

THE ENERGETICS OF WESTERN HERBS

*A Materia Medica
Integrating Western and Chinese
Herbal Therapeutics*

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STEM FRUIT

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The Materia Medica 12

Acknowledgments 21

Foreword: Rediscovering our Traditional Greek Medicine Roots, by Stephen Fulder, Ph.D. 23

Foreword: An Historical Overview, by Ted Kaptchuk, O.M.D. 24

Foreword: The Value of Integration, by Randall Barolet, O.M.D. 25

PART ONE

Integrating Western and Oriental Herbal Medicine Traditions

Prologue 29

- 1 **Herbal Medicine East and West: Medical Philosophy** 39
 Western and Oriental Thought: Complementary Paradigms
 Oriental and Greek Medical Concepts
- 2 **Herbal Medicine East and West: Medical Theories** 49
 The Two Paradigms: Phenomenology and Analysis
 The Two Polarities
 Essential Traditional Chinese and Greek Medical Terms
- 3 **The Meaning of Integration** 61
 The Need for Integrating both Paradigms
 The Two Keys to Integration
 Working with both Paradigms within a New Context
 Integration and Localization
- 4 **The Materia Medica Reclassified** 71
 Present and Past Classifications of the Materia Medica
 Reclassifying the Materia Medica
 The Twenty-Four Herb Classes
- 5 **The Integral Presentation** 79
 The Herb's Definition and Nomenclature
 The Herb's Nature
 The Herb's Functions and Indications
 The Herb's Preparations
- 6 **Sources and Antecedents** 97
 The Wise Woman Tradition
 The Greek Medicine Tradition
 Primary Historical Sources
- 7 **Guidelines to Herb Administration** 105
 Herb Selection
 Duration
 Preparation

Dosage
Herb Combining

- 8 **Preparation Forms and Uses** 113
 Preparations for Internal Use
 Preparations for External Use

Endnotes 128

PART TWO The Materia Medica

Guidelines to Using the Materia Medica 135

Herbs for Eliminating 137

- Class 1* Promote Sweating and Dispel External Wind 141
 Diaphoretics
- Class 2* Promote Urination and Drain Water 171
 Diuretics
- Class 3* Promote Bowel Movement and Purge Accumulation 187
 Laxatives and purgatives
- Class 4* Promote Expectoration and Resolve Phlegm 205
 Expectorants
- Class 5* Promote Menstruation and Relieve Amenorrhea 235
 Emmenagogues
- Class 6* Cause Vomiting 253
 Emetics

Herbs for Restoring 257

- Class 7* Tonify the Qi and Replenish Deficiency 260
 Restoratives
- Class 8* Tonify the Yang and Dispel Cold 345
 Stimulants
- Class 9* Nourish the Blood and Replenish Deficiency 417
 Nutritives
- Class 10* Nourish the Yin and Moistens Dryness 451
 Demulcents

VOLUME II

Herbs for Draining

- Class 11* Regulate the Qi and Relax Constraint 499
 Relaxants

Class 12 Clear Heat and Reduce Fever and Infection 597
Refrigerants, anti-infectives

Herbs for Altering and Regulating 659

Class 13 Promote Detoxification and Resolve Toxicosis 660
Detoxicants

Class 14 Vitalize the Blood, Reduce Congestion and Moderate Menstruation 727
Decongestants

Class 15 Resolve Mucous-Damp Congestion and Stop Discharge 755
Mucostatics

Class 16 Regulate Endocrine Functions 781
Hormonal regulators

Herbs for Symptom Treatment 785

Class 17 Enhance Pregnancy and Childbirth 786
Pregnancy enhancers

Class 18 Astringe and Stop Discharge, Leakage and Bleeding 793
Astringents, hemostatics

Class 19 Calm the Mind and Relieve Anxiety 811
Nervous sedatives

Class 20 Lift the Mind and Relieve Depression 825
Nervous stimulants

Class 21 Clear Internal Wind and Reduce Spasms 827
Spasmolytics

Class 22 Relieve Pain 829
Analgesics

Class 23 Promote Tissue Repair and Relieve Pain and Swelling 831
Vulneraries

Class 24 Reduce Infection 833
Anti-infectives

Class 25 Eliminate Parasites 839
Antiparasitics

Selected Bibliography 841

Glossary of Terms 850

Appendix A The Four Element System of Traditional Greek Medicine (TGM) 857

Appendix B Synthesis of the Alchemical/Shamanistic Greek and Chinese Element Systems 859

Appendix C The Four Element Medicine Wheel 861

Appendix D The Four Krases (Temperaments) and the Eight Biotypes 862

Appendix E The Three Constitutions 863

Appendix F Common Name Cross Index 864

Appendix G Botanical Name Cross Index 873

Appendix H Pharmaceutical Name Cross Index 883

Repertory 887

Selected Herbal Medicine Resources 915

The Materia Medica

Herbs for Eliminating

- Class 1* **Promote Sweating and Dispel External Wind** 141
Diaphoretics
- Warm the Exterior, Promote Sweating and Dispel Wind-Cold** 145
 Pungent, warm stimulant diaphoretics (arterial stimulants)
- Peppermint leaf (and essential oil) 145
 Ginger root (and essential oil) 146
 Butterbur root 148
 Wild ginger root and Hazelwort root 150
 Oshá root 153
- Cool the Exterior, Promote Sweating and Dispel Wind-Heat** 155
 Pungent, cool relaxant diaphoretics (peripheral vasodilators)
- Catnip leaf 155
 Calamint leaf 156
 Fieldmint herb (and essential oil) 157
 Spearmint leaf (and essential oil) 158
 Elderflower 160
 Linden flower 163
 Boneset herb 165
 Vervain herb 167
 Blue vervain herb or root 169
- Class 2* **Promote Urination and Drain Water** 171
Draining diuretics
- Lovage root 173
 Goldenrod herb 176
 Couch grass root 178
 Scotch broom tops 180
 Dandelion leaf 182
 European elder bark 183
 Squills bulb 184
- Class 3* **Promote Bowel Movement and Purge Accumulation** 187
Stimulant laxatives, purgatives
- Cascara sagrada bark 192
 Buckthorn bark 194
 Rhubarb root 195
 Senna leaf 198
 Aloe resin 200
 Tamarind pulp 202
- Class 4* **Promote Expectoration and Resolve Phlegm** 205
Expectorants
- Warm the Lungs, Promote Expectoration and Resolve Phlegm-Cold** 207
 Pungent, warm stimulant expectorants
- Thyme herb (and essential oil) 2077

Hyssop herb (and essential oil) 210
 Ground ivy herb 211
 Basil herb (and essential oil) 212
 Seneca snakeroot 214
 Winter savory herb (and essential oil) 215
 Scotch pine needle (and essential oil) 215
 Bloodroot 218
 Yerba santa leaf 220
 Immortal root 222

Cool the Lungs, Promote Expectorations and Resolve Phlegm-Heat 224

Pungent, cool sedative expectorants

Eucalyptus leaf (and essential oil) 224
 Pleurisy root 226
 White horehound herb 228
 Coltsfoot herb 231
 Scabious root and herb 232

Class 5 **Promote Menstruation and Relieve Amenorrhea 235**

Emmenagogues

Blue cohosh root 239
 Dong quai root 242
 Pennyroyal herb 245
 Rue herb 247
 Birthwort root 249

Class 6 **Cause Vomiting 253**

Emetics

Herbs for Restoring

Class 7 **Tonify the Qi and Replenish Deficiency 260**

Restoratives

Tonify Qi, Blood and Essence, and Relieve Chronic Fatigue 266

Neuroendocrine restoratives, adaptogens

Eleuthero root 266
 Asian ginseng root 269
 Rhodiola root 272
 Oat berry in milk 274
 Sage leaf (and essential oil) 278
 Schisandra berry 281
 Flowery knotweed root 283

Tonify Digestive Qi, Promote Absorption and Relieve Fatigue 284

Sweet digestive restoratives

American ginseng root 284
 Astragalus root 286
 Elecampane root 289
 Licorice root 292
 Parsley root 295

Tonify Heart Qi, Vitalize Heart Blood and Relieve Precordial Oppression 297

Neurocardiac and coronary restoratives

- Hawthorn berry 297
- Ginkgo leaf 300
- Arnica flower 302
- Lily of the valley herb 305
- Cereus stem and flower 308

Tonify Urinary Qi, Harmonize Urination and Relieve Incontinence 311

Urinary restoratives (antienuretics, antileucorrheals, diuretics)

- Fennel seed (and essential oil) 311
- Buchu leaf 313
- Poplar bark 315
- Gravel root 317
- Sea holly root 319
- Button snakeroot 320

Tonify Reproductive Qi, Regulate Menstruation and Treat Infertility 321

Reproductive/uterine restoratives (fertility restoratives)

- Chastetree berry 321
- Helonias root 324
- Mugwort herb 327
- California mugwort herb 328
- White deadnettle herb and root 329
- Geranium herb (and essential oil) 331
- Rose flower (and essential oil) 334
- Jasmine flower 337
- Saw palmetto berry 339
- Damiana leaf 342

Class 8 **Tonify the Yang and Dispel Cold 345**

Stimulants

Warm the Interior, Stimulate the Heart and Circulation, Dispel Cold and Relieve Debility 350

Pungent, warm arterial and cardiac stimulants (cardiovascular stimulants)

- Rosemary leaf (and essential oil) 350
- Cinnamon bark (and essential oil) 353
- Camphor resin (and essential oil) 355
- Bayberry bark 358

Warm the Exterior, Stimulate the Muscles, Dispel Wind-Damp-Cold and Relieve Rheumatic Pain 360

Pungent, warm muscular stimulants (diaphoretic antirheumatics/antiarthritics)

- Juniper berry (and essential oil) 360
- Prickly ash bark 363
- Sassafras root bark 365
- Guaiacum wood 367
- Virginia snakeroot 367
- Jamaica sarsaparilla root 368
- Bittersweet stalk 370
- Cowslip root 373
- Meadowsweet herb 375

Devil's claw root 377

Warm the Middle, Promote Digestion, Resolve Mucoous-Damp and Relieve Bloating 379

Pungent, warm digestive stimulants (carminatives)

Calamus root 379
 Angelica root (and essential oil) 382
 Garlic bulb 385
 Horseradish root 388
 Scurvygrass herb 390
 Cayenne pepper 391
 Cardamom pod (and essential oil) 394
 Black peppercorn (and essential oil) 396

