

# An Herbalist's View Respiratory Viruses

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## Introduction

This handout focuses on the four most common respiratory viruses along with herbal protocols: the common cold, influenza (flu), Covid-19, and respiratory syncytial virus (RSV). The goal is for people to gain a deeper understanding of these common ailments as well as provide herbal remedies when appropriate.

## Respiratory Virus Chart

1. These differentiations are generalizations that vary depending on the virus's virulence and an individual's response.
2. The symptoms and complications of respiratory viruses are often more severe in immunocompromised individuals, older folks, and those in fragile health.
3. Many of the symptoms are due to the immune response to these pathogens.

Symptoms	Cold	Flu (Influenza)	Covid-19	RSV
<b>Causative agent</b>	Over 200 viruses, mainly rhinovirus	Influenza virus mutates yearly	Coronavirus SARS-CoV-2. Many variants	Respiratory syncytial virus
<b>Body part affected</b>	Upper respiratory tract	Upper and lower respiratory tract	Upper and lower respiratory tract	Upper and lower resp. tract esp. in infants
<b>Onset of symptoms</b>	2-3 days Often comes on slowly	1-4 days Come on suddenly	2-14 days	4-6 days
<b>Duration of symptoms</b>	7-10 days Peak 2-3	5-7 days Peak 3-4	2-14 days Peak 5-10	7-14 days Peak 4-6
<b>Fever</b>	Uncommon	Common	Common	Common
<b>Headache</b>	Common	Common	Common	Common
<b>Body aches</b>	Mild	Moderate to severe	Moderate to severe	Mild
<b>Fatigue</b>	Mild to moderate	Moderate to severe	Moderate to severe	Mild to severe
<b>Cough</b>	Wet	Dry	Dry	Dry moving to wet

<b>Breathing difficulty</b>	Uncommon	Common	Common	Common with young children
<b>Sore throat</b>	Common	Occasional	Common	Common
<b>Long-term loss of taste or smell</b>	Uncommon	Uncommon	Common	Uncommon
<b>Complications</b>	Uncommon	Common	Common	Common for children under 1 year

### **Respiratory Virus Symptoms**

- |                         |                      |                      |
|-------------------------|----------------------|----------------------|
| 1. Anosmia              | 7. Earache           | 13. Lack of appetite |
| 2. Breathing difficulty | 8. Fatigue           | 14. Pneumonia        |
| 3. Bronchiolitis        | 9. Fever             | 15. Sinusitis        |
| 4. Bronchitis           | 10. General achiness | 16. Sleep difficulty |
| 5. Congestion           | 11. Headache         | 17. Sore throat      |
| 6. Cough                | 12. Joint pain       | 18. Strep throat     |

### **Cold/Common cold**

1. Mainly affects the upper respiratory tract.
2. Considered to be one of the most common contagious diseases in humans.

### **Common Symptoms**

- |          |                     |                |
|----------|---------------------|----------------|
| 1. Cough | 3. Nasal congestion | 5. Sore throat |
| 2. Fever | 4. Runny nose       |                |

### **Cold Contagiousness**

1. Most contagious for the first 2 to 4 days after exposure.
2. It usually takes 1 to 4 days after being infected for the first symptoms to appear.
3. Nasal secretions contain the highest amount of contagion.
4. Usually not contagious after the first week.
5. Transmission can happen before symptoms appear.
6. Most contagious during peak symptoms.
7. Symptoms may persist for more than a week, but are no longer contagious.

### **Cold Herbal Categories**

- |                      |                |                    |
|----------------------|----------------|--------------------|
| 1. Anti-inflammatory | 5. Demulcent   | 9. Sore throat aid |
| 2. Antitussive       | 6. Diaphoretic | 10. Warming herbs  |
| 3. Antiviral         | 7. Expectorant |                    |
| 4. Decongestant      | 8. Gargle      |                    |

## **Influenza/Flu**

1. Up to 20% of people with the flu are asymptomatic.
2. The flu often comes on quickly with strong symptoms.

### **Common Symptoms**

- |                       |                              |                         |
|-----------------------|------------------------------|-------------------------|
| 1. Chills             | 5. Headache                  | 8. Sore throat          |
| 2. Cough              | 6. Muscle and/or joint pains | 9. Weakness and fatigue |
| 3. Fever              |                              |                         |
| 4. General discomfort | 7. Nasal congestion          |                         |

### **Influenza Contagiousness**

1. Adults may infect others beginning 1 day before symptoms appear and up to 5 to 7 days after symptoms.
2. Children may pass the virus on for longer than 7 days.
3. People infected with the flu may have no symptoms but can still pass the virus on.

