



## **Clinically Useful Plants and Formulas For the Practicing Herbalist**

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### **General Notes**

1. It may take time and patience to find the best formula for an individual and their condition.
2. Medicines may need readjustment over time
3. Like all medicines, idiosyncratic responses are common.
  - Let patients know to discontinue a medicine if they have a negative reaction.
4. Keep medicines at home and on hand so you don't have to purchase them when ill.
5. For all conditions, look at the symptoms along with the diagnosis.
  - People often come to herbalists for conditions that are undiagnosable or considered untreatable.
  - Let the patient know that you can still help them without a diagnosis
6. Patient compliance is a large part of treatment.

### **Dosage Notes for Medicine**

1. It is important to recognize how long a bottle of tincture will last if taken regularly.
2. This helps the patient and practitioner know when more medicines will be needed.
3. Evaluating the effectiveness of any particular medicine can be done before a new medicine is prepared. This can be a time to change the herbs, their proportions, or the dosage.

### **Example: 1 oz or 2 oz bottle**

1. 1 dropperful for both of these is 2 milliliters (ml)
2. 1 oz bottle is 30 ml
4. How many days a 1 oz bottle will last
  - $\frac{1}{2}$  dropper 2 times daily will last 15 days (2 ml daily.  $30 \div 2 = 15$ )
  - 1 dropper 2 times daily will last 7.5 days (4 ml daily.  $30 \div 4 = 7.5$ )

### **Preparations-Internal**

1. Capsules
2. Glycerites
3. Powders
4. Teas
5. Tinctures

## 6. Vinegars

### **Preparations-External**

1. Compresses
2. Essential oils
3. Infused oils
4. Liniments
5. Poultices
6. Salves
7. Soaks

### **Some plants that make useful glycerites**

Glycerites can also be added to tinctures

1. Aromatic plants in general
2. *Achillea millefolium*
3. *Acorus calamus*
4. *Cinnamomum* species
5. *Humulus lupulus*
6. *Lavandula* species
7. *Ligusticum porteri*
8. *Matricaria chamomilla*
9. *Nepeta cataria*
10. *Ocimum tenuiflorum*
11. *Rosa* species
12. *Rosmarinus officinalis*
13. *Turnera diffusa*
14. *Valeriana officinalis*

### **Specific Plants**

1. *Acorus calamus*
2. *Aesculus hippocastanum*
3. *Anemone* species
4. *Berberis* species
5. *Capsicum annum*
6. *Centella asiatica*
7. *Cinnamomum* species
8. *Echinacea purpurea*
9. *Glycyrrhiza* species
10. *Harpagophytum procumbens*
11. *Hibiscus sabdariffa*
12. *Hypericum perforatum*
13. *Lobelia inflata*
14. *Ocimum tenuiflorum*
15. *Opuntia* species

16. Passiflora incarnata
17. Piscidia piscipula
18. Rosa species petals and buds
19. Rosmarinus officinalis
20. Salix species
21. Scutellaria lateriflora
22. Turnera diffusa
23. Verbascum thapsus root
24. Zanthoxylum clava-herculis

## **Specific Conditions**

1. Anxiety
2. Arthritis
3. Diabetes
4. Cardiovascular
5. Cognitive dysfunction
6. Depression
7. Hair rinse
8. Infections
9. Insomnia
10. Lyme
11. Menstrual health concerns
12. Pain
  - General
  - Skeletal muscle
  - Spasmodic
  - Sedative
  - Non-sedative
13. Wounds

## **Formulas**

### **Formula Notes**

1. Below are some suggestions. There are many other medicinal plants, as well as differing dosages for individuals.
2. The amount of an individual herb will depend on several factors
  - Symptoms
  - The type of preparation
  - Strength of individual on-hand plants and medicines
  - Desire and ability to take the medicine (patient compliance)

### **Preparing formulas from parts**

1. Add up the parts of a formula
2. Divide by the total amount of the formula
3. Multiply each part by that number

### **For example**

1. Tincture in a 4 oz (120 ml) bottle
  - Piscidia 4 pt
  - Scutellaria 4 pt
  - Valeriana 2 pt
  - Lactuca 1 pt
  - 11 parts all together

*In ounces*

  - $4 \div 11 = .36$
  - $4 \times .36 = 1.44$ ;  $2 \times .36 = .72$ ,  $1 \times .36 = .36$
  - $1.44 + 1.44 + .72 + .36 = 3.96$

*In milliliters*

  - $120 \div 11 = 11$  (10.9)
  - $4 \times 11 = 44$ ,  $2 \times 11 = 22$ ,  $1 \times 11 = 11$
  - $44 + 44 + 22 + 11 = 121$

### **Mental Health**

#### **Anxiety-Overthinking**

1. Passiflora incarnata 4 parts
2. Verbena hastata 4 parts
3. Piper methysticum 1 part
4. Humulus lupulus 1 part
5. Directions
  - 1 dropper 3 times daily
  - $\frac{1}{2}$ -2 droppers as needed for symptoms

#### **Anxiety-Easily Over-Stimulated**

1. Leonurus cardiaca 2 parts
  2. Turnera diffusa 2 parts
  3. Ocimum tenuiflorum 1 part
  4. Rosa species glycerite 1 part
- Directions
- 1 dropper 3 times daily
  - $\frac{1}{2}$ -2 droppers as needed for symptoms