Decongest the Liver, Promote Digestion, Harmonize the Middle and Improve Appetite 398

Bitter, cold digestive stimulants (liver decongestants, cholagogue laxatives)

Gentian root 398
 Calumba root 400
 Centaury herb 399
 Fringe tree root bark 402
 Balmony herb 403
 Tumeric root 404
 Wormwood herb 405
 Celandine herb 408
 Blessed thistle herb 411
 Culver's root 413
 Wahoo root bark 414
 Milk thistle seed 415

Class 9 **Nourish the Blood and Replenish Deficiency 417**

Nutritives

Provide Nourishment, Restore Metabolism and Enhance Immunity 420

Anastative nutritives, metabolic restoratives, immune enhancers

Flower pollen 420
 Microalgae 423
 Wheatgrass 427
 Watercress herb 430
 Kelp thallus 432
 Bladderwrack thallus 435
 Suma root 435

Nourish the Liver and Relieve Fatigue 438

Hepatic anastative nutritives, hemogenics

Artichoke leaf 438
 Alfalfa herb 440
 Nettle herb 443
 Nettle root and seed 445
 Chicory root 446
 Rehmannia root 448

- Class 10* **Nourish the Yin and Moisten Dryness** 451
 Nourish the Yin, Generate Fluids and Moisten Dryness 454
 Sweet, moist, mucogenic nutritive demulcents
 Asparagus root 454
 Solomon's seal root 456
 Iceland moss thallus 459
 Irish moss thallus 461
 Chickweed herb 462
 Comfrey leaf and root 465
 Marshmallow root 468
 Slippery elm bark 470
- Moisten and Cool the Lungs and Intestines** 472
 Sweet, moist simple demulcents
 Borage leaf 472
 Mullein leaf 474
 Poplar bud 477
 Aloe gel 479
 Mallow flower 481

Herbs for Draining

- Class 11* **Regulate the Qi and Relax Constraint** 499
 Relaxants, spasmolytics
 Relax Constraint, Relieve Pain, Restore the Nerves and Lift the Mind 504
 Relaxants, cerebral/nervous restoratives
 St. John's wort herb 504
 Skullcap herb 507
 Ladies' slipper root 510
 Wood betony herb 512
- Relax Constraint, Relieve Pain and Calm the Mind** 515
 General relaxants, spasmolytics, analgesics
 Camomile flower (and essential oil) 515
 Melissa leaf (and essential oil) 518
 Marjoram herb (and essential oil) 522
 Lavender flower (and essential oil) 525
 Melilot herb 528
 Black cohosh root 530
 Valerian root 534
 Lobelia root and herb 537
- Descend Lung Qi, Open the Chest and Relieve Wheezing** 541
 Bronchial relaxants (bronchodilators, antiasthmatics), antitussives
 Aniseed (and essential oil) 541
 Wild cherry bark 543
 Gumweed flower 545
 Skunk cabbage root 547
 Sundew herb 548
 Oregano herb (and essential oil) 550
 Common ivy leaf 553
 Pillbearing spurge herb 553

Regulate Heart Qi, Balance Circulation and Relieve Palpitations 554*Neurocardiac relaxants (vasodilators, hypotensives, neurocardiac sedatives)*

Bugleweed herb 554

Selfheal spike 556

Cowslip flower 558

Mistletoe herb 560

Regulate Intestines Qi, Harmonize Digestion and Relieve Pain 564*Intestinal relaxants (gastrointestinal spasmolytics)*

Wild yam root 564

Hops flower 567

Bitter orange rind (and Bergamot essential oil) 570

Caraway seed (and essential oil) 572

Regulate Bladder Qi, Harmonize Urination and Relieve Strangury 573*Urinary relaxants (urinary spasmolytics)*

Wild carrot seed (and essential oil) 573

Parsley seed (and essential oil) 575

Hydrangea root 576

Regulate Uterus Qi, Regulate Menstruation and Relieve Pain 578*Uterine relaxants (uterine spasmolytics)*

Motherwort herb 578

Feverfew herb 581

Blackhaw root bark 583

Cramp bark 585

White peony root 588

Tansy herb 589

Costmary herb 591

Pasqueflower root and herb 592

Class 12 **Clear Heat and Reduce Fever and Infection 597***Refrigerants, anti-infectives (antipyretics, anti-inflammatories)***Clear Toxic-Heat and Reduce Fever and Infection 606***Cool detoxicant anti-infectives (immunostimulants, antipyretics, anti-inflammatories)*

Echinacea root 606

Wild indigo root 609

Marigold flower 611

Plantain leaf 614

Purslane herb 617

Usnea thallus 619

Lemon rind (and essential oil) 621

Asian buplever root 624

Yellow jessamine root 626

Clear Damp-Heat and Reduce Infection and Discharge 629*Bitter, cold, dry, astringent anti-infectives*

Goldenseal root 629

Barberry root bark 633

Baikal skullcap root 634

Pau d'arco bark 635

Horsetail herb 637

Bilberry leaf and fruit 640

Loosestrife herb 643
Wood sorrel herb 645
Lady's mantle herb 647
Sanicle herb 650
Uva Ursi leaf 651
White willow bark 654
Black willow bark/bud 655
Cornsilk style 656

Herbs for Altering and Regulating

Class 13

Promote Detoxification and Resolve Toxicosis 659

Resolvent detoxicants (antidyskratics, lymphatic decongestants, dermatropics, antitumorals)

Promote Detoxification, Clear Damp-Heat and Relieve Eczema 670

Bitter, cool laxative detoxicants (liver decongestants)

Dandelion root 670
Bogbean leaf 673
Yellow dock root 675
Butternut root bark 678
Figwort root and herb 680
Blue flag root 682
Mayapple root 685
Chaparral leaf 688
Oregon grape root 690
Fumitory herb 692

Promote Detoxification, Resolve Damp and Dissolve Deposits 694

Cool diuretic detoxicants (urinary dissolvents)

Cleavers herb 694
Burdock root 696
Pipsissewa (Wintergreen) herb and root 699
Speedwell herb 701
Heartsease herb 702
Blue violet herb and root/seed 704
Birch leaf and bark 705
Black birch leaf and bark 706
Celery seed 707
Black currant leaf 710
Red currant fruit 711
Red clover flower 712
Walnut leaf and hull 714
Queen's root 718
Poke root 720
Soapwort root 723
Pellitory of the wall herb 725
Parsley piert herb 726
Strawberry fruit 726
Gotu kola herb 726

Class 14 Vitalize the Blood, Reduce Congestion and Moderate Menstruation 727*Astringent venous and uterine decongestants*

Horsechestnut 729
 Stoneroot 731
 Red root 734
 Yarrow herb 736
 Shepherd's purse herb 739
 Partridgeberry herb 741
 Butcher's broom root 743
 Cypress tip (and essential oil) 745
 Witch hazel leaf 748
 Hazel leaf/twig bark/catkin 749
 Red grapevine leaf 750
 Madder root 752
 Ocotillo bark 754

Class 15 Resolve Mucous-Damp Congestion and Stop Discharge 755*Astringent mucostatics (mucus decongestants)*

Eyebright herb 757
 Lungwort thallus 759
 Rock tripe thallus 760
 Birthroot 761
 Arborvitae tip 764
 Agrimony herb 767
 Kava root 770
 Yerba mansa root 772
 Myrrh resin (and essential oil) 774
 White and Yellow pond lily root 776
 Sandalwood (and essential oil) 777

Class 16 Regulate Endocrine Functions 781*Hormonal regulators***Herbs for Symptom Treatment****Class 17 Enhance Pregnancy and Childbirth 786***Pregnancy enhancers***Class 18 Astringe and Stop Discharge, Leakage and Bleeding 793***Dry astringents (antidiarrheals, hemostatics, styptics)*

Tormentil root 794
 Cranesbill root 796
 Herb Robert herb 797
 Oak bark 798
 Bistort root 799
 Great burnet root 800
 Knotgrass herb 801
 Canada fleabane herb 803
 Fleawort herb 804
 Sumac root bark 805

Raspberry leaf 806
Blackberry leaf 808
Blackberry root bark 809
Wild strawberry leaf/root 809
Avens root 809
Greater periwinkle herb 810
Lesser periwinkle herb 810

- Class 19* **Calm the Mind and Relieve Anxiety** 811
Nervous sedatives (depressant hypnotics, anxiolytics)
 Passionflower herb 813
 Wild lettuce leaf 816
 Black horehound herb 817
 California poppy herb 818
 Corn poppy flower 819
 Jamaica dogwood root bark 820
 Bitter orange flower (and Neroli essential oil) 822
- Class 20* **Lift the Mind and Relieve Depression** 825
Nervous stimulants (psychogenics, antidepressants, analeptics)
- Class 21* **Clear Internal Wind and Reduce Spasms** 827
Spasmolytics, anticonvulsants
- Class 22* **Relieve Pain** 829
Analgesics
- Class 23* **Promote Tissue Repair and Relieve Pain and Swelling** 831
Vulneraries (tissue repairers, analgesics, detumescents)
- Class 24* **Reduce Infection** 833
Anti-infectives (immunostimulants, antibacterials, antivirals, antifungals)
- Class 25* **Eliminate Parasites** 839
Antiparasitics, anthelmintics

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For this New Edition

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The changes and improvements include:

- The addition of over 14 new herbs that have gradually been incorporated into the Western herbal mainstream, including Eleuthero root, Rhodiola root and—in tandem with the advance of

Chinese herbal medicine—several important Chinese herbs such as Shisandra berry, White peony root, Dong Quai root, Asian Buplever root, Rehmannia root and others. All of these were already incorporated into my 1997 textbook, *Jade Remedies*, but the last few years have seen a critical mass now make these actual Western herbs, not just Chinese herbs.

- The addition of more specific information for the tincture preparations, namely the tincture strength (usually 3:1 or 2:1) and the ethanol content (between 25-90%). All dosages, strengths and percentages have been completely overhauled in light of current knowledge and clinical practice.
- The correction of minor errors or misplaced emphases as regards the physiological actions and indications of many herbs.
- The re-arranging of Class 11 *relaxants* to include *restorative* as well as *sedative relaxants*; i.e. herbs for regulating the Qi and lifting the mind as well as regulating the Qi and calming the mind.
- The separation of Class 10 *demulcents* into general Yin tonics and Lung Yin tonics.