### **Influenza Herbal Categories**

- |                      |                       |                     |
|----------------------|-----------------------|---------------------|
| 1. Anti-inflammatory | 6. Diaphoretic        | 11. Pain aid        |
| 2. Antitussive       | 7. Expectorant        | 12. Sleep aid       |
| 3. Antiviral         | 8. Gargle             | 13. Sore throat aid |
| 4. Decongestant      | 9. General lung tonic | 14. Warming herbs   |
| 5. Demulcent         | 10. Immune support    |                     |

## **RSV: Respiratory Syncytial Virus**

1. A common virus that affects the bronchioles.
2. Because young children's bronchioles are narrower and their immune response is less robust, the symptoms can be more severe.
3. Symptoms are similar to the common cold.
4. Severe symptoms include breathing difficulties, wheezing, and fever
5. Diagnosis is based on clinical observation and the presence of RSV in the region.
6. There are no specific antiviral medications.

### **RSV Symptoms**

- |            |                     |               |
|------------|---------------------|---------------|
| 1. Cough   | 3. Fever            | 5. Runny nose |
| 2. Fatigue | 4. Nasal congestion | 6. Sneezing   |

### **RSV Contagiousness**

1. RSV is usually contagious for 3 to 8 days.
2. It is spread through mucus droplets from coughs and sneezes and enters through the eyes, nose, or mouth.
3. The spread can occur one or two days before symptoms appear.

4. Contagiousness in infants and immunocompromised individuals can last up to 4 weeks or longer, including after they no longer have symptoms.
5. RSV can survive for many hours on hard surfaces.

### **RSV Herbal Categories**

- |                      |                 |                     |
|----------------------|-----------------|---------------------|
| 1. Anti-inflammatory | 5. Decongestant | 9. Sleep aid        |
| 2. Antitussive       | 6. Diaphoretic  | 10. Sore throat aid |
| 3. Antiviral         | 7. Expectorant  | 11. Warming herbs   |
| 4. Corrigent         | 8. Gargle       |                     |

### **Covid-19**

1. Novel virus that caused the 2020 pandemic.
2. Caused by the SARS-CoV-2 virus.
3. When it emerged, it was unknown, with no known treatments.
4. It caused widespread death and morbidity.
5. It has many subtypes that continue to evolve.
6. Like other respiratory viruses, its effects can range from mild to severe.
7. It is highly contagious.
8. It can lead to long covid.

### **Covid-19 Symptoms**

- |                     |                            |                        |
|---------------------|----------------------------|------------------------|
| 1. Body pain        | 5. Headache                | 9. Shortness of breath |
| 2. Cough            | 6. Loss of appetite        | 10. Sore throat        |
| 3. Digestive issues | 7. Loss of taste and smell | 11. Tiredness          |
| 4. Fever            | 8. Nasal congestion        | 12. Weakness           |

### **Covid-19 Contagiousness**

1. People are generally contagious 1-2 days before symptoms appear and for about 5-10 days after.
2. Peak contagiousness is the first few days after exposure to the virus.

### **Covid Herbal Categories**

- |                      |                       |                     |
|----------------------|-----------------------|---------------------|
| 1. Anosmia aid       | 6. Demulcent          | 11. Pain aid        |
| 2. Anti-inflammatory | 7. Diaphoretic        | 12. Sleep aid       |
| 3. Antitussive       | 8. Expectorant        | 13. Sore throat aid |
| 4. Antiviral         | 9. General lung tonic | 14. Warming herbs   |
| 5. Decongestant      | 10. Immune support    |                     |

### **Long Covid**

1. Covid can cause symptoms that may last for weeks, months, or years.
2. There is no long Covid test.
3. Diagnosis is based on symptoms and a diagnosis of past Covid infection.