#### **Panic attacks**

1. Anemone species
- Directions
- 5-10 drops as often as needed

#### **Depression**

1. Albizia julibrissin 4 parts
2. Hypericum perforatum 3 parts
3. Melissa officinalis 3 parts

4. *Salvia rosmarinus* 1 part
5. Directions
  - 1 dropper 3 times daily
  - ½-2 droppers for acute symptoms

## **Sleep**

### **Insomnia Tincture**

1. *Humulus lupulus* 1 part
2. *Valeriana officinalis* 1 part
3. Directions
  - ½-3 dropperfuls before sleep
  - ½-2 dropperfuls upon waking and trying to go back to sleep

With an overactive mind

- *Passiflora incarnata*
- *Verbena hastata*
- *Piper methysticum*

With pain

- *Piscidia piscipula*
- *Scutellaria lateriflora*
- *Pedicularis species*

## **Hair**

**Hair Rinse Tea**-for hair breaking easily or falling out

1. *Urtica* leaf 2 parts
2. *Equisetum species* 2 parts
3. *Rosmarinus officinalis* 1 pt
4. Directions
  - Pour 1/2 qt hot water over 1 oz tea
  - Use a French press to help strain out plant material before using
  - Let sit for 10 minutes
  - Pour over hair after washing and let dry in hair
  - Use enough tea to cover your hair

## **Lyme**

1. Antibacterial herbs can be added to the formulas, but the focus is usually on symptom relief.

### **Lyme Pain and Inflammation Tincture**

1. *Piscidia piscipula* 4 parts
2. *Scutellaria lateriflora* 3 parts
3. *Centella asiatica* 3 parts
4. *Glycyrrhiza species* (or *Salix* if hypertensive) 2 parts

5. Berberis species 2 parts
6. Fallopia japonica 2 parts
7. Directions
  - 1 dropperful 3 times daily
  - ½-1 dropper as needed for pain

### **Lyme Mental Clarity Tincture**

1. Centella asiatica 2 parts
2. Ginkgo biloba 2 parts
3. Acorus calamus 1 part
4. Directions
  - 1 dropperful 2-3 times daily
  - ½-1 dropper as needed

### **Diabetes**

#### **Diabetes Tincture**

1. Cinnamomum verum or C. species 3 parts
2. Berberis species 2 parts
3. Turmeric 1 part
4. Cayenne 5-10 drops per oz
5. Directions
  - 1 dropper 4 times daily

### **Arthritis**

#### **Arthritis Capsules**

1. Harpagophytum procumbens
2. Directions
  - 1 capsule 2 times daily

#### **Arthritis Tincture**

1. Harpagophytum procumbens 2 parts
2. Salix species 2 parts
3. Yucca glauca 2 parts
4. Glycyrrhiza glabra, G. uralensis (avoid if hypertensive) 1 part
5. Directions
  - ½-1 dropper 2-3 times daily

### **Menstrual/Estrogen**

#### **Menses Pain Tincture**

1. Garrya species 2 parts
2. Piscidia piscipula 1 part
3. Viburnum prunifolium or V. opulus 1 part
4. Directions
  - As needed ½-3 droppers

With anxiety

1. Passiflora
2. Verbena hastata
3. Ocimum tenuiflorum
4. Piper methysticum

### **Menses Irregularity Tincture**

Equal parts

1. Paeonia californica
2. Vitex agnus-castus
3. Dioscorea villosa
4. Actaea racemosa
5. Directions
  - 1 dropper 2 times daily

### **Menopause Tincture**

1. Vitex agnus-castus *or* Actaea racemosa
2. Directions
  - Initially, try each one separately
  - 1/2 dropper 3 times daily
  - 1 dropperful as needed for symptoms

### **Pain**

1. Medicines need to be taken tonically as well as acutely.

### **Sedative pain relievers**

1. Humulus lupulus
2. Piper methysticum
3. Valeriana officinalis
4. Scutellaria lateriflora
5. Lactuca species

### **Non-sedative pain relievers**

1. Antiinflammatories
2. Piscidia piscipula

### **General body pain**

1. Piscidia piscipula 2 parts
2. Humulus lupulus 1 part
3. Scutellaria lateriflora 1 part
4. Valeriana officinalis 1 part
5. Piper methysticum 1 part
6. Directions
  - Take ½-2 dropperfuls 3-5 times daily

- Acute pain ½-3 droppers as needed

### **Skeletal muscle pain**

1. Piscidia piscipula-equal parts
2. Pedicularis species-equal parts
3. Actaea racemosa-equal parts
4. Scutellaria lateriflora--equal parts
5. Directions
  - Take ½-2 dropperfuls 3-5 times daily
  - Acute pain ½-3 droppers as needed

### **Cardiovascular Support**

#### **Heart tonic**

1. Crataegus species 2 pt
2. Hibiscus sabdariffa 2 pt
3. Curcuma longa 1 pt
4. Rosmarinus officinalis 1 pt
5. Capsicum annuum 10 drops per ounce
6. Directions
  - 1 dropperful 3 times daily

#### **Cardiac Herbs**

1. Zanthoxylum clava-herculis
2. Leonurus cardiaca, especially with heart palpitations

#### **Chronic venous insufficiency**

1. Aesculus hippocastanum 1 pt
2. Collinsonia canadensis pt
3. Capsicum annuum 3 drops per ounce
4. Directions
  - 1 dropperful 3 times daily