic (h)
Gentian
Ginger (h)
Ginseng, american
Ginseng, panax
Goldenrod
Goldenseal
Gravelfoot
Green gentian
Hawthorne
Hops
Horehound
Horse Chestnut
Horsemint (hot)
Horseradish (h)
Horsetail
Hyssop
Irish Moss
Juniper (w)
Lady's Mantle
Lady's Slipper
Lavender (w)
Lemon
Lemon balm (slightly dry)
Life root (c)
Linden (w)
Lobelia - neutral, dry-diuretic
Loosestrife
Lovage (w)
Lungwort lichen
Marigold
Meadowsweet
Melilot
Milk Thistle
Motherwort
Mugwort (c)
Myrrh (w)
Nettle (c)
Oak bark
Oregano (w)
Oregon Grape (c)
Osha (w)
Parsley seed
Pasque flour
Passion flower
Peppermint
Pepsissewa
Pine (w-c)
Pleurisy root (c)
Poke root
Poplar (c)
Prickly ash (h)
Raspberry
Red clover
Red root
Rhubarb (c)
Rose
Rosemary (w)
Rue
Sage
Sanicle
Sassafras (h)
Savory (w)
Saw Palmetto
Scabious
Schizandra Berry
Sea Molly
Self heal
Senna
Shepherd's purse
Skullcap
Speedwell
St. John's Wort
Stoneroot
Sumac
Tansy (c)
Thyme (w)
Valerian
Vervain (c)
Virginia snakeroot
Walnut
Watercress
White Horehound
Wild Cherry
Wild Ginger (w)
Wild Yam
Willow
Witch Hazel
Wood Betony
Wood sorrel
Wormwood
Yarrow
Yellowdock
Yerba Santa

MOIST HERBS

Alfalfa
Aloe (w)
Aloe gel (w)
Artichoke
Balm of Gilead
Birthroot
Blue mallow (c)
Borage
Buckthorn, Alder (c)
Burdock
Butterbur
Cascara (c)
Celery
Chicory
Chickweed
Codonopsis (neutral > moist)
Comfrey > dry
Coltsfoot
Cornsilk
Couchgrass (c)
Eucalyptus (c)
Evening Primrose Leaf
Grindelia
Heartsease
Hydrangea
Iceland moss (c)
Jasmine (c)
Kelp
Licorice (c) (easily neutralizes drying effects of other herbs)
Lily of the Valley
Loosestrife
Lungwort lichen
Marshmallow > dry
Meadowsweet
Milk thistle
Mistletoe
Mullein.dry (c)
Oats (w)
Parsley rt (w)
Pine (w)
Purslane (c)
Red Clover
Rose
Sarsaparilla
Slippery Elm (c)
Squills (c)
Tamarind (c)
Turpentine (w)
Wheatgrass (w)
White deadnettle>dry(c)
Wild Carrot

NOTES ON 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, the body can 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.

ACTIONS OF HERBS

ASTRINGENT HERBS:

(All are dry)
Agrimony (warm)
Barberry
Bayberry bk (warm)
Bearberry (uva ursi)
Bilberry
Birch
Birthroot
Blackberry
Blessed thistle
Boneset
Calendula (cool)
Cinnamon (warm)
Comfrey
Cornsilk
Cranesbill (cold)
Goldenrod
Hawthorne
Horse Chestnut
Horsetail
Iceland moss
Lady's Mantle
Lemon
Life root
Linden
Lungwort lichen
Marjoram
Meadowsweet
Melissa
Mullein
Nettle
Oakbark (cold)
Oregon Grape (cold)
Pipsessewa
Plantain
Poplar
Prickly ash
Raspberry (cool)
Red root
Rhubarb
Rose leaves, topical
Sage (cool)
Saw Palmetto
Schizandra (warm)
Self heal
Shepherds Purse
Speedwell
Squawvine
St. Johns Wort
Yarrow
Tormentil
Thyme
Turpentine
Walnut
Wheatgrass
Wild Cherry
Wild Indigo
Wild Yam
Willow (cool)
Witch Hazel (warm/cool)
Wood betony
Wormwood
Yarrow (warm/cool)
Yellowdock
Yerba mansa (warm)
Yerba Santa

CARMINATIVE

(warm and dry, anti spasmodic)
Cayenne
Fennel
Juniper
Chamomile
Peppermint
Catnip
Anise
Sage
Thyme
Ginger
Caraway