Herbs to Regulate the Qi and Relax Constraint

Regulating the Qi and relaxing constraint is a treatment strategy that addresses conditions characterized by tension and pain. These conditions are known in Chinese medicine as constrained Qi. When the Qi's normal configurating, organizing activity in the body diminishes from endogenous or exogenous stressors, it causes stagnation of physiological functions. The Qi is then said to be "constrained" or "compressed," which is a tense type of condition. Because a person's Qi is an expression of their psyche or soul, Qi constraint in essence describes an energetic tension or overload of the psyche. Until very recently this condition was covered by Western concepts such as neurosis and hysteria. Today it usually falls into the category of stress-related disorders, while anxiety and somatoform disorders, for instance, may also be diagnosed in this context.

Remedies in this class, called *relaxants*, are used to limit this normal Qi response to stress when it becomes too intense or prolonged and therefore counterproductive to the healing process.

The Nature and Dynamics of Qi Constraint

The main factor that leads to constrained Qi is mental and emotional stress, and specifically chronic unproductive stress. Positive stress is one thing and a normal part of life, but chronic stress with little or no possibility of release through direct expression is now known to cause a wide variety of mental, emotional and physical complaints. The main symptoms reported are general nervous tension, feeling stressed out, anxiety and emotional distress. These are a routine part of today's hectic and general overload city lifestyle.

The constraining effect on the Qi caused by chronic stress physiologically involves the autonomic nervous system, and tends to generate symptom patterns typified by **tension, pain, spasm** and **dryness**. The physiological mechanisms can vary depending on whether sympathetic or parasympa-

thetic nervous system functions are increased, which in turn are dependent on the weaknesses of the individual constitution. In general they are known to include a rise in blood pressure, gastric acid release and blood glucose, in lipid and cholesterol levels, as well as a sharp increase or decrease of digestive and urinary activity. Adrenal cortisol levels are usually high from adrenocortical hyperfunctioning (stress). Nervous behavior may develop, along with feelings of tension and irritability, inexplicable pains (neuralgias), including lower back pain, intestinal IBS, dysmenorrhea; cramps, sudden spasmodic movements, palpitations, hyperventilation, insomnia, irregular cycles, frequent and scanty urination and premature ejaculation.

The organ fundamentally involved with Qi constraint is the kidney-adrenal-nervous system. This organ system is the physical substratum for the feeling life in terms of response to the environment.¹ Any emotional overload on this sensitive system will produce symptoms such as tension, restlessness, agitated depression, nausea, indigestion with flatus and colic, internal vibrating or trembling sensations and a wiry pulse. This typifies the preclinical syndrome **kidney/adrenal Qi constraint**, often accompanied by thyroid or adrenal hyperfunctioning and sympathetic nervous system hyperfunctioning.²

However, constrained Qi can also affect certain organ systems in particular and cause a variety of symptoms. These are grouped into particular syndromes such as **lung Qi constraint, heart Qi constraint, intestines Qi constraint**, and so on. Each of these has its own distinct sign and symptom pattern (see below).

Constrained Qi may also lead to the condition known as **internal wind**, so called because it produces wind-like symptoms of tremors, twitches, spasms and convulsions (see Class 21). These symptoms incidentally confirm the kidney as an organ of the element Air. Many *relaxant* remedies that regulate the Qi address the basic syndrome kidney/adrenal Qi constraint.

The Diagnosis of Qi Constraint

Constrained Qi is recognized and diagnosed in Chinese medicine mainly by the pulse as much as by its other symptoms. Tension will generally produce a tight pulse (*jin mai*), while pain and spasms will produce a wiry pulse (*xuan mai*). Chronic suppressed anxiety may produce a hidden pulse (*fu mai*). In the West, Eclectic physicians such as JOHN SCUDDER assessed chronic tense conditions by the presence of a thin, elongated tongue.

As in all Draining types of treatment methods, it is important to differentiate between the benign expression of Qi constraint and its pathological manifestation. Strongly felt and expressed emotions such as joy, anger, fear and grief, if appropriate in every way to their context, are considered entirely normal and beneficial. They are non-pathological, adaptive responses to stressors. They usually resolve spontaneously back into the positive synergic feelings from which they arose.

However, when normal responsive emotions tend to either persist or become repressed, and fail to resolve into synergic feelings, this is a maladaptive, pathological reaction to stress. The responsive emotions then completely change in quality and become distressed feelings. It is the large variety of possible distressed feelings that are responsible for causing signs and symptoms in the physical body. They can be considered pathological expressions of constrained Qi. At this point it is necessary to treat the energetic imbalance and relieve symptoms of tension, spasm and pain. This is achieved physiologically by reducing nervous responses that work on automatic, thereby allowing physiological processes to once again run smoothly, without damage to the whole individual.

Treatment Considerations

- Disorders caused by **tension** or **Qi constraint** are treated at their root by reducing excessively intense Qi responses to stressors. Typical of a treatment method designed to drain excessive energy, it is always important to assess the relative strength of the individual's righteous energies (the Air body) and the intensity of the constrained Qi, as well as the degree of physiological and psychological injury involved. This is particularly true when Qi constraint is caused by a deficiency condition.

Once the Qi begins to freely circulate throughout the body/mind, constraint and tension are

relieved on every level and systemic relaxation can occur. Physiologically speaking, local spasms and pain are relieved, while psychological clarity and sensitivity to internal and external information is increased. Both these factors assist in reducing the maladaptive distressed feeling response and, conversely, encourage the adaptive resolution of primary emotions.

- Constrained Qi is often treated with the other conditions from which it arises or that result from it. This includes chronic deficiency conditions such as Qi, Blood or Yin deficiency, and acute excess conditions such as internal heat and Liver Yang rising. As a result, *relaxants* should often be combined with *restoratives* of various types (Classes 7-10) and *refrigerants* (Class 12) as needed.

- Chronic Qi constraint causes deficiency specifically by depleting nerve tone and creating physical weakness, depression, anxiety and so on. As a result, *trophic (nutritive) nervous restoratives* such as Milky oat berry, Sage leaf, Skullcap herb, St. John's wort and Schisandra berry are often used together with *relaxants* in the treatment of chronic tense/Qi constraint conditions.

- *Relaxant* remedies are significant in the health care of children, along with a good diet and proper hygiene. By regulating and relaxing autonomic and neuromuscular functions, they ease volatile emotional tension that underlies seemingly unrelated conditions such as bedwetting, asthma, relentless crying (especially at night), recurring infections (especially respiratory infections), a strong tendency to create fever or inflammation (e.g., in sinusitis, otitis and tonsillitis), earache and catarrhal (mucousy) conditions in general.

- Herbal medicines in this class can go quite some way in reducing constrained Qi. However, for a more long-term treatment of this condition (which to some extent affects almost everyone in the West), it is clear that the soul (psyche) itself needs to breathe and, like the Qi itself, to freely respond.³ Systemic lifestyle changes must be initiated and more "astral" remedies such as essential oils, high-potency homeopathic remedies and flower essences should be considered later during the course of treatment. Significant changes can also be achieved, e.g., by creating a regular schedule of daily activities, with physical movement or dance exercises, deep breathing exercises (including various forms of breath therapy), with aromatherapy, color therapy, music therapy and counseling.

These will all assist in the letting go of repressed or, conversely, exaggerated primary emotions, thereby producing an increased connection with normal, synergic feelings. This in turn will promote a better expression of normal responsive emotions. This whole process results in a smoother, more free-flowing exchange between the individual and his/her environment.

The Herbs that Regulate the Qi

Herbal remedies that regulate the Qi and relax constraint are generally known as *relaxants*. Promoting smooth Qi circulation results in autonomic nervous regulation, neuromuscular relaxation and relief of tension, stress and pain. Physiologically, *relaxants* exhibit *nervous sedative*, *spasmolytic* and *analgesic* actions on a more general or localized scale.

There are two main kinds of *relaxants*.

1. Relaxants with a pungent taste and penetrating nature. These herbs also promote sweating and are mostly *vasodilatory diaphoretics*. Rich in essential oils, they include the frequently used Camomile flower, Linden flower, Lavender flower, Marjoram herb, Melissa leaf, Spearmint leaf, Chrysanthemum flower, Tansy herb and Meadowsweet herb. Because they relax both smooth and striated muscles, *diaphoretic relaxants* work best on Qi constraint patterns involving both visceral and skeletal muscle spasms. See Class 1 as well as this class.

2. Relaxants with sweet, moist qualities and a high mucilage content, called *demulcents*. These work mainly locally to reduce tension, irritation and pain. They affect not only the gastrointestinal tract but also other tissues and organs by reflex action. Plantain leaf, Comfrey leaf, Marshmallow root, Licorice root, Chickweed herb and Iceland moss are much used *demulcent relaxants* (see Class 10).

Demulcent relaxants also tend to clear heat and inflammation, moisten dryness, slow down hyperactivity and restore deficiency. They are ideal for nourishing the Yin in Yin and fluids deficiency conditions involving Qi constraint and dryness.

Like other main categories of herbal remedies, *relaxants* have a variety of physiological functions and tropisms, and are used in many different disorders and conditions. Dividing them into the following seven subcategories is clinically very useful as they correspond to the main patterns that constrain-

ed Qi tends to follow. Combination syndromes are of course very commonly seen, especially those involving one of the first two general Qi constraint syndromes (the first deficient, the second excess).

Relax Constraint, Relieve Pain, Restore the Nerves and Lift the Mind

General relaxants, nervous/cerebral restoratives

These *relaxants* treat general **Qi constraint** arising from deficiency, typically from **neurasthenia**. Symptoms include fatigue, nervous tension, nervous depression, vague feelings of anxiety, poor sleep, aches and pains that come and go, as well as an overall feeling of being stressed-out—even when no actual stressors are present.

Cerebral/nervous restorative relaxants are usually sweet, bitter, cool by nature. The most commonly used include St. John's wort herb, Skullcap herb, Melissa leaf, Ladies' slipper root and Vervain herb. In the case of pronounced cerebral or neuroendocrine deficiency, they should be combined with more tonifying *cerebral restoratives* such as American ginseng root, Sage leaf, Milky oat berry, Flowery knotweed root and Rhodiola root—all in Class 8.