General symptoms

- Post-exertional weakness

- Fatigue
- Fever

#### Respiratory and heart symptoms

- Difficulty breathing
- Cough
- Chest pain
- Heart palpitations

#### Neurological symptoms

- Brain fog
- Headaches
- Sleep problems

- Dizziness
- Change in smell or taste
- Depression or anxiety

#### Digestive Symptoms

- Diarrhea
- Stomach pain
- Constipation

#### Other symptoms

- Joint and muscle pain
- Rash
- Menstrual cycle changes

## Cytokine Storm

1. These are a serious hyperinflammatory immune response.
2. It can be brought on by Covid-19 and seasonal influenza.
  - It is more common with Covid-19.
3. Cytokine storms are a medical emergency and can cause
  - Acute Respiratory Distress Syndrome (ARDS)
  - Severe organ dysfunction
  - Septic shock
  - Death
4. Herbs neither cause nor cure cytokine storms

## Strep Throat

1. Caused by Group A streptococcus (GAS)
2. Strep throat often follows respiratory infections as the immune system is active elsewhere, and the virus may damage throat tissue, making it easier for the strep to invade.
3. Many people (15-30%) are asymptomatic carriers
4. Common symptoms
  - Enlarged lymph nodes
  - Fever
  - Pain while swallowing
  - Sore throat
  - Sudden painful onset
5. The symptoms of strep throat usually improve within three to five days

## Strep Throat Complications

1. The risk of complications in adults is low.
2. These serious complications are caused by the host's immune response to GAS.
3. A 10-day antibiotic course is sometimes given to prevent further infections.
4. These conditions are more common in children and include:
  - Neurological issues like PANDAS (Pediatric Autoimmune Neuropsychiatric Disorders Associated with Streptococcal Infections).

- Post-streptococcal glomerulonephritis
- Rheumatic fever
- Scarlet fever

### **Strep Throat Treatment**

1. Important to differentiate strep throat from a sore throat.
2. In general, the symptoms of strep throat are more severe and include:
  - Sudden onset
  - White patches at the back of the throat
  - Severity of pain
  - Fever
3. While sore throats can be treated with herbs, antibiotics should be considered for strep throat, with herbs given for palliative care.

### **Treatment Categories**

- Antibacterial
- Pain aid
- Sleep aid
- Vulnerary

### **Respiratory Virus Complications**

1. There are situations when medical attention may be necessary for respiratory viruses.
2. These symptoms can last weeks and make daily life challenging.
3. Complications include
  - Breathing difficulties
  - Bronchitis
  - Chronic cough
  - Extended healing time
  - High fever
  - Pneumonia
  - Strep throat
  - Worsening of chronic conditions (e.g., diabetes, heart failure)
4. Reye syndrome is a rare but dangerous syndrome that can occur from giving aspirin to people under 18 years old when they have a viral illness.
  - It is not known whether plants high in salicylates (i.e., Willow) can cause this reaction.
  - Currently, there are only 2 cases per year in the US.
  - While it has always been rare, lower cases today are likely due to people not giving aspirin to those under 18.

### **Differential Diagnosis**

Differentiating respiratory viruses from other possible causes.

1. Bacterial infections, such as strep throat.
2. Allergies, such as hay fever or allergic asthma.
3. Irritation of the respiratory tract caused by indoor heat, such as a wood stove.
4. Congestion or a runny nose caused by irritants such as dust or pollutants.

### **Antibiotics**

1. Antibiotics do not treat viruses.

2. They are primarily used for bacterial infections such as strep throat that can accompany these viruses.

## **Fever Notes**

1. Fever is a symptom, not a disease in itself.
2. Fevers can be caused by many factors, including infections, inflammation, and medications.
3. Often, the condition needs to be addressed, not necessarily the fever.
4. A fever is a normal body response, and unless problematic, can be left to run its course.
5. Diaphoretics are a class of remedies that help reduce fever by increasing peripheral circulation and sweating.
6. When reducing a fever, try to determine its cause.
  - With infection, use antivirals and antibacterials to kill or inhibit the pathogen.
  - With inflammation, reduce with anti-inflammatories.
7. Fever occurs when the body alters its normal physiological temperature set point.
  - The set point is raised, and the body will try to reach this new point by behavioral and internal responses, such as seeking warmth or shivering.
8. Body temperature
  - 98.6°F as an average body temperature is inaccurate.
  - While individual body temperatures vary, the 'average' temperature is between 97.5°F and 97.9°F.
  - Temperature also varies by about 1°F each day, with early morning being the lowest and late afternoon being the highest.
  - An adult body temperature between 97°F and 99°F is considered normal.
9. It is helpful to know an individual's normal body temperature
  - Body temperature is fairly stable, and any change may signify a condition that needs to be addressed.