DEMULCENT

(cool and moist)
Marshmallow (cool)
Iceland moss (cool)
Plantain (cool)
False solomon's seal (cool)
Chickweed (cool)
Comfrey (cool)
Slippery elm (cool)
Licorice (neutral)

ANTI-INFLAMM-ATORY (cool)

Turmeric (very dry)
Calendula (dry)
Chamomile (dry)
Plantain
Roseleaves, topical
Yarrow (dry)
Chickweed (moist)
Licorice (moist)

ANTI-EMETIC

Ginger
Fennel
Peppermint

ANTISEPTIC

(dry)

Garlic (hot)
Clove (hot)
Horsemint (hot)
Yerba mansa (warm)
Myrrh (warm)
Juniper (warm)
Sage (warm)
Thyme (warm)
Wild indigo (cold)
Oregon grape (cold)
Echinacea (cool)
Goldenseal (cold)

ANTISPASMODIC

Catnip (warm and dry)
Chamomile (cool and dry)
Crampbark (cool and dry)
Dang gui (warm and dry)
Ginger (warm, dry)
Horsemint (hot and dry)
Peppermint (warm.dry)
Valerian (warm, dry)
Wild ginger (hot, dry)
Wild yam (neutral, dry)

NERVINES

Hops* (cold, dry)
Motherwort (cool, dry)
Chamomile* (cool, dry)
Skullcap* (cool, dry)
Vervain (cool, dry)
Verbena
Damiana
Lemon Balm
Catnip
Lavender
Asafoetida
Oats
Lemon balm (warm, dry)
Rosemary (warm, dry)
Valerian (warm, dry)
* also bitter

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

AROMATICS

This are diffusive too.
Lavender
Bee Balm
Goldenrod
Fennel
Evening Primrose
Ginger
Horehound
St. Johns Wort
Juniper
Chamomile
Rose
Eucalyptus
Basil
Mints
Rosemary
Sage

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

STIMULANTS

without mixed relaxant or diffusive effects.

Yarrow
Agrimony
Wild Indigo,
Capsicum
Oregon Grape
Echinacea Ang.
Euphrasia
Gentian
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 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
Catnip
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 idiosyncrataic effects

Camomile
Spikenard
Wood Betony
Motherwort
American Ginseng
Kava Kava
Skullcap

ADAPTOGENS

aka antiscbutics
(Blood cleansers.
They enhance and regulate body's ability to withstand stress)

Burdock
Chaparral
Codonopsis
Echinacea
Elecampane
Feverfew
Garlic
Gingko
Ginsengs
Nettle
Oregon Grape
Plantain/Ribwort
Poke Root
Purslane
Red Clover blossom
Sarsaparilla
Sassafras
Shepherd's Purse
Schisandra Berry
Yellowdock

TONICS

Tonics are for deficiencies. Primary purpose is to restore strength. They act primarily on digestion but affect all organs in conjunction therewith.

Angelica
Asparagus Root
Astragalus
Barberry
Blessed Thistle
Camomile
Codonopsis (neutral)
Damiana
Dandelion
Deer Antler
Dendrobium, Yin tonic for deficiency heat (not if cold or neutral conditions, abdominal distension, heavily coated tongue)
Dioscorea (not use for excess conditions)
Dong Quai (blood tonic)
Echinacea (cool, dry)
European Centaury
Garlic
Gentian
Ginseng, all
Goldenseal
Hawthorn berry
Ho Shou Wu
Licorice Rt (moist)
Ligusticum (osha)
Lycium Berry (cool)
Meadowsweet
Myrrh
Oregon grape
Passion flower
Peony Root
Poria Cocos
Red root (cool, dry)
Rehmannia (cool)
Queen's delight (warm,dry)
Red Clover (neutral)
Sarsaparilla
Schizandra Berries
St. Johns Wort
Thyme
Yerbe Mate

TONIC and ASTRINGENT

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 Cherry
Cascara
Rhubarb
Yellowdock
Saw Palmetto
Willow
Goldenrod
Queens Delight
Comfrey
Dandelion
Nettle
Black Haw
Cornsilk

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 to the 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.

EMMENAGOGUES

Stimulate blood flow in the pelvic area and uterus; some stimulate menstruation.