Relax Constraint, Relieve Pain and Calm the Mind

General relaxants, nervous/cerebral sedatives

These *relaxants* treat **Qi constraint** arising from excess/hyperfunctioning. Symptoms include irritability, insomnia, nervous tension and anxiety. They encourage mental and emotional relaxation when the mind is tense and grasping and when feelings are tense and distressed.

Important *nervous sedative relaxants* are often sweet, bitter, pungent, cool, and include Camomile flower, Lavender flower, Melissa leaf, Cramp bark (relatively mild), Marjoram herb, Hops flower, Passionflower herb, Wild lettuce leaf, Valerian root and Kava root (all moderate).

Descend Lung Qi, Open the Chest and Relieve Wheezing

Bronchial relaxants (bronchodilators, antiasthmatics)

When constrained Qi affects the lower respiratory tract, the result is **lung Qi constraint**. This syndrome displays recurrent attacks of apnea, wheezing, a

tight chest, a dry rasping cough, sometimes repetitive thoughts, expectoration of hard sputum, a dry tongue (especially at the front) and a tight, wiry pulse. This is typically seen in atopic asthma.

Similar to this syndrome is the Chinese symptom picture “Kidney fails to grasp the Qi,” or **Lung and Kidney Yang deficiency**, in which the tongue is pale and the pulse tight, slow and deep, or thin and weak. This is asthma that involves kidney/adrenocortical deficiency at its root, e.g., intrinsic asthma.

Bronchodilators are the specific type of *relaxant* used for diffusing and descending constrained lung Qi. They are pungent, warm on the whole and often contain active essential oils, alkaloids, saponins and glycosides. Wild cherry bark, Cramp bark, Thyme herb, Hyssop herb, Black cohosh root, Aniseed, Gumweed flower, Elecampane root and Lobelia herb are among the most important *bronchodilators* used in Western herbal medicine. They correspond to Chinese medicinals such as Ephedra Ma Huang and Prunus Xing Ren.

Adrenocortical restorative antiasthmatics are the type of remedy used for treating Lung and Kidney Yang deficiency. They include Scots pine needle (and essential oil) and Rosemary herb (and essential oil). Chinese medicine here uses Juglans Hu Tao Ren (Walnut meat) and Gecko Ge Jie, among others.

Class 10 *demulcents* such as Plantain leaf, Chickweed herb, Borage leaf, Marshmallow leaf and so on, are also useful in these conditions for their additional *relaxant* action, as well as their moistening effect when lung dryness is also present.

Regulate Heart Qi, Balance Circulation and Relieve Palpitations

Neurocardiac relaxants (vasodilators, hypotensives)

Chronic emotional and nervous stress can erode the heart’s ability to maintain a balance between the nervous intensity generated by constrained Qi and blood-based metabolic functions. The result is **heart Qi constraint (stagnation)**. This syndrome correlates with neurocardiac syndrome, or cardiac neurosis, as it is sometimes called, and may include hypertension, atherosclerosis and arterial spasms. It is often marked with a minimal symptomatology such as occasional palpitations, chest pains and oppression, nervous tension, sadness, as well as possible headache, irritability, ringing ears,

rapid heart beat, a red-tipped tongue and a wiry, rapid pulse. This condition only becomes urgent during an acute anginal or heart attack presenting sharp chest pains running down the left arm to the little finger, as well as shortness of breath, anguish and fear of death.

Cardiovascular relaxants are the type of remedy used for regulating the Qi throughout the cardiovascular system. These remedies specifically involve *vasodilatory* and *hypotensive* actions. Frequently used are Hawthorn berry, Cramp bark, Lavender flower, Melissa leaf, Bugleweed herb, Selfheal spike, Melilot herb, Motherwort herb, Marjoram herb, Valerian root, Mistletoe herb and Black cohosh root. These herbs correspond to Chinese *cardiovascular relaxants* such as Ilex Mao Dong Qing, Clerodendron Chou Wu Tong, Chrysanthemum Ye Ju Hua and Cassia Jue Ming Zi.

Regulate Intestines Qi, Harmonize Digestion and Relieve Pain

Intestinal relaxants (gastrointestinal spasmolytics)

Remedies in this section address the syndrome **intestines Qi constraint**. This stems from emotional upset, worry or anxiety involving the enteric nervous system, as well as from physiological causes such as intestinal dysbiosis and hypersensitivity reactions (type I through IV). Typical presenting symptoms are indigestion, abdominal bloating and pain, flatulence, nausea, appetite loss, slight sweating, irregular bowel movement and variable stool, and a wiry, tight pulse. All symptoms are worsened with moods and emotions. Western medical conditions seen here include spastic-type irritable bowel syndrome (IBS) (mucous colitis), spastic colon (intestinal colic), diverticulitis, ulcerative colitis and dysentery.

Intestinal relaxants for this condition possess bitter, pungent qualities and have *spasmolytic* and *analgesic* actions on the gut’s smooth muscles. Frequently used are Hops flower, Wild yam root, Camomile flower, Cramp bark, Melissa herb, Lavender flower, Tansy herb, Silverweed root and Celandine herb. In Chinese medicine, Citrus Qing Pi, Saussurea Mu Xiang and Magnolia Hou Po are important equivalent herbs.

In the case where vagal nerve hypofunctioning affects the stomach, symptoms typical of **stomach dryness (stomach Yin deficiency)** may appear, such as heartburn, distressing lumpy sensa-

tions in the epigastrium, dry vomiting and hunger without a true appetite. This condition may change into **stomach fire** as the increase in hydrochloric acid begins to ulcerate the stomach lining. This condition presents as intense thirst with desire for iced drinks, ravenous hunger, constipation and swollen, painful and possibly bleeding gums. Sweet, cool *demulcents* (Class 10) that moisten dryness should then be used in conjunction with *intestinal relaxants*.

Regulate Bladder Qi, Harmonize Urination and Relieve Strangury

Urinary relaxants (urinary spasmolytics)

Given the right predisposition, emotional distress and nervous tension can also lead to **bladder Qi constraint**. This symptom picture includes frequent, scanty and dripping (incontinent) urination without a feeling of fullness, some urinary irritation or pain, bedwetting, sometimes even suppressed urination (anuria), and a tight or wiry pulse. Frequently, the disorders neurogenic bladder (all types), acute renal colic, acute pyelonephritis and Reiter's syndrome are involved.

The *urinary relaxants* that regulate bladder Qi are mainly *spasmolytic*. They include Wild carrot seed, Parsley seed, St. John's wort herb, Marjoram herb, Kava root, Cleavers herb, Hops flower, Red clover flower, Cramp bark, Stone root, Arbovitae tip, Henbane herb, Parsley piert and Heather herb. In Chinese medicine, Coix Yi Yi Ren, Malva Dong Kui Zi and Pyrrosia Shi Wei figure here prominently.

In the case of urinary irritation, pain or irregularity from urinary stones, *antilithic* herbs should be added. These include Hydrangea root, Cleavers herb, Nettle herb, Madder root, Birch leaf and Pellitory of the wall.

Regulate Uterus Qi, Harmonize Menstruation and Relieve Pain

Uterine relaxants (uterine spasmolytics)

These herbs address the syndrome **uterus Qi constraint**, presenting difficult, painful, copious or irregular periods, and to some extent premenstrual syndrome (PMS) with its long retinue of symptoms; and a tight or wiry pulse. Often linked to an imbalance between the hormones estrogen or progesterone, this syndrome invariably involves tense uterus tone giving rise to sthenic or asthenic

spasms—called spasmodic dysmenorrhea for short.

Uterine spasmolytics are the specific *relaxants* used. They include Motherwort herb, Wild yam root, Cramp bark, Blackhaw bark, Marjoram herb, Tansy herb, Feverfew herb, Black cohosh root, Pasque flower root/herb, White peony root, Dong quai root, Lavender flower (and essential oil), Pennyroyal herb, Melissa herb, Camomile flower (both types) and Clary sage essential oil. Many of these not only relieve menstrual cramps, but also tend to promote general relaxation and rest. They can also be used to relieve symptoms of PMS such as irritability, anger, anxiety and depression; some of them have a hormonal action that plays into their *relaxant* effect. Chinese remedies here include Cyperus Xiang Fu and Ligusticum Chuan Xiong.

During labor, many of these herbs act as *relaxant parturients*. They can play an important role in promoting overall relaxation and reducing hypertonic contractions (see Class 17).

A summary list of remedies in this section may be found in the end Repertory under the conditions mentioned in each subcategory.

NOTES

1. Apart from older writings throughout the Galenic, Hermetic and Neoplatonic lineages, good studies of the mental and psychic functions of the organs can be found in the works of RUDOLF TREICHLER. This author summarizes information from the Western wisdom traditions and relates it to the findings of modern psychiatry. The medical lectures of RUDOLF STEINER also contain many references and presentations of this knowledge.

2. The concept of Kidney wind is not as unfamiliar to Chinese medicine as it sounds. The Kidney Yin, after all, is the basis for the Liver Yin. When Kidney or Liver Yin is deficient, Liver Yang and Liver wind arise. Although incompatible with the mnemonic shorthand system of the Chinese five-element theory, the concept of Kidney wind is not essentially in disharmony with Chinese internal physiopathology.

3. For a lovely early text on the nature and functions of the Qi, or breath, and its relation to the heart and emotions, see O.C. GRUNER's translation (1930) of *De viribus cordis*. The translator inserts this text at the end of his translation of IBN SINA's *Al Quanun*, or *Canon of Medicine* (pp. 534-552 in the 1970 edition published by Augustus M. Kelley).