## **Grades of fever** (there is no one standard)

- Low grade up to 100.4°F
- Moderate 100.5-102.2°F
- High grade 102.3-105.8°F
- 106.°F and above is a medical emergency

## **Fever Preparations**

1. Glycerite
2. Tea-hot
  - Tea is probably the strongest method to increase sweating
  - Tinctures can be added to hot water.
3. Tincture

## **Fever Herbal Categories**

1. Antibacterial
2. Antiviral
3. Diaphoretic

## **Cough Notes**

1. Coughs are problematic as they are uncomfortable, painful, and can keep individuals awake. They can also indicate an illness.
2. Coughs can be due to several conditions, including
  - Allergies
  - GERD
  - Irritants and pollutants
  - Medications
  - Respiratory viruses
3. Coughing is a way for the body to rid the respiratory tract of microbes, secretions, and irritants.
4. Before treating a cough, try to identify the cause to determine which category of herbs and preparations to use.
5. Coughs are often divided into productive and non-productive
  - A productive cough is when mucus is brought up during the coughing process.
  - Non-productive is a dry, often hacking, cough.
  - Dry coughs generally follow a respiratory infection and may last from days to weeks afterward.
6. Demulcent herbs have a thick consistency but can also be helpful with mucus-y coughs.
7. Since coughing can spread microbes, covering the mouth while coughing during the infectious period is important, as is hand washing afterward.
8. Reducing the irritation at the back of the throat can sometimes help reduce coughing. Gargles can be helpful here.

## **Cough Preparations**

- |                |            |             |
|----------------|------------|-------------|
| 1. Cough drops | 3. Honey   | 5. Syrup    |
| 2. Glycerite   | 4. Lozenge | 6. Tincture |

## **Cough Herbal Categories**

- |                      |                      |                |
|----------------------|----------------------|----------------|
| 1. Antibacterial     | 4. Antiviral         | 7. Expectorant |
| 2. Anti-inflammatory | 5. Cough suppressant | 8. Gargle      |
| 3. Antitussive       | 6. Demulcent         |                |

## **Mucus Notes**

1. Mucus lines those parts of the body that interact with the outside world, including the mouth, nose, sinuses, throat, respiratory tract, and lungs.
2. It covers and protects these surfaces as they need to stay moist.
3. Mucus traps unwanted material such as dust and bacteria.

4. Mucus contains antibodies and enzymes, thereby increasing the body's resistance to microbes.
5. The human body makes approximately 1 to 1.5 liters of mucus daily
6. Before treating mucus-y conditions, decide whether the mucus is serving a positive purpose.

### **Mucus color**

1. Clear generally indicates the absence of an infection and may be due to irritation or an allergy.
  - However, mucus is often clear at the beginning and end of an infection.
2. Yellow and green mucus may indicate an infection.
  - This is due to neutrophils, a type of white blood cell that contains a greenish-colored enzyme that gives mucus this color.
  - There is not much difference between what these two colors indicate.
3. Early morning mucus is often yellow or green and viscous.
  - It may not be an indication of sickness; it is this color from not being expelled during the night.

### **Mucus Preparations**

- |                  |             |             |
|------------------|-------------|-------------|
| 1. Chest rub     | 4. Honey    | 7. Syrup    |
| 2. Essential oil | 5. Neti pot | 8. Tea      |
| 3. Glycerite     | 6. Steam    | 9. Tincture |

### **Mucus Herbal Categories**

1. Decongestant
2. Expectorant

### **General Treatment Strategies**

1. Keep herbs and preparations stocked at home.
  - Having the medicines nearby means they can be taken at the first sign of an infection.
2. It is beneficial to give the body time to rest.
  - Bed rest is important as it can help the immune system function optimally.
  - Many people resist this, but it can speed recovery.
  - (You will be back at work soon enough.)
3. Fluids should be maintained at one's normal hydration rate.
  - If there is sweating, vomiting, or diarrhea, more fluids should be consumed to replace the loss.
4. Treatment may vary depending on the stage at which treatment for the virus began.
5. To eat or not to eat.
  - Basic principle: When sick, eat when hungry.
  - People often have a diminished appetite when ill or are just too tired to prepare any food.

- Eating less is not usually a problem, but it can be helpful to consume some high-quality foods to provide the necessary nutrients for healing.
- Eat simple, nourishing foods like broth and soup.
- These are easy for the body to digest and allow more energy to be directed to immunity rather than digestion.
- Avoid heavy, oily, or hard-to-digest foods.