Tansy
Pennyroyal
Blue cohosh
Mugwort
Motherwort
Rue
Feverfew
Blessed thistle
Horehound
Rosemary
Parsley
Yarrow
Sage
Squaw vine
Crampbark
Ginger

DIURETIC

Parsley
Juniper Berry
Uva Ursi(bearberry)
Garden Carrot
Cleavers
Burdock Seeds
Lovage
Gravelroot
Buchu
Wild Carrot

DIAPHORETICS

Diaphoretic bring the energy/blood to the surface (skin). Sudorific agents induce perspiration:

Chamomile
Elder Flowre
Blessed Thistle
Thyme
Hyssop
Sage
Catnip
Spearmint
Boneset
Lemon Balm
Marshmallow rt
Elecampane
Blue vervain
Borage
Lemon Balm
Pleurisy root
Basil
Cardamon
Parsley
Cinnamon
Eucalyptus
Ginger

EXPECTORANT AND DEMULCENTS

Comfrey
Mullein (exp. not dem)
Chickweed
Marshmallow (cool,moist)
Slippery Elm (cool,moist)
Elecampagne
Horehound
Wild Cherry
Licorice Root. (neut,moist)
Evening Prim (cool, moist)

Demulcents soothe the tissue. They are wet. Marshmallow rt and Slippery Elm are about the best. Because of this they help relieve pain. Comfrey is used for respiratory as well as gastro problems. Chickweed is most used on the skin, throat, mouth, genitals, respiratory. Marshmallow rt. is high in lime and calcium, oxygen and pectin and when applied to moist surfaces it draws and absorbs moisture; it soothes and heals respiratory, intestinal, urinary and genital areas. Slippery elm soothes inflammation, draws out impurities and can even be eaten as a gruel for emergency conditions. Hollyhock is a demulcent used for inflammation of bronchi and bladder.

CATHARTICS

Hasten intestinal evacuation
c=cold m=moist d=dry w=warm

Barberry
Culver's root (d)
Cascara Sagrada (m, c)
Butternut Bark (c)
Turkey Rhubarb (c) (d)
Licorice (m)
Mandrake
Wahoo
Balm of Gilead (m)
Balmony
Bitter root
Senna
Mountain Flax

STIMULANTS

Rosemary
Cayenne
Horseradish
Fennel
Peppermint
Hawthorn
Garlic
Sage
Ginger
Libelia
Cloves
Pricky Ash
Kelp
Aloe

ANTI-PARASITIC (Anthlemintic)

(all cold and dry)

Wormwood
Hyssop
Tansy
Garlic
ORegano
Thyme
Cayenne
Male fern
Pomegranate
Black Walnut
Catechu seed
Diatomaceous earth
Cinnamon
Sassafras
Calmyria fig
Butternut,
Cloves
Grapefruit seed
Black walnut
Chaparro

ANTI-FUNGAL

(dry)

Black walnut (very cold)

Goldenseal (cold)
Oregon grape (cold)
Desert willow (cold)
Tea tree (warm)
Sage (warm)
Yerba mansa (warm)

LYMPHATIC

(cool or cold, usually dry)

Wild Indigo (cold, dry)
Iris (cold, dry)
Poke root (cold, dry)
Queens root (cool, dry)
Cleavers (cool, dry)
Red root (cool, dry)
Echinacea (cool, dry)
Myrrh (warm, dry)
Red clover (cool, moist)
Queen's delight
(warm,dry)

MEDIA EFFECTS:

Alcohol: hot, blood moving
Almond oil: warm, moist
Citrus juice: cold, moist
Ghee: warm, moist
Honey: warm, moist
Glycerin: sweet, natural effect on mucous membranes
Onion - they say give in honey and vinegar
Milk: warm, moist
Olive oil: warm, moist
Sugar: warm, moist
Vinegar: cold, dry
Cold water: cold, moist
Warm water: cold, moist
Salt water: warm, dry
Wine: warm, dry
Yoghurt: cold, moist

EFFECTS OF HERBS

Trophorestoratives

Trophorestoratives - British term for herbs used to restore the function of an atrophied organ.

You can measure declining kidney function eg. amount of urine. Parsley piert, and pellitory on the Wall and Nettle seed - these are English herbs that have been used to restore Kidney function.

Nervinetrophorestorative

Cardiactrophorestorative: hawthorne

Effects on Metabolism

Alterative: restores deranged metabolism. Not increases or decreases metabolism. It balances a deranged detoxification system.