Relax Constraint, Relieve Pain, Restore the Nerves and Lift the Mind

General relaxants, cerebral/nervous restoratives, spasmolytics

St. John's Wort Herb

Botanical source: *Hypericum perforatum* L.
(Hypericaceae)

Pharmaceutical name: Herba Hyperici

Ancient names: Yperiko(n) (Gr)

Herba perforata, Herba S. Johannis,
Fugae daemonum, Corona regia (Lat)

Other names: Touch and heal, Amber, Rosin rose,
Witches' herb, St. John's grass, Terrestrial
sun, Goatweed (Eng)

St. Joan's wort, Klamath weed, Tipton weed
(Am)

Millepertuis, Herbe de St-Jean, Chasse-diable,
Herbe aux piqures (Fr)

Johanniskraut, Tüpfelhartheu, Waldhopff,
Wundkraut, Blutkraut, Tausendlöcherkraut,

Liebfrauenbettstroh, Frauenkraut, Konradskraut, Donnerkraut, Teufelsflucht, Hexenkraut (Ge)

Part used: the herb

NATURE

Therapeutic category: mild remedy with minimal chronic toxicity

Constituents: essential oil (incl. germacrene, sesquiterpenes), tannins, flavonoids (incl. rutin, phlobaphene), polyphenolic flavonoid derivative (hyperoside), rhodan, red dianthrones (hypericin, pseudohypericin), resins, carotenoids, pectin, xanthonenes, stearic/myric/palmitic acid, alkaloid, phloroglucinol derivatives, hypeforin

Effective qualities: somewhat bitter, sweet and astringent, cool, dry
relaxing, restoring, astringing, stimulating

Tropism: lungs, intestines, kidneys, bladder, nerves, blood

Liver, Lung, Bladder meridians

Air, Warmth bodies

Ground: Sanguine krasis Tough/Shao Yang biotypes; all three constitutions

FUNCTIONS AND INDICATIONS

1 RELAXES CONSTRAINT AND RELIEVES PAIN;

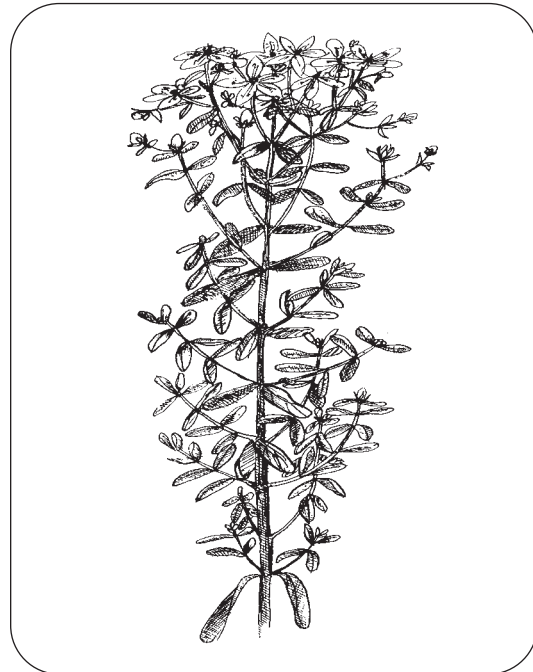
RESTORES THE NERVES, LIFTS THE MIND AND RELIEVES DEPRESSION AND ANXIETY

kidney / adrenal & intestines Qi constraint with deficiency: mental/nervous tension (esp. from chronic nervous exhaustion, frustration or depression, stress, pain, menopause), abdominal, kidney or sacrum pain; agitated depression

STRESS-RELATED CONDITIONS in general

DIGESTIVE COLIC, irritable bowel syndrome

NEURALGIA, NEURITIS (incl. sciatica), arthralgia, fibromyalgia



SPINAL PAIN, soreness or burning sensation, deep coccyx pain

HEADACHE, migraine

MUSCLE TENSION / SPASMS, pain, soreness

nerve and brain deficiency (Kidney Essence deficiency): chronic depression, stress, sleep problems

NEURASTHENIA, DEPRESSION, ANXIETY, insomnia, hypersomnia, chronic psychosis

2 **REGULATES BLADDER AND UTERUS QI, HARMONIZES URINATION AND RELIEVES IRRITATION AND PAIN; PROMOTES URINATION AND DISSOLVES STONES**

bladder Qi constraint: suppressed or scanty dripping urination, irritation, bedwetting, painful sacrum
NEUROGENIC BLADDER, STRANGURY, ENURESIS

uterus Qi constraint: difficult, painful periods, cramps, irritability
SPASMODIC DYSMENORRHEA

kidney Qi stagnation with metabolic toxicosis: headaches, painful urination, nervousness, malaise
URINARY IRRITATION or PAIN (incl. from stones)

URINARY STONES

3 **PROMOTES EXPECTORATION, RESOLVES PHLEGM AND RELIEVES WHEEZING**

lung phlegm with Qi accumulation: wheezing, shortness of breath, coughing up thin white sputum
BRONCHITIS (chronic)

4 **CLEARs DAMP-HEAT, REDUCES INFLAMMATION AND INFECTION, ASTRINGES AND STOPS DISCHARGE AND BLEEDING**

DERMATITIS with *skin damp-heat:* painful wet skin sores, wet rashes, redness

VIRAL CONDITIONS (incl. cold sores [herpes], shingles, chickenpox; esp. with burning, tingling; all viral disorders in general)

CYSTITIS with *damp-heat;* ENTERITIS (esp. dysentery, esp. chronic) with *damp-heat*

BURNS, INFLAMMATIONS, neuritis, sunstroke

REMITTENT FEVER (*shao yang* stage)

URINARY INCONTINENCE, leucorrhea, albuminuria

HEMORRHAGE from all internal organs (incl. blood in urine or stool, coughing up blood, nosebleed, uterine bleeding)

CHILDREN'S INFECTIONS (bacterial and viral)

ANIMAL BITES and stings

INTESTINAL PARASITES (esp. in children)

5 **REDUCES CONTUSION, SWELLING AND PAIN, AND PROMOTES TISSUE REPAIR**

INJURY with swelling and pain (incl. NERVE INJURY, bruises, sprains, strains, concussions, punctures, shaking trauma [e.g. from travel])

BREAST ENGORGEMENT, TUMORS, lumps

ULCERS, SORES, (internal and external), varicose veins, skin blemishes

PREPARATION

Use: St. John's wort herb is prepared by expressed **juice, infusion** and **tincture**. For good rather than poor results, the flowering *fresh* herb must be used. Topical and first aid preparations using this herb include **ointments, compresses, washes** and **infused oils**. Applications include muscle tension and cramps, headache, burns and scalds, insect stings and neuralgias.

Ointments and **compresses** are better for treating viral skin conditions such as herpes, cold sores and shingles. Note that for best results, external application should always be supported by internal use.

When taken for its *antidepressant* action, St. John's wort herb only becomes fully effective after

several weeks of use. For more permanent results, two or three months of continuous intake may be needed. Combining with other *nervine antidepressant* herbs like Melissa, Skullcap or Milky oats through synergy will produce an enhanced effect.

Dosage: Infusion: 8-14 g

Tincture: 2-4 ml at 1:3 strength in 50% ethanol

Caution: Use with caution during pregnancy because of a mild *uterine stimulant* action. There is some risk of increased skin photosensitivity by its hypericin content, and should be monitored if high or concentrated doses of St. John's wort are taken. In general, avoid exposure to natural or artificial sunlight. Extended use is also generally cautioned, as a link with cataract formation has been established.

NOTES

Like many plants that traditionally were used by a large variety of healers, especially wise women, the uses of St. John's wort are lost in the mists of unrecorded history. Because of this, the plant brings with it a legacy of magical and talismanic uses—witness names such as “Touch and heal,” “Devil router” and “Witch's herb.” Herbal practitioners have always had a definite preference for a particular therapeutic style. Some preferred more rational uses, such as those that Galenic theory offered during the last two millennia. Others, however—and these were by far the largest group—chose the way of magical, ritualistic and imagistic usage. These were the wise woman healers. Many hybrid practices also came and went, such as medieval Monastic medicine and fifteenth/sixteenth century Iatromathematics (today known as medical astrology). Curiously, the latter was influenced by both the Neoplatonic and Wiccan traditions—not unlikely bedfellows, by any means.

It comes as no surprise, therefore, to learn that as late as 1673 a university-trained medic such as BARTOLOMEUS CARRICHTER felt confident in stating that “if a person be possessed of an evil mind, St. John's wort leaves should be given,” judiciously adding that “the best time to pick the entire herb is when the sun enters the sixth degree of Leo.” The recorded use of plants such as St. John's wort in the context of a holistic view of the human, plant and cosmos offers some proof that wise women healers generally did not rely on toxic plants for their daily practice. Not all wise women were active practitioners of the Wiccan craft, after all. Toxic plants such as Henbane, Deadly nightshade and other substances like toad's skin were only used at certain times for specific psychotropic purposes in the context of Wiccan trance practices. Still, the *Flying ointment* used in these rituals certainly set people's imagination alight.

St. John's wort herb is a gentle remedy especially suited to children and the elderly. It combines easily and well. Like Horsetail herb, its use is polarized between treating very acute conditions and very chronic ones. As a first-aid remedy that combines *anti-inflammatory*, *analgesic* and *tissue-repairing* actions, this Woundwort is one of the best *vulneraries* for treating **burns**, **ulcers** and **wounds** presenting **inflammation** and **pain**. Pain from nerve injury or neuritis is especially well relieved. The exquisite *Compound oil of Hypericum* given in RYFF's *Reformierte Deutsche Apotheck* of 1573 is a silent witness from the past of its status as a premier topical remedy. The long formula for this medicated oil includes balsamic resins such as Myrrh, various gums and Aloe vera.

St. John's wort's *antiviral* action treats viral skin disorders as well as all **viral conditions** in general. “The herb seems to interfere with the virus capsule as well as inhibiting reverse transcriptase, which stops the virus from using our cells as virus factories” (DANIELA TURLEY 2005).

In chronic conditions St. John's wort scores with **empty tense** conditions involving the whole nervous system. Beyond the symptomatic use of St. John's wort as a Prozac substitute, this *nervous relaxant* and *nervous (tropho)restorative* remedy is especially helpful for those presenting **constrained Qi** with **nervous tension**, **spasms** and, especially, **depression** and **inner frustration**. The concept of **neurasthenia** fits the bill here perfectly. Here the herb's *nervous trophorestorative* effect promotes relaxation, reduction of **anxiety** and in the long-term a gradual recuperation of energies and spirits. Its cerebral activity has today been shown *anti-depressant* and *sleep-regulating*. In these conditions, St. John's wort is well complemented with the likes of Melissa, Skullcap, Wood betony, Rhodiola and Vervain.