### **Treatment Approaches for Different Stages of Respiratory Viruses**

1. There are several considerations when adjusting treatment protocols for herbal medicines at different stages of illness.
2. These may involve
  - Altering specific herbs
  - Altering the frequency or quantity of a medicine already being administered or the proportions of each plant in a formula.

**Prevention-** no symptoms, but others around you are sick.

1. Have a good stockpile of medicines at home.
2. Vigilant hand-washing and mask-wearing.
3. If possible, avoid being in close contact with infected individuals.
4. Take immune-supporting herbs.

### **Early Symptoms of Respiratory Virus**

1. Take antiviral and immune-supporting herbs
2. Take small to moderate amounts of medicine regularly.
  - Example: an antiviral tincture, 2 ml every 4 hours.
3. Take it easy and get rest.
4. Try to isolate to avoid spreading the contagion.

### **Full Symptoms of Respiratory Virus**

1. Use antiviral, anti-inflammatory, and symptom-reducing categories such as decongestants.
2. Take medium to large amounts often. Example: an antiviral or anti-inflammatory tincture 2.5-4 ml every 2-4 hours
3. Bed rest is important.
4. Keep distance from others to avoid spreading illness.

### **Recovery from Respiratory Virus**

1. Take small amounts of antiviral medicines occasionally, 1-2 ml every 4-6 hours.
2. Take symptom-reducing medicines (i.e., cough medicines) as often as needed.
3. Take it easy for a few days, do not over-tax the body.

### **Symptoms Reappearing after Recovery**

1. Possibility of a secondary bacterial infection
2. Antiviral, antibacterial herbs, and symptom-reducing herbs

3. Similar to 'Sick with full symptoms' above.

### **Herbal Categories**

Formulation considerations.

1. What are the causes and symptoms you are looking to treat?
2. Consider the relative strength of each herb.
  - If a plant has a relatively strong effect, less can be used in the formula.
  - With less potent plants (such as demulcents), a larger amount may be needed.
3. Single herbs and formulas may need to be changed during the course of a sickness.
  - The change could affect all of the herbs in a formula, just a few, or the percentage of each in the formula.
  - Changing the medicines may depend on whether the medicines are having the desired effect or if the symptom picture is changing.

### **Dosage Considerations**

1. Frequency and quantity are two major considerations each time a medicine is administered.
  - Frequency is how often it is to be taken.
  - Quantity is the amount of medicine taken at a given time.
2. When an herb or formula is altered, the dosage might need to be changed as well.
3. Herbs may need to be altered as symptoms change, both frequency and quantity.
4. In the early stages, large amounts of herbs taken frequently can be helpful.

### **Plant Warnings**

There are a few plants covered here that should be used cautiously and potentially avoided. They are provided as they can be very helpful, but only with careful management.

1. Boneset
  - Contains pyrrolizidine alkaloids, which can lead to liver toxicity over time.
  - Do not take for more than 1 week or with any liver disease.
2. Ephedra
  - Ephedra is a stimulant and can raise blood pressure and heart rate.
  - Only use with the guidance of an experienced herbalist
3. Licorice
  - It can raise blood pressure by increasing blood volume.
  - Do not use if hypertensive (high blood pressure).

## Categories

- |                      |                        |                     |
|----------------------|------------------------|---------------------|
| 1. Anosmia aid       | 8. Decongestant        | 15. Household herbs |
| 2. Antibacterial     | 9. Demulcent           | 16. Immune support  |
| 3. Anti-inflammatory | 10. Diaphoretic        | 17. Pain aid        |
| 4. Antitussive       | 11. Essential oil      | 18. Sleep aid       |
| 5. Antiviral         | 12. Expectorant        | 19. Sore throat aid |
| 6. Astringent        | 13. Gargle             | 20. Vulnerary       |
| 7. Corrigent         | 14. General lung tonic | 21. Warming herbs   |

**Anosmia Aids:** loss of smell.

- Aromatic herbs
- Essential oils
- Olfactory training

**Antibacterial:** inhibits or kills bacteria.

- Barberry
- Chaparral
- Echinacea
- Garlic
- Goldenseal
- Goldthread
- Hyssop
- Onion
- Oregon graperoot
- Osha
- Propolis
- Wild indigo
- Yarrow
- Yellowroot
- Yerba mansa

