



An Herbalist's View

The Respiratory System

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Materia Medica

Bayberry-Myrica spp.
Beggar's ticks – Bidens spp.
Black pepper – Piper nigrum
Boneset – Eupatorium perfoliatum
Calamus-Acorus calamus
Coltsfoot – Tussilago farfara
Comfrey – Symphytum spp.
Echinacea – Echinacea spp.
Elder – Sambucus canadensis
Elecampane – Inula helenium
Eucalyptus – Eucalyptus spp.
Eyebright-Euphrasia spp.
False Solomon's seal – Smilacina spp.
Fenugreek – Trigonella foenum-graecum
Garlic – Allium sativum
Ginger – Zingiber officinale
Goldenrod – Solidago spp.
Goldenseal – Hydrastis canadensis
Grindelia – Grindelia spp.
Horehound – Marrubium vulgare
Horseradish – Armoracia rusticana
Horsetail – Equisetum spp.
Huang chi – Astragalus membranaceous
Hyssop – Hyssopus officinalis
Immortal – Asclepias spp.
Irish moss – Chondrus crispus
Jimsonweed – Datura stramonium
Lemon balm – Melissa officinalis
Licorice – Glycyrrhiza spp.
Lobelia – Lobelia inflata
Lomatium – Lomatium dissectum
Lungwort – Pulmonaria officinalis
Lungwort – Sticta pulmonaria
Maidenhair fern – Adiantum spp.
Ma huang – Ephedra spp.
Mallow – Malva spp.
Marshmallow – Althaea officinalis
Mint – Mentha spp.
Mullein – Verbascum thapsus
Mustard – Brassica spp.
Myrrh – Commiphora spp.
Nettles – Urtica spp.
Osha – Ligusticum porteri
Pine – Pinus spp.
Plantain – Plantago spp.
Pleurisy root – Asclepias tuberosa
Poppy – Papaver somniferum
Propolis-Bee resin
Ragweed – Ambrosia spp.
Reishi mushroom – Ganoderma spp.
Sage – Salvia officinalis
Seneca snakeroot – Polygala spp.
Skunk cabbage – Symplocarpus foetidus
Slippery elm – Ulmus fulva
Sundew – Drosera spp.
Sweet root – Osmorhiza occidentalis
Tangerine or Orange peel – Citrus spp.
Thyme – Thymus spp.
Wild cherry – Prunus serotina
Wild ginger – Asarum spp.
Wolfberry – Lycium spp.
Wu wei zi – Schisandra sinensis
Yarrow – Achillea millefolium
Yerba mansa – Anemopsis californica
Yerba santa – Eriodictyon spp.

Essential Oils

Cedar	Eucalyptus	Lavender	Menthol
Tea Tree	Thyme	Camphor	

Tincture Formulas

- **Acute Respiratory Tincture** – Osha, Grindelia, Yerba santa, Mullein
- **Antimicrobial Throat Spray**-Calendula, Echinacea, Osha, Baptisia, Goldenseal, Propolis, Thyme ess. Oil, Vegetable glycerine
- **Decongestant Aid**-Yerba santa, Wolfberry
- **Influenza Tincture I**– Boneset, Yarrow, Wild ginger, Echinacea
- **Influenza Tincture II**-Echinacea, Osha, Baptisia
- **Warming Lung Tincture** – Horehound, Elecampane, Wild cherry, Licorice, Ma huang, Ginger, Cayenne, Vegetable glycerine

Tea Formulas

- **Allergy Prevention Tea** – Ephedra, Osha, Licorice
- **Cold and Flu Tea** – Peppermint, Yarrow, Elder flower
- **Expectorant Tea** – Yerba santa, Grindelia, Osha, Mullein, Coltsfoot, Marshmallow
- **Influenza Tea** – Boneset, Yarrow, Mint, Elder flower, Echinacea leaf and flower
- **Nervine Tea Blend** – Skullcap, Motherwort, Oatstraw, Lemon balm, Catnip, Nettles, Marshmallow, Blue vervain
- **Respiratory Tea & Smoke Mix** – Peppermint, Horehound, Mullein, Coltsfoot, Lobelia

Syrup

- **Cough syrup** – Elecampane, Horehound, Wild cherry bark, Lemon juice, Ginger root, Horseradish, Alcohol, Honey

Categories of Therapeutics

Adjunct	Antispastic	Bronchodilator	Immune stimulant
Alterative	Antitoxic	Cardiac tonic	Nebulization
Amphoteric	Antitussive	Carrier	Nervine
Anticatarrhal	Antiviral	Demulcent	Pulmonaries
Antifungal	Aromatic	Diaphoretic	Tonic
Antiinflammatory	Astringent	Diuretic	
Antimicrobial	Bronchoconstrictor	Expectorant	

Preparations

Compress	Lozenge	Ointment	Tincture
Cough drops	Mustard plaster	Rubs	Volatile oils
Foot bath	Nasal wash	Smoking mix	
Gargle	Netti pot	Steam inhalation	
Honey	Oils	Tea	

Considerations for Respiratory Health

Air quality	Diet	Immunity	Smoking
Breathing	Environment	Resistance	Stress
Cardiac tone	Exercise	Rest	

Respiratory Disharmonies

Allergies	Colds	Laryngitis	Rhinitis
Anaphylaxis	Cough	Nasal polyps	Shortness of breath
Anosmia	Cyanosis	Obstruction	SIDS
Apnea	Dyspnea	Pertussis	Sinusitis
Asphyxia	Edema	Pharyngitis	Sneezing
Asthma	Emphysema	Pleurisy	Sore throat
Atelectasis	Epistaxis	Pneumonia	Tachypnea
Breathing difficulties	Hay fever	Pollinosis	Tonsillitis
Bronchitis	Hemoptysis	Psychogenic	Tuberculosis
Bronchorrhea	Hiccoughing	Pulmonary embolism	Wheezing
Cancer	Hypoxia	Rales	Whooping cough
Cardiac problems	Infection	Respiratory failure	
Catarrh	Influenza		

Anatomical Structures

Adenoids	Dust cells	Nose	Throat
Alveoli	Goblet cell	Olfactory bulb	Tongue
Alveolar macrophage	Intercostal muscle	Oral cavity	Tonsils
Bronchi	Larynx	Pharynx	Trachea
Bronchioles	Lungs	Pleura	
Cilia	Mouth	Red blood cell	
Diaphragm	Nasal cavity	Sinus	

Physiological Substances and Processes

Carbon dioxide	Hemoglobin	Mucous	Saliva
Carbon monoxide	Histamine	Oxygen	Ventilation
Expiration	Inspiration	Respiration	

Constitutional Polarities

1. Acute vs. Chronic
2. Catabolic vs. Anabolic.
3. Deficiency vs. Excess
4. Exogenous vs. Endogenous
5. Hot vs. Cold
6. Sudden onset vs. Long-time progression
7. Wet vs. Dry
8. Windy vs. Stagnant