As a *relaxant* that releases tension and spasms in both smooth and striated muscles, St. John's wort is *spasmolytic*, *analgesic* and *neuromuscular relaxant*. The herb works on conditions as diverse as spasmodic dysmenorrhea, neuralgia, tight muscles and headaches. However, empirically the remedy's action on the bladder stands out. Individuals with **difficult, painful urination** with leakage, especially when arising from **neurogenic bladder**, are comprehensively treated. Nice complementary herbs here would be Wild carrot seed, Parsley seed

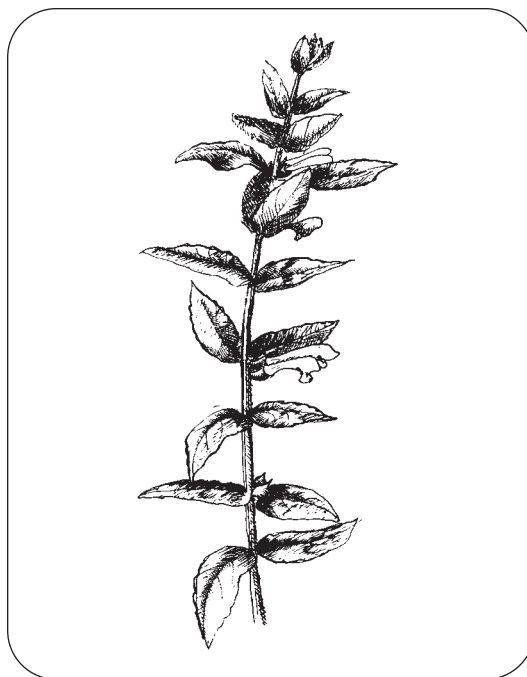
Melissa leaf and Marjoram herb.

Because of its particular tropism for the urinary tract, St. John's wort addresses not only incontinence and bedwetting, but also albuminuria and mucous in the urine. In energetic terms it tonifies **Kidney Qi** and clears **damp-cold** in the urogenital system. Combining St. John's wort with Buchu leaf or Poplar bark would be excellent here.

The herb's *astringency* extends to the capillaries in a *hemostatic* action that again works particularly well for bleeding from the lower orifices.

Skullcap Herb

Botanical source: *Scutellaria lateriflora*,
S. galericulata L. (Lamiaceae/Labiatae)
Pharmaceutical name: Herba Scutellariae lateriflorae
Other names: Helmet flower, Blue pimpernel,
 Madweed, Hooded willow herb (Am)
 Scutellaire, Toque (Fr)
 Helmkraut, Sumpf/Virginisches Helmkraut,
 Fieberkraut, Schildkraut (Ge)
Part used: the herb



NATURE

Therapeutic category: mild remedy with minimal chronic toxicity

Constituents: essential oil, fixed oil, flavonoids (incl. baicalin, scutellarin), albumen, tannin, bitter scutellarein, lignin, iron, silicon, zinc, calcium/potassium/magnesium phosphate, chlorophyll, potassium and magnesium sulphate, resin, fat, sugar

Effective qualities: bitter, somewhat sweet and astringent, cool, dry
 relaxing, restoring, stabilizing, stimulating

Tropism: heart, kidneys, urogenital organs, autonomic and central nervous system, brain and spine
 Heart, Kidney, Liver meridians
 Air body

Ground: all krasas, biotypes and constitutions; Neurogenic Iris subtype

FUNCTIONS AND INDICATIONS

- 1 RELAXES CONSTRAINT AND RELIEVES PAIN;
RESTORES THE NERVES, LIFTS THE MIND AND RELIEVES DEPRESSION**

kidney / adrenal Qi constraint: mental/nervous tension (esp. from chronic stress, pain, illness, mental/physical exhaustion), unrest, agitated depression, kidney or sacrum pain
STRESS-RELATED CONDITIONS in general
PAIN (incl. NEURALGIA, NEURITIS, tension headache, uterine pain, teething pains)
nerve and brain deficiency: chronic weakness, fatigue or exhaustion, depression, paresis or paralysis
NEURASTHENIA, DEPRESSION from chronic stress or disease, drug addictions, etc.
- 2 REGULATES HEART QI AND BALANCES CIRCULATION;
CLEARS INTERNAL WIND AND STOPS SPASMS**

heart Qi constraint: chest pains, palpitations, intermittent pulse, shortness of breath, insomnia
HYPERTENSION, spasmodic angina
internal wind: tremors, twitches, hysteria, convulsions, facial paralysis, aphasia
EPILEPSY, RABIES, tetanus, delirium tremens, rheumatic chorea, multiple sclerosis
SPINAL DISEASES (incl. spinal meningitis)
- 3 CALMS THE MIND AND PROMOTES REST;
TONIFIES THE YIN, CLEARS EMPTY HEAT AND REDUCES FEVER & SEXUAL OVERSTIMULATION**

Heart and Kidney Yin deficiency: insomnia, palpitations, nervous restlessness, intense dreams, wet dreams
INSOMNIA in deficiency conditions
SEXUAL OVERSTIMULATION in all conditions
Kidney Yin deficiency: afternoon hot spells, night sweats, ringing ears, anxiety
LOW-GRADE TIDAL FEVERS with empty heat (*shao yin* stage)
- 4 STIMULATES DIGESTION, PROMOTES URINATION AND ANTIDOTES POISON**

stomach Qi stagnation: indigestion, appetite loss, stress, nervous tension
GASTRIC DYSPEPSIA
kidney Qi stagnation: nervousness, malaise, dry skin, urinary irritation
POISONOUS INSECT and SNAKE BITES

PREPARATION

Use: Skullcap herb is prepared fresh or dried by **long infusion** or **tincture**. The infusion makes a relaxing tea for nervous tension or indigestion from stress, and combines well with Camomile flower, Melissa leaf, Spearmint leaf, Linden flower or Orange flower, for instance.

Dosage: Long infusion: 8-14 g

Tincture: 2-4 ml at 1:3 strength in 45% ethanol

Caution: None. **Skullcap root**, if ever used, should be avoided during pregnancy because of its content in steroid precursors.

Note: Skullcap herb deteriorates quite rapidly with age and should be used within six months of being collected. Beware of fraudulent substitutions for Skullcap—which possesses a typical bitter-sweet taste.

NOTES

Although it actually contains very little essential oil, the North American Skullcap is no exception to the rule that the essential oil-laden mint family has a general affinity for the nervous system. Skullcap

herb excels as a *nerve restorative* remedy with *relaxant* properties. Its main area of application is **nervous/cerebral deficiency** presenting neurological symptoms such as chronic depression,

fatigue, anxiety, restlessness, sleep loss, pain and spasms. Traditional Western medicine defines this syndrome as **neurasthenia**.

In vitalistic terms, Skullcap is best applied in patterns of **constrained Qi** arising from deficiency, not from excess—**empty tense** conditions, for short. This herb is clearly one for the *chronic* phase of disadaptation to stressors, not the acute phase. It is as appropriate today for chronic urban stress and its derivative conditions as it was two-hundred years ago for chronic pioneering stress.

In addition, Skullcap's content in essential oil, minerals and glycosides makes for a more comprehensive *trophorestorative* effect on actual nerve cells. This is an essential requirement for individuals suffering from the debilitating effects on the nerves of **longstanding unproductive stress**, whether caused by disease or excessive lifestyle. Skullcap's *restorative* action is seen in its taste energetics, which is mainly bitter and sweet. These effective qualities ensure tonification of the whole system through digestive and hormonal stimulation. The bitter taste is also said to strengthen the heart. True to form, Skullcap has shown *cardiac stimulant* activity.

As a *systemic relaxant* Skullcap herb exhibits mild *sedative* and good *spasmolytic*, *analgesic* and *hypotensive* actions that in concert are very effective for those presenting internal spasms and pains, tremors of the extremities, neuralgic pain and tension headache, among others. The syndrome **heart Qi constraint** is a particularly good application of this herb. In these individuals the remedy will help lower blood pressure and relieve such related

symptoms as irritability, anxiety and insomnia. Where constrained Qi or Yin deficiency generates trembling limbs, convulsions or local paralysis, Skullcap is still the right remedy. Tetanus, rabies, meningitis and epilepsy figure prominently among its many traditional uses in both town and country.

The energetic quality of bitter taste, however, also indicates a general cooling effect on the body that goes hand-in-hand with the *relaxant* action. Skullcap herb's function here is to clear the **empty heat** of **Yin deficiency**, especially of **Heart and Kidney Yin deficiency** presenting hot spells, insomnia, panic attacks and night sweats. In this respect, Skullcap herb, Marjoram herb, Black cohosh root, Hops flower and Scrophularia Xuan Shen are completely interchangeable.

Despite the fact that Skullcap herb is a cousin to the **Baikal skullcap root** (*Scutellaria Huang Qin*) used in Chinese medicine, these two plants share little in common, in both therapeutic and biochemical respects. Baikal skullcap has very bitter, dry and cold qualities whose *draining* effect is used for clearing full, not empty, heat. Its main application is infectious damp-heat conditions. This once again highlights the dangers of making therapeutic equations and inferences across continents between plants of the same genus.

The related native Californian species, *Scutellaria californica*, is more bitter in taste and cooling in effect. This **California skullcap herb** seems to act similarly to the standard Skullcap except that it is a stronger *digestive stimulant* (function 4) and may have a mild *liver decongestant* and damp-heat clearing effect like the Class 8 *liver decongestants*.



PLANTAGO
MAIOR.

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Herbs to Clear Heat and Reduce Fever and Infection

The treatment strategy of clearing heat addresses conditions known in vitalistic herbal medicine as hot conditions. These involve hyperfunctioning and may include the signs of fever (pyrexia) and inflammation, a rapid pulse and deep red tongue, as well as the subjective symptom of feelings of heat. Fever and inflammation are normal responses of the warmth body, the body's Yang, to toxic irritation by various pathogens, including exogenous micro-organisms and endogenous toxins.

Remedies that clear heat are generally called *refrigerants* or simply *cooling remedies*. They address hot conditions in two ways.

1. They reduce the heat of fever and inflammation that have become too intense or prolonged and so counterproductive to healing. As such they include *antipyretic* and *anti-inflammatory* remedies.
2. They reduce infection itself whenever this is present. As such they include *anti-infective* herbs with *detoxicant*, *immunostimulant* and *antimicrobial* actions.

The Nature and Dynamics of Heat and Infection

Any abnormal heat generated in the body results from a spontaneous defense mechanism of the individual's vital force, and is an expression of the warmth body. The basic purpose of this warmth response is to neutralize and remove something foreign and therefore irritant and pathogenic to the body. **Fever** and **inflammation** increase the metabolic rate and stimulate immune functions, especially antibody production, thereby helping the body resolve toxic irritation. Tissue irritation is therefore the one common factor in the etiopathology of hot conditions. It may arise from microbial proliferation (microbial toxicosis) or infection, or from various non- or para-infectious conditions such as metabolic toxicosis, intestinal dysbiosis, blood congestion, hypersensitivity disorders and tissue trauma. Despite the current steady increase of all types of hypersensitivities involving chronic infla-

mmation, **microbial infection** is still the main pathogen that causes warmth responses.