**Anti-inflammatories:** reduce inflammation and severity of symptoms.

- Black birch
- Chamomile
- Echinacea
- Ginger
- Licorice
- Marshmallow
- Meadowsweet
- Turmeric
- Willow
- Wintergreen
- Yarrow

**Antitussives:** reduce or suppress coughs.

- Coltsfoot
- Elecampane
- Horehound
- Hyssop
- Mullein
- Sundew
- Wild cherry

**Antiviral:** inhibits or kills viruses.

- Barberry
- Bee balm
- Boneset
- Chaparral
- Echinacea
- Elder
- Garlic
- Goldenseal
- Goldthread
- Hyssop
- Onion
- Oregon graperoot
- Osha
- Propolis
- Wild indigo
- Yarrow
- Yellowroot

**Astringent:** tighten and tone tissue.

- Oak
- Spotted geranium
- Witch hazel
- Yerba mansa

**Corrigents:** flavoring agent for medicine.

- Anise
- Cardamon
- Cinnamon
- Fennel
- Ginger
- Honey
- Licorice
- Peppermint
- Orange
- Rose

**Decongestants:** reduce nasal and sinus congestion.

- Bayberry
- Beggar ticks
- Black pepper
- Cayenne
- Gumweed
- Horseradish
- Ma huang
- Wolfberry
- Yerba mansa
- Yerba santa

**Demulcents:** soothing mucilaginous herbs for the mucous membrane.

- Cudweed
- Licorice
- Mallow
- Marshmallow
- Slippery elm

**Diaphoretics:** promote sweating

- Boneset
- Elder
- Yarrow

**Essential Oils:** for steams, decongestants, anosmia, or applied topically for muscle pain.

- Lemon
- Eucalyptus
- Lavendar
- Peppermint
- Spruce
- Pine
- Rose
- Rosemary
- Tea tree
- Thyme

**Expectorants:** help expel mucus from the bronchial passages.

- Demulcents
- Elecampane
- Eucalyptus
- Garlic
- Gumweed
- Horehound
- Hyssop
- Licorice
- Lobelia
- Marshmallow
- Mullein
- Osha
- Pleurisy root
- Thyme
- Violet
- Wild cherry

**Gargle:** for sore throats, often taken as a tea.

- Antibacterials
- Astringents
- Chamomile
- Ginger
- Licorice
- Sage
- Salt
- Thyme

**General Lung Tonics:** lung tonics for post-infection recovery.

- Elecampane
- Garlic
- Licorice
- Lobelia
- Mullein
- Pleurisy root

**Household herbs:** handy herbs and remedies for respiratory viruses.

- Cayenne
- Garlic
- Ginger
- Honey
- Lemon
- Onion
- Thyme

**Immune support:** preventive medicines to increase immune competency.

- Astragalus
- Calendula
- Chaga
- Echinacea
- Echinacea
- Redroot
- Reishi
- Schisandra
- Turkey tail

**Pain Aids:** help reduce pain and physical discomfort.

- Chamomile
- Hops
- Jamaican dogwood
- Kava
- Skullcap
- Valerian
- Wild lettuce
- Willow

**Sleep Aids:** help with sleep.

- Chamomile
- Hops
- Jamaican dogwood
- Passionflower
- Skullcap
- Valerian

**Sore Throat Aids:** remedies to help with painful throats.

- Antibacterials
- Bee balm
- Honey
- Menthol
- Osha
- Calendula
- Demulcents
- Propolis
- Sage
- Slippery elm
- Eucalyptus
- Ginger
- Witch hazel

**Vulnerary:** wound healing, useful for sore throats.

- Calendula
- Chickweed
- Gotu kola

**Warming Herbs:** help with sluggishness and reduce chills.

- Black pepper
- Cayenne
- Cinnamon
- Ginger
- Turmeric

## Formulas

### Diaphoretic Tea

- Boneset
- Elder
- Yarrow

### Soothing and Stimulating Throat Tea

- Ginger
- Cayenne (a pinch)
- Honey
- Lemon

## Relaxing Tea

- Catnip
- Chamomile
- Oats
- Passionflower
- Skullcap

## Antimicrobial Throat Spray Tincture: for throat infections

- Calendula
- Echinacea
- Osha
- Vegetable glycerin
- Wild indigo
- Berberis species
- Propolis
- Thyme essential oil

## Respiratory Virus Tea: for acute symptoms

- Boneset
- Echinacea
- Licorice
- Marshmallow
- Osha
- Yarrow

## Steams: for nasal congestion

- Add a small amount of essential oil to steaming water and inhale the vapor.