Circulation

Circulatory stimulant: to the periphery - increasing the circulation in the capillaries, not necessarily increasing the heart beat, or pumping more blood. eg. Cayenne

Diffusive: Shifts the center of gravity of blood from the core to the surface. About 20% of your blood supply is portable and it can live in your portal system - but that portal system can shut down and that 20% can get shuttled out toward the muscles and the skin. So the diffusive helps the blood move from the core out towards the skin. Bringing the blood to the surface, brings more oxygen, fresh blood, healing. The same herb may be a circulatory stimulant and a diffusive. Ginger is more diffusive than a circulatory stimulant.

Vaso Constrictor: shuts down the capillaries, good for bleeding wounds. eg. Use Yarrow and Shepherd's Purse.

Vaso Dilator: opens capillaries. Gingko dilates vessels in the brain and increases the circulation in the vitality to the brain. It also may dilate pheripheral vessels throughout the body, eg. helping vascular insufficiency in the legs.

Vascular tonic: increases the tone of the vessels. This could overlap with vaso constrictor, but use it that herbs that help build the connective tissue integrity in the vessels. As people get nutrient deficiencies - the vessels can not just lose their tone, the tissue, veins, valves can become inefficient (veinous blood can be leaking back through the valves and you can get varicosities, hemorrhoids etc). So tonic can increase tone of a sluggish vessel, but also increase the tissue in cases of varicositites. Nutrients like Vit. C and bioflavonoids are important. Herbs like Horse Chestnut, Butcher's Broom, Stoneroot.

Stimulant Diaphoretic: Hot circulatory stimulant - hot in quality. Gets blood up to vessels under the skin. Not need to sweat, if you get the blood up under the skin, you can radiate heat. When you get cold, the skin capillaries close down to keep you from losing your heat. On a hot summer day the capillaries open up so you can gt the blood up there and radiate out some of the heat. You can have a fever, give them a diaphoretic and it may just moisten the skin, but can bring down the fever a degree.

In early fever you look white and have shivers and chills - means the fever is on its way up. The feer then can plateau and you are hot and tense, very uncomfortable. As the fever comes down you start to sweat in order to cool off. There is a fourth stage of fever - the recuperation stage - you are wasted and exhausted and burned out. The recuperation stage lasts as long as the fever did - if you have a fever for 3 days, the recuperation is 3 days. In those stages when you have whiteness and chills - you can use the circulatory stimulant diaphoretics eg cayenne (if you need). When you have the hot, tense (skin is hot and dry, pores are shut), use relaxant diaphoretics. When the fever is declining, you don't usually have to do anything. You can become so exhausted from fever that you develop something called 'deficiency sweating' - more common in the recuperation stage or lingering days after the fever and you can take a tonic to prevent losing water.

Relaxant Diaphoretic: relax the tension in the skin and allows sweating and cooling. eg. lobelia, pleurisy root (pleurisy root helps you sweat without heating you up).

Effects on Mucous Membranes

Expectorants don't just act on the respiratory. They can expectorate mucous membranes in the sinus cavities or urinary tract. If you have crisis in the urinary tract, that is where you will feel it. You can also direct their effects by what other herbs you combine them with.

Grindelia is a respiratory mucous lung herb - but if combined with herbs that affect the urinary tract, it will have the benefit on the mucous membrane. In addition, if there was crisis there, it will be guided there.

Almost never does everyone feel the same effect. usually 80% feel what the standard is. Grindelia is an expectorant and when tasted - those that had something going on in their lungs, felt it in their lungs. Those who had sinus situations, felt it there and not in their lungs.

At lot of our nauseants are expectorants. At higher doses: vomiting. Upward movement. Upward moving Qi can cause expectoration (up and out) or vomiting (up and out).

Stimulant Expectorants like Horehound, Bloodroot - they are irritating the system a bit. Then the vital force responds by producing mucous to help soothe. This is perfect for cough that has lots of mucous but you can't cough it up. This will help bring fresh clean mucous into the area, loosens up the old congealed mucous and then you can bring it up. Tussilago (coltsfoot), Elecampane.