The dynamics of the warmth response involve either an increase of local blood flow to an area, producing an **inflammation**, or an increase of overall body temperature by the controlling "thermostat" in the hypothalamus, causing a **fever**. In the case of inflammation, signs of redness, swelling, pain and heat will manifest in the affected area. With fever present, symptoms such as flushed face, headache, thirst, restlessness, nausea, appetite loss, constipation, general aches and pains, scanty, dark yellow urine, a dark red tongue and a rapid, forceful pulse may appear.

Heat, dryness and **rising movement** are the general characteristics of hot conditions. The symptoms that appear will vary widely, depending on two factors. First, the nature of the irritating pathogens. Second, the predisposing ground (terrain) of the individual himself, which is dependent on the constitution. The most common types of hot conditions involve **viral and bacterial infections** such as flu, sinusitis, otitis, tonsillitis, gastroenteritis, cystitis, food poisoning, mumps, measles, chickenpox and whooping cough. More serious conditions include pneumonia, hepatitis, rheumatic fever, meningitis and septicemia.

Examples of heat disorders that may be **non-infectious** in nature include otitis (middle ear inflammation), atopic dermatitis, atopic asthma, pelvic inflammatory disease, inflammatory bowel disease (including ulcerative colitis and Crohn's disease), rheumatoid arthritis, vasculitis, lupus erythematosus and appendicitis. Many of these involve inflammation and fever caused by hypersensitivity reactions to allergens, which range from immediate allergies to autoimmune diseases. Note also that immune complex hypersensitivities (type III) may in turn generate infections presenting heat, such as chronic hepatitis B, bacterial glomerulonephritis and bacterial endocarditis.

More discussion on the nature and dynamics of infection itself is found in Class 24.

The Diagnosis and Treatment of Hot Conditions

The triggering and predisposing factors for hot conditions are certainly important diagnostic and treatment considerations. It is important to know the type, location and development of an infection that may be causing fever or inflammation. For instance:

- A rapidly spiking fever usually indicates influenza, kidney infection (pyelitis) or pneumonia.
- If the temperature is extremely high, infection or injury in the head is the most likely cause.

Because hot conditions arise from a warmth response to pathogens, on a more fundamental energetic level they must be fully evaluated and treated as such. It is thanks to this fine-tuned dialectic, vitalistic approach that traditional medicines excel at managing a large variety of hot conditions. Specifically, for a rational and skilled treatment of hot conditions, two basic assessments must be made.

1. To what extent are the heat-producing processes (i.e. the fever and inflammation) beneficial or injurious?
2. What are the relative strengths of the pathogens and the person's warmth/Yang response?

Let us consider each issue in turn.

In principle, because fever and inflammation are necessary vital responses to toxic irritation, they should be supported as far as possible, not immediately suppressed with *antipyretic* or *anti-inflammatory* drugs. This is only possible, however, by differentiating between beneficial and injurious heat. Only this primary evaluation can guide us to the correct treatment approach to hot and febrile conditions.

1. When fever or inflammation are moderate and do not cause any serious side effects, this is not considered pathological. Here the best treatment strategy is simply to assist the warmth response in resolving the toxic irritation. Treatment should aim not only to boost immune functions, but also to remove toxic debris from the conflict through the lymph, skin and kidneys. *Promoting sweating and urination* with Class 1 *diaphoretics* and Class 2 *diuretics* respectively are the two main herbal treatment methods used.

Other gentle measures that support a healthy fever are just as important, however. They include complete bedrest, drinking plenty of fluids and a

light diet of cooling (or at least neutral), high water content fruits and vegetables such as apples, grapes, grapefruits, raw carrots and so on. Lemon drinks and barley waters, for example, are often drunk during fever because of their *detoxicant*, *refreshing* and *thirst-quenching* effects.

2. When fever and inflammation become excessive or prolonged, they become injurious and are then considered pathological. Heat can easily outlive its usefulness as an appropriate response to pathogens and get out of control!

- Any temperature above 104°F (44°C) is considered the sign of a counterproductive and therefore dangerous fever, and requires lowering with *antipyretic* herbs from this class.

- Any temperature that refuses to go down after two days, or maximum 72 hours in strong individuals, is also counterproductive and must be lowered with *antipyretics*.

Herbal *antipyretics* are superior to drug *antipyretics* because they support the liver in temperature reduction rather than in spite of it. See High Fevers below for the particular treatment.

Next, we need to assess the relative strength of the pathogens versus the person's warmth/Yang response in order to determine the *intensity* of heat-clearing treatment required in any hot condition.

1. If there are no signs of Yang deficiency, such as exhaustion, diarrhea and cold limbs, then generally speaking the warmth body/Yang is strong. In this case relatively strong heat-clearing measures can be taken. *Cold antipyretic* and/or *anti-inflammatory* remedies should be adopted to strongly reduce temperature and/or inflammation.

2. If signs of Yang deficiency are present, the heat-clearing treatment should be moderate and should include tonification of the body's warmth/Yang, using appropriate *warm, stimulant* remedies (Class 8).

Another way of understanding the body's warmth responses to pathogens or trauma is by looking at a person's constitutional biotype.

- Yang, full-blooded, sthenic (full) constitutions will produce strong, rapid warmth responses to pathogens, such as high fever and acute inflammation. The Shao Yang and Tai Yang Fire types belong in this category. For treatment they require draining, cooling kinds of remedies with a bitter, dry taste, such as Boneset herb, Gentian root,

Bogbean herb and Baikal skullcap root.

- Yin, anemic, asthenic (empty) constitutions, on the other hand, having insufficient warmth or Yang to properly respond, tend to generate symptoms of empty heat such as chronic low-level, sub-acute, catarrhal or serous inflammations. The Shao Yin and Tai Yin Earth types are good examples of these types. The Yin types require restoring, cooling remedies with a sweet, moist taste; mostly the Class 9 *demulcents* such as Slippery elm bark, Borage leaf, Scrophularia Xuan Shen and Anemarrhena Zhi Mu, for example.

Once the cause and degree of injuriousness of a hot condition have been evaluated and the strength of the person's warmth/Yang assessed, we can then consider more specific details. We then need to look at:

1. The temporal development of the heat, and specifically of the fever
2. The physical location of the fever or inflammation

We can determine the phase and location of fevers by using the syndromes of disease progression, as well as by understanding different types of fevers.

Chinese medicine uses two basic models here, the four level stages (*si fen*) and the six meridian stages (*liu jing*). The four stages through which a fever progresses are the defensive, Qi, blood and nutritive level. The six meridian stages are the *tai yang*, *shao yang*, *yang ming*, *tai yin*, *jue yin* and *shao yin*. Both models can be matched directly with the four stages of disease used in vitalistic (herbal, naturopathic) medicine in the West, namely the acute, subacute, chronic and degenerative.

Traditional Greek medicine classifies fevers according to their periodicity, i.e., whether occurring daily, every other day or every three or four days.

The physical location of a hot condition Oriental medicine describes extensively in the *zang fu* (organ) and Triple Warmer syndromes.

Whatever model we adopt to describe and treat febrile and inflammatory conditions, the point is that these models allow us to make specific heat-clearing herbal formulas that are accurately tailored to their phase of defense response. Here we will consider the types of fevers, based on the traditional Western model of their periodicity, while integrating the Chinese medicine models of the disease stages and organ syndromes.

The Types of Fevers

In terms of their own temporal and intrinsic character, fevers can present in the following ways:

- A **continuous**, or sustained, fever: one that shows unvarying high temperature for an extended period.
- A **remittent** fever: one that presents temperature variations throughout the day.
- An **intermittent** fever: where periods of fever alternate with periods of normal temperature.

When these types of fevers are combined with the various stages of fever, four main types of fever emerge:

1. The onset of fever
2. High fever or the *fastidium*
3. Remittent fever
4. Low-grade fever

Each type of febrile condition requires a heat-clearing method specifically tailored to the phase and nature of its warmth response, using certain types of *refrigerant* or *cooling* herbs.

The Onset of Fevers: The Acute External Stage

Febrile onsets generally last one or two days at the most and show a steady increase in temperature. They are acute conditions that present a mild fever, chills, aches and pains, headache and a floating pulse. Onset fevers are treated with *diaphoretics* that promote sweating and reduce fever (Class 1), and in the cases of Yang, sthenic types of individuals, with *diuretics* that promote urination (Class 2).

In Chinese medicine the onset of fevers is said to be at the *tai yang* stage and the **external** location. The main syndromes that present at this stage are **external wind-cold** and **external wind-heat** (see Class 1).

It is important, once again, here to support the body's heat response by promoting sweating rather than to abort the fever with simple temperature-lowering *antipyretic* herbs or drugs, which actually undermine and weaken the vital force or Qi. The *antipyretics* are brought in for the next stage of fever if, and only if, the *diaphoretics* don't work—and they usually do. If they do not, this is a sign that a more serious infection is brewing.

High Fevers: The Acute Internal Stage

A fever that fails to respond to treatment at the onset external stage will move to the the body's interior and become an acute high fever. It usually

signals the presence of a more severe infection. A fever at this stage is characterized by a temperature of 102 F and higher and show symptoms such as feelings of heat, headache, thirst, unrest, irritability, insomnia, delirium, constipation, dark scanty urine, a rapid, full, forceful pulse and a yellow coating on a bright or dark red tongue. From the diagnostic perspective, these symptoms represent a condition of **internal full heat**.

A high fever belongs to the **Qi level** or *yang ming* stage of fevers in Chinese medicine, which Western medicine traditionally calls the **fastidium**. It represents an acute healing crisis in the resistance phase of adaptation. It specifically occurs as the warmth body (the Yang) attempts to overcome pathogens, i.e. microbes that are causing a serious infection of some kind. Although high fever is clearly productive in the beginning, it soon becomes counterproductive if it continues to rise (spike) instead of coming down, or if it causes secondary conditions such as delirium, spasms, or fluids deficiency with thirst—which can occur anytime, depending on the individual constitution.