## Herbal Preparations

1. Aromatherapy
2. Bath
3. Chest rub
4. Compresses
5. Gargle
6. Glycerite
7. Honey
8. Liniment
9. Oils-Infused
10. Oils-Volatile
11. Neti pot
12. Smoking mixture
13. Steam
14. Syrup
15. Tea
16. Tincture

## Materia Medica-Botanical and Common Names

Anise-Pimpinella anisum	Coltsfoot-Tussilago farfara
Astragalus-Astragalus membranaceus	Cudweed-Gnaphalium species
Barberry-Berberis species	Echinacea-Echinacea purpurea
Bayberry-Myrica cerifera	Elder-Sambucus species
Bee balm-Monarda species	Elecampane-Inula helenium
Beggar ticks-Bidens species	Eucalyptus-Eucalyptus species
Black birch-Betula lenta	Fennel-Foeniculum vulgare
Black pepper-Piper nigrum	Garlic-Allium sativum
Boneset-Eupatorium perfoliatum	Ginger-Zingiber officinale
Calendula-Calendula officinalis	Goldenseal-Hydrastis canadensis
Cardamom-Elettaria cardamomum	Goldthread-Coptis trifolia
Catnip-Nepeta cataria	Gotu kola-Centella asiatica
Cayenne-Capsicum annum	Ground ivy-Glechoma hederacea
Chaga-Inonotus obliquus	Gumweed-Grindelia species
Chamomile-Matricaria chamomilla	Hops-Humulus lupulus
Chaparral-Larrea tridentata	Horehound-Marrubium vulgare
Chickweed-Stellaria media	Horseradish-Armoracia rusticana
Cinnamon-Cinnamomum species	Hyssop-Hyssopus officinalis

Jamaican dogwood- <i>Piscidia piscipula</i>	Rose- <i>Rosa</i> species
Japanese honeysuckle- <i>Lonicera japonica</i>	Sage- <i>Salvia officinalis</i>
Kava- <i>Piper methysticum</i>	Skullcap- <i>Scutellaria lateriflora</i>
Lemon- <i>Citrus x limon</i>	Slippery elm- <i>Ulmus rubra</i>
Licorice- <i>Glycyrrhiza</i> species	Spotted geranium- <i>Geranium maculatum</i>
Lobelia- <i>Lobelia inflata</i>	Sundew- <i>Drosera</i> species
Ma huang- <i>Ephedra</i> species	Tea tree- <i>Malaleuca</i> species
Mallow- <i>Malva</i> species	Thyme- <i>Thymus</i> species
Marshmallow- <i>Althaea officinalis</i>	Turkey tail- <i>Trametes</i> species
Meadowsweet- <i>Filipendula ulmaria</i>	Turmeric- <i>Curcuma longa</i>
Mullein- <i>Verbascum thapsus</i>	Valerian- <i>Valerian officinalis</i>
Myrrh- <i>Commiphora</i> species	Violet- <i>Viola</i> species
Oak- <i>Quercus</i> species	Wild cherry- <i>Prunus serotina</i>
Oats- <i>Avena sativa</i>	Wild indigo- <i>Baptisia tinctoria</i>
Onion- <i>Allium cepa</i>	Wild lettuce- <i>Lactuca</i> species
Orange peel- <i>Citrus x aurantium</i>	Willow- <i>Salix</i> species
Oregon graperoot- <i>Berberis</i> species	Wintergreen- <i>Gaultheria procumbens</i>
Osha- <i>Ligusticum porteri</i>	Witch hazel- <i>Hamamelis virginiana</i>
Passionflower- <i>Passiflora incarnata</i>	Wolfberry- <i>Lycium pallidum</i>
Peppermint- <i>Mentha x piperita</i>	Yarrow- <i>Achillea millefolium</i>
Pleurisy root- <i>Asclepias tuberosa</i>	Yellowroot- <i>Xanthorhiza simplicissima</i>
Propolis-Propolis	Yerba mansa- <i>Anemopsis californica</i>
Redroot- <i>Ceanothus americanus</i>	Yerba santa- <i>Eriodictyon</i> species
Reishi- <i>Ganoderma</i> species	