Relaxant Expectorants - tissues are hot, tense and inflamed and the herb relaxes those - lobelia, relaxes the system, cough reflex, tense muscles that lock from chronic coughing, and produces some nice clean mucous: pleurisy root

Astringents on Mucous Membranes: caution. Sore throat where the tissues are swollen and the swelling is causing most of the pain because the tissues are stretched - remember the swelling is part of the inflamatory process, part of the healing. Don't suppress it radically but you can take and gargle astringent herbs and it will reduce the swelling a little, making it more tolerable.

If bleeding: - bleeding ulcer or threatened bleeding ulcer from stomach or duodenum. Remember, don't suppress mucous because it is part of the healing process, just support it and make more tolerable.

Mucous Membrane Tonic - in a chronic condition, not acute. Acute phase is when you have a fever. Subacute is when fever has gone but there is still some crisis going on. Then you have chronic when the infection is over in the mucous but the membranes have not recovered. Goldenseal is good for this - for loose, boggy, mucous membrane conditions. Mullein is astringent and tonic. Whooping cough is all year round and after weeks of coughing, the person is exhausted and the membranes are tired. If you take mullein you will feel uncomfortable because it is astringent but it restores the tone. Yerba monsa.

Effects on Muscles

Affects on muscles (anti spasmodic): some have more effect on smooth muscles and some have more effect on skeletal muscle. Wild Yam focuses on smooth muscles of gall ducts, intestine, uterus or wherever it is. Crampbark is more into the skeletal muscle. Wild Yam and crampbark together is a great pair. Taking a cup at a time is too much, you will feel drunk with muscles lax.

Muscle tonics that tonify the muscles but are nervine tonics will help restore muscle tone.

Topical Effects

Topical herbs are also upper gastro intestinal herbs.

In Australia, aboriginals use herbs 90% topically.

Antiseptic - kills germs on contact. Antibiotic is a lay term, drug term. Action should be Anti-microbial, anti-bacterial, anti-fungal, anti-viral, anti-parasitic. Antiseptic isn't something you take orally to solve your ifnection problem somewhere else - it implies topical. Can also apply to upper intestinal tract which is another skin. Berberine containing plants are broad spectrum: Oregon grape, Goldenseal, Coptis. Berberine kills all kinds of things, a whole range of bacteria, fungus, parasites, viruses. Goldenseal and myrrh is the best we have found, never fails and acts quickly.

Vulnerary - help promote wound healing, actions on broken skin. Comfrey is one of the best even to the point where you can heal it too quickly if there is still infection there and comfrey seals it up too quickly.

Hemostatic - applied to a topical remedy is usually called a styptic - like a styptic pencil - stops micro bleeding. Yarrow taken internally is a vaso constrictor but topically and as a wash stops bleeding, giving a styptic effect.

Counter-irritant, rubefacia. Hot herbs, irritating to the skin. Put the hot herb like cayenne on the skin and it causes circulation to come to the area, some pain also and in the process, it increases circulation to the muscle beneath. So you can have an arthritic shoulder which is now stagnant and swollen - and you put counterirritant liniment on that: rubbing alcohol and cayenne, until the skin burns, and when the skin burns you feel the pain and swelling start to decrease in the swollen joint beneath it. This is a very vitalist treatment. Take non-steroidal anti-inflammatory drug turns off the pain and turns off the healing. A counter irritant there, it produces pain, but increases circulation and vitality and brings on healing.

Effects on Gastro - Digestive Tract

Bitter Tonic in any system of medicine will have an effect - increase secretions, have cooling and draining effect.

Carminative - traditionally means an antispasmodic for the digestive tract. Also a circulatory stimulant for the digestive tract. They don't just stop cramping, they stop it by increasing nutrition and oxygen supply to the area which increases normal secretions.

Demulcents - common to use them for the digestive tract, eg. heartburn, dry painful upper GT stuff.

Antispasmodic - all carminatives are anti-spasmodic but all anti-spasmodics are not carminative. Example is crampbark or wild yam is good for spasming of the muscles in the digestive tract but not particularly carminative. The carminatives are all warm and spicy.

UPPER: Emetic and Anti emetic - Take enough boneset or lobelia will be emetic. Ginger, fennel, peppermint are anti-emetics.

