



# An Herbalist's View of Male Health

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## Anatomy and Physiology

- 5 $\alpha$ -reductase
- Activin
- Ampulla deferens
- Androgens
- Bulbourethral (Cowper's) gland
- Cremaster muscle
- Dihydrotestosterone (DHT)
- Ejaculatory duct
- Erection
- Epididymus
- Estrogen
- Follicle-stimulating hormone (FSH)
- Foreskin (Prepuce)
- Gonadotropin releasing hormone (GnRH)
- Hypothalamus
- Inhibin
- Leydig cells
- Luteinizing hormone (LH)
- Penis
- Perineum
- Pituitary - anterior & posterior
- Prostate
- Rete testis
- Scrotum
- Seminal vesicle
- Seminiferous tubules
- Sertoli (Sustentacular) cells
- Sperm, Spermatozoa
- Spermatogenesis
- Testes
- Testosterone
- Urethra
- Urinary bladder

## Constitutional Polarities

- Acute vs. Chronic
- Excess vs. Deficiency
- Exogenous vs. Endogenous
- Hot vs. Cold
- Sudden onset vs. Long time onset
- Wet vs. Dry
- Windy vs. Stagnant

## Health Concerns

- Benign prostatic hypertrophy
- Cancer-prostate, penis
- Circumcision
- Epididymitis
- Hair loss
- Herpes-Genital and Oral
- Human papillomavirus
- Impotence
- Incontinence
- Infertility
- Low sperm count
- Orchitis
- Premature ejaculation
- Prostatitis
- Sexually transmitted infections
- Testicular cancer
- Urinary tract infection
- Vitality issues

## Categories of Therapeutics

|                  |                       |              |
|------------------|-----------------------|--------------|
| Adaptogen        | Anxiolytic            | Diuretic     |
| Alterative       | Aphrodisiac           | Nervines     |
| Anaphrodisiac    | Astringent            | Nutritive    |
| Anodyne          | Cardiac tonic         | Preventative |
| Antibacterial    | Circulatory stimulant | Sedative     |
| Antihypertensive | Demulcent             | Stimulant    |
| Antiinflammatory | Deobstruent           | Tonic        |
| Antimicrobial    | Detoxifying           | Vulnerary    |

## Applications

|               |            |           |          |
|---------------|------------|-----------|----------|
| Capsule       | Hair rinse | Salve     | Tea      |
| Compress      | Honey      | Sitz bath | Tincture |
| Essential oil | Oil        | Soak      | Vinegar  |
| Glycerite     | Poultice   | Syrup     |          |

**Formulas**-these are just examples of possible combinations. Use different plants or pick from different therapeutic categories for individual constitutions and conditions. Also consider powder combinations as well

### Tincture Combinations

1. **Prostate Tonic Tincture**-Saw palmetto, Nettles root, Echinacea, Oregon grape root, Corn silk, Couchgrass, Marshmallow root
2. **Male Vitality Tincture**-American Chinese ginseng, Ashwagandha, Saw palmetto
3. **Urinary Tract Infection**-Juniper fruit, Marshmallow root, Uva-ursi, Horsetail, Corn silk, Yarrow
4. **Nervine Tonic**-Passionflower, Skullcap, St. Johnswort, Vervain, Oatstraw, Chamomile

### Tea Blends

1. **Nervine Tea**~ Oatstraw, Motherwort, Lemon balm, Catnip, Nettles, Marshmallow, Skullcap, Blue vervain, German chamomile
2. **Prostate Formula-Root & Fruit**~ Couchgrass, Dandelion, Saw palmetto, Echinacea, Gravelroot, Licorice, Oregon grape root, Marshmallow, Stoneroot
- **Prostate Tonic-Leaf & Flower**~ Raspberry, Nettles, Oatstraw, Echinacea, Marshmallow, Parsley, Yarrow, Dandelion
- **Diuretic Formula**~ Dandelion, Marshmallow, Nettles root, Goldenrod, Chickweed, Cleavers, Parsley, Hydrangea

## Considerations

1. Know your body type and which herbs and foods increase your individual constitutional strengths. Avoid fads.
2. Relax when urinating or defecating, avoid straining

3. Exercise, nutrition, eating habits, lifestyle, job, breathing, sleep, communication and other daily activities are fundamental aspects of healthcare. These *are* preventative medicine.
4. Find a healthcare provider that suits your needs, whether an herbalist, naturopath, acupuncturist, M.D, counselor or other. Sometimes using a combination of health care workers can be helpful, though at other times, using too many can get confusing and add to stress
5. Stress management-know how to release daily pressures and avoid their accumulation. Deep breaths
6. Learn male anatomy and physiology; gain an understanding of how your body works.

## Plant List

|  |  |
|--|--|
| <b>Black cohosh</b> -Actaea racemosa             | <b>Licorice</b> -Glycyrrhiza spp.          |
| <b>Cactus</b> -Selenicereus grandiflorus         | <b>Mullein root</b> -Verbascum thapsus     |
| <b>Calamus</b> -Acorus calamus                   | <b>Nettles</b> -Urtica spp.                |
| <b>Cinnamon</b> -Cinnamomum spp.                 | <b>Oatstraw</b> -Avena sp                  |
| <b>Corn silk</b> -Zea mays                       | <b>Oregon graperoot</b> -Berberis spp      |
| <b>Cotton root</b> -Gossypium spp.               | <b>Parsley</b> -Petroselinum spp           |
| <b>Couchgrass</b> -Elymus repens                 | <b>Prickly ash</b> -Zanthoxylum spp.       |
| <b>Damiana</b> -Turnera spp.                     | <b>Pumpkin seeds</b> -Cucurbita pepo       |
| <b>Echinacea</b> -Echinacea spp.                 | <b>Sarsaparilla</b> -Smilax spp.           |
| <b>Eleuthero</b> -Eleutherococcus senticosus     | <b>Saw palmetto</b> -Serenoa repens        |
| <b>Ginger</b> -Zingiber officinale               | <b>Silk tassel</b> -Garrya spp.            |
| <b>Ginseng</b> -Panax quinquefolius              | <b>Slippery elm</b> -Ulmus rubra           |
| <b>Goldenrod</b> -Solidago spp.                  | <b>Spikenard</b> -Aralia racemosa          |
| <b>Goldenseal</b> -Hydrastis canadensis          | <b>Stoneroot</b> -Collinsonia canadensis   |
| <b>Gotu kola</b> -Centella asiatica              | <b>Turmeric</b> -Curcuma longa             |
| <b>Gravelroot</b> -Eupatorium spp.               | <b>Uva ursi</b> -Arctostaphylos uva-ursi   |
| <b>Hawthorne</b> -Crataegus spp.                 | <b>White pond lily</b> -Nymphaea odorata   |
| <b>Ho-shou-wu</b> -Polygonum multiflorum         | <b>White sage</b> -Salvia apiana           |
| <b>Horse chestnut</b> -Aesculus<br>hippocastanum | <b>Wild yam</b> -Dioscorea villosa         |
| <b>Horsetail</b> -Equisetum spp.                 | <b>Yellow pond lily</b> -Nuphar polysepala |
| <b>Hydrangea</b> -Hydrangea arborescens          | <b>Yerba mansa</b> -Anemopsis californica  |
| <b>Juniper</b> -Juniperus spp.                   | <b>Yohimbe</b> -Corynanthe yohimbe         |
| <b>Kava kava</b> -Piper methysticum              |  |