LOWER: Laxatives - bulk laxatives like flaxseed helps to have bowel movement. Many herbs listed as laxatives increase bile secretion which in a natural laxative. Liver bile is a natural laxative. If you have bile insufficiency you will have chronic constipation. Take a chologogue herbs and the constipation goes away even though the herb didn't have a direct effect on the intestines. Example: barberry (berberis off), or dandelion.
Other laxatives are stimulant like cascara, rhubarb rt. which contain emodin, anthroquinone glycosides, they enter the bloodstream and cause the smooth muscles to cramp and dump the bowel. Yellowdock is primarily a chologogue but if it is fresh it has some anthroquinone glycosides. Avoid dependency on stimulant laxatives. If you restore the normal balance it is better. Milk allergy is most common cause of constipation - about 70%

Effects on the liver

Hepato Protective, protects from oxidative damage or injury. Milk Thistle seed

Hepato trophorestorative - Milk Thistle seed. People with cirrhosis, the liver is atrophied, full of scar tissue from chronic inflammation, loss of function of the liver because of that - people can take milk thistle and get some of that function restored.

Choleretic and Cholagogue - most books use these terms interchangeable. Retic - diuretic, increases flow of urine, so choleretic increases excretion and flow of bile.
The bile duct joins the pancreatic duct inside the pancreas and the mixed pancreatic and bile dumps into the intestine at the sphincter of odi. The actual bile that comes out of the liver is watery, like urine and it comes down, fills up the duct, comes down, the sphincter is shut, can't get out so it backs up and pours into the gallbladder where it is dehydrated a the water is removed from it. 95% of the water is removed. The term Cholagogue, choleretic increases the production of bile and its flow out of the liver, just like a diuretic causes increased urine flow out of the kidney. Cholagogue is something that increases or causes the secretion of bile in the gall to dump into the intestine. So choleretic increases flow, cholagogue causes the dumping of the bile/draining of the gallbladder.

Effects on Endocrine System

- Adaptogens

Effects on Immunity

Immunostimulants increase activity of one or more portions of the immune system. Some increase activity of macrophases, some antibody production, some do both. Be careful of these in an unbalanced system. You can aggravate the immune imbalance. If your system is out of balance (eg. producing too many anti-bodies and not enough macrophages), and you are going to stimulate that system, you will stimulate even more anti-bodies and not enough macrophages. Those antibodies are going to cause inflammation. Now you take an immune stimulant in an imbalanced system and you just made your allergies, chronic fatigue, fibromyalgia worse. This is common with echinacea - it aggravates their inflammation.

Immunomodulating. has the sense of restoring balance to an unbalanced immune system. Reishi mushroom, maitake mushroom, shitake mushrooms are very good. Many chinese polysaccharide herbs like astragalus is immunomodulator.

Anti-viral - the immune system is anti-viral, not the herb. The herbs increase the host resistance and the ability to fight the infected cells. Osha is suppose to be anti-viral, but this is urban legend. Imperically it is good for respiratory infection and bacterial/respiratory infections, but not for killing virus. Lomatium is effective in the 1918 epidemic, and so they started to said it was anti-viral but it doesn't help against most viruses. It has only effective against one virus. Just because it reduces cell proliferation in a petre

dish, doesn't mean it will work in a body.

Lymphatic - the way the herbs resolve swelling in the lymph nodes - they stimulate the immunity to do its job, clear its antigens, fulfil its function and its purpose and then go back to normal.

Lymphagogue - increases the flow of lymph - best is to walk around the block. No herb is as effective.

Effects on Urinary Tract

Diuretic - increases flow of urine. Drains of fluid from tissues, not necessarily kidneys.

Tonic - increases tone in urinary tract. Loss of tone: dribbling, prolapsed organs, weakness in general and organs are falling out of place.

Kidney trophorestorative

Effects on Menses

Emmenagogue, increases the flow of blood.

Hemostat - anti emmenagogue, slows the flow. Helps if blood loss, slow the flow.

Effects on Lactation

Galactagogues - increases flow of milk. Dill, goats rue, fennel.

What is the energetic of a flavour? Provided there are not other qualities of herbs that counter-act that:

Pure bitter: cold and dry, downward action.
Carminative: warm and dry
Demulcent: cool and moist
Vulnerary: are cool
Astringents are dry (some are cool, some are warm)
Anti-inflammatories: cool, some are dry, some are moist
Antiseptics: dry some are hot, some warm, some cool
Antifungal: dry, cold, some are warm
Antiparasitic: cold and dry
Antispasmodic dry
Nervine: dry
Lymphatic: cool or cold, usually dry