A **continuous** or **sustained high fever** usually arises from a septic or abscess source involving the teeth, sinuses, tonsils, appendix or prostate. However, it may also arise from lung TB, scarlet fever, pneumonia or typhus, as well as noninfectious conditions such as liver disease and cancer.

Treatment aims to clear excess heat and reduce fever through the use of *antipyretics* with cold, bitter, sinking qualities. Belonging mainly to the composite and barberry family, these herbs include Gentian root, Barberry root bark, Chicory root, Dandelion root, Bogbean herb, Boneset herb, Goldenseal root, Asian buplever root and Yellow jessamine root. They tend to support the liver, thereby allowing the temperature to go down while the body's defenses are still fully active. Comparable Oriental *antipyretics* would be Anemarrhena Zhi Mu (Know-mother root) and Gardenia Zhi Zi (Gardenia pod).

In high fevers it may also be necessary to promote bowel movement with *stimulant laxatives* (Class 3) such as Rhubarb root, Cascara sagrada and Senna leaf. This treatment method is especially useful when heat injures the fluids, causing internal dryness with constipation and hard dry stools.

The concern when treating full heat conditions is not to clear the heat too rapidly or too soon.³

Should the temperature be reduced too forcibly, e.g., through the use of *antipyretic* drugs or mineral remedies such as Gypsum (Gypsum Shi Gao) used in Chinese medicine, there are two possible outcomes:

1. Injury to the Kidney Yang, the warmth body. The liver's defenses collapse and the fever then becomes adynamic (weak) and remittent (see below). The unresolved acute stage then falls back into the subacute shao yang stage halfway between the acute Yang and the chronic Yin phases. (The shao yang in classical texts is qualified as the hinge stage between the two.)

2. Exhaustion of the Kidney Yang, the warmth body. As the body's warmth response becomes exhausted, the acute stage may collapse into the chronic *shao yin* stage, producing a low-grade tidal fever (see below). If the vital resistance is still deficient at this stage, chronic conditions of the *tai yin* or *jue yin* phase ensue.

Remittent Fevers

This type of fever is also known as a hectic fever when severe. Typically it shows *temperature variations* throughout the day and is accompanied by alternating spells of chills and fever, sweating, headache, irritability, nausea, appetite loss, fullness of the chest and sides, a bitter taste in the mouth, blurred vision and a wiry, large or rapid pulse.

Remittent fever belongs to the *shao yang* stage of febrile disease and is a subacute condition located half-way between the exterior and interior. It results from an unsuccessful (or at least unresolved) healing crisis in the resistance phase of adaptation and specifically occurs when the warmth body/Yang is unable to overcome the infection during the acute high fever phase. It may occur as a result of mismanaged high fever, or may indicate an abscess, sepsis, blood poisoning (septicemia), malaria, typhoid or empyema.

Treatment aims to clear the injurious heat and reduce the fever, and to cause sweating in order to stimulate defense response. The *diaphoretic antipyretics* used generally have pungent-bitter, cool qualities and include Eucalyptus leaf, Wormwood herb, Boneset herb, Pennyroyal herb, Catnip leaf, Elderflower, Echinacea root, Hops flower, Melilot herb, Wahoo bark, Asian buplever root and Virginia snakeroot. Chinese medicine equivalents also include Artemisia Qing Hao (Celery wormwood herb).

Low-Grade Fevers

This type of fever shows a temperature of up to 101 F. It is benign if short lived and gone within two or three days. It typically occurs in the declining, or defervescent, stage of a high fever that has successfully run its course. In young children, low-grade fevers may also arise simply as a response to emotional stress.

If a low-grade fever suddenly follows a high fever during a disease crisis, it signals the exhaustion stage of adaptation, or the *shao yin* stage of disease, and the condition becomes truly chronic (see above) and popularly known as a “rotten fever.”

Regardless of the cause, if a low fever persists and becomes chronic, it becomes injurious. Then it will present symptoms of **empty heat**, such as hot spells with hot sensations in the palms, sternum and soles of the feet; mental and physical fatigue and restlessness, thirst, night sweats, insomnia, a thin, rapid pulse and a scarlet, thin tongue. The cause of a chronic low fever are usually some type of chronic infection, chronic inflammation or a severe or chronic autonomic nervous or neuroendocrine dysfunction.

Low-grade fevers may be tidal or periodic in character.

- **Tidal** low-grade fevers are so called because they recur like tides in the late afternoon, and are also known as **intermittent fevers**.
- **Periodic** low-grade fevers are so called because they occur daily or periodically every few days. Greek medicine classifies them by the number of days they recur: tertian, quatan, and so on.

Treatment aims to clear empty heat and tonify the Qi with sweet, cool, *restorative antipyretics* such as Valerian root, Pipsissewa root/herb, Chicory root, Wahoo bark, Solomon’s seal root, Lungwort lichen, Slippery elm bark and Cleavers herb. These are complemented by Chinese herbs such as Ophiopogon Mai Men Dong (Japanese lilyturf root), Rehmannia Sheng Di Huang (Raw rehmannia root) and Scrophularia Xuan Shen (Black figwort root). With dryness present, moist-natured *demulcents* (Class 10) are selected in complement.

Treatment Considerations

- In addition to the use of heat-clearing herbs in this chapter, there are secondary methods for clearing heat, including eliminating treatments such as promoting sweating, urination and bowel movement. These possess indirect heat-clearing effects,

especially during a high fever. In the West, historically the most significant primary method of clearing heat was phlebotomy (bloodletting). This treatment method is a highly effective, although widely misunderstood therapeutic technique.²

The three main possible consequences of pathological heat are **dehydration, spasms and delirium**. These side effects result from heat injuring the fluids, nervous system and mind, respectively.

- With injury to the fluids causing dehydration, the result is **dry-heat in the intestines** with hard dry stool, constipation, hot dry skin and unslakeable thirst. *Demulcent laxatives* and *purgatives combined* (Class 3) will clear the heat, moisten the intestines and promote bowel movement.
- With the autonomic nervous system affected, spasmodic symptoms such as tremors, spasms or convulsions may arise, described in Chinese medicine as **internal wind**. The treatment priority then becomes relieving spasms with *spasmolytics* (Class 21).
- In the case of **agitation of the mind**, delirious rambling or slurred speech may occur. *Nervous sedatives* (Class 19) are then appropriate to calm the mind and reduce delirium or manic behavior.
- In the case of **coma** from high fever, *analeptic nervous stimulants* (Class 20) should be used to revive consciousness.

The Herbs that Clear Heat and Reduce Infection

Remedies that clear heat are traditionally known as *refrigerants*. The majority of *refrigerants* possess *antipyretic, anti-inflammatory, anti-infective* and *antiseptic* functions. They present a study in taste energetics because among them are found:

- the bitter kind, dominated by plants from the composite family, such as Gentian root, Chicory root, Bogbean herb and Centaury herb;
- the bitter-astringent kind, such as Barberry bark, Willow bark, Goldenseal root and Chaparral leaf.
- the pungent kind, such as Yarrow herb, Elderflower, Catnip leaf and Boneset herb.
- the sour kind, including Lemon rind and Grapevine leaf;
- the salty kind, such as Plantain leaf, Purslane herb and Echinacea root;
- the astringent kind, which includes herbs in the rose family, such as Red root, Lady’s mantle herb and Rose flower;

To summarize, *refrigerant herbs* treat hot conditions in two ways.

1. By reducing the heat of fever and inflammation. Certain *refrigerants* reduce febrile or inflammatory heat that has become too intense or prolonged and so counterproductive to healing. These are *antipyretics* and *anti-inflammatories* that can limit high fever or inflammation by specifically lowering the body's temperature through hypothalamic modulation of the heat-regulating centers. Again, in distinction to synthetic medication, they achieve this without injuring the body's Yang/warmth body. Important *antipyretics* and *anti-inflammatories* include Barberry bark, Goldenseal root, White willow bark, Boneset herb, Plantain leaf, Figwort herb, Baikal skullcap root, Asian buplever root, Yellow jessamine root, Gardenia Shan Zhi Zi (Gardenia pod) and Anemarrhena Zhi Mu (Know-mother root).

Note that these *refrigerant* remedies not only treat fever and inflammation, but often will also help relieve subjective feelings of heat without actual fever or inflammation being present. Perimenopausal hot flashes are a common example.

2. By reducing the infection itself. Certain *refrigerants* work directly to reduce infection itself whenever this is present—which it often is. These are *anti-infective* herbs that work essentially by assisting fever and inflammation in their task of resolving infection. *Anti-infectives* clear heat physiologically in three ways by:

- Supporting liver and kidney functions, especially the detoxification pathways and urine production: as such they have a *detoxicant/depurative* action, and often a good *diuretic* action.
- Directly stimulating the body's immune functions in one way or other: as such they have an *immunostimulant* action (see also Class 24).
- Promoting general asepsis, an *antiseptic* action, by directly inhibiting microbial growth. As such they are *antiseptics* that then subdivide into *antiviral*, *antibacterial*, *antifungal* and *antiprotozoal* actions.

Important *anti-infective* remedies include Echinacea root, Marigold flower, Wild indigo root, Goldenseal root, Barberry bark, Sage leaf, Chaparral leaf and Poke root, as well as Chinese herbs such as Lonicera Jin Yin Hua (Japanese honeysuckle flower) and Da Qing Ye (Woad leaf).

Note the significant overlap of *anti-infectives*

with *detoxicant* herbs (Class 13) and many *eliminant* remedies (Classes 1 through 4). Highly effective herbs such as Echinacea root, Marigold flower, Chaparral leaf, Goldenseal root and Dandelion root actually belong in both categories.

The first, second and fourth subclasses below present the nature and treatment of three kinds of infectious heat involving toxicosis, mucosal inflammation and blood congestion, respectively.

Clear Toxic Heat and Reduce Fever and Infection

Cool detoxicant anti-infectives (immunostimulants, antimicrobials, antipyretics, anti-inflammatories)

Remedies of this type are used to treat the condition known in Chinese medicine as **heat toxin** or **fire toxin** (*re du, huo du*). This is an acute inflammatory and febrile condition presenting sepsis/infection and purulence. It is usually triggered by a bacterial infection arising from underlying pathogenic factors such as microbial toxicosis with immune deficiency, poor hygiene and malnutrition.

Heat toxin syndromes generally consists of swollen glands; hot, swollen, discolored painful lesions such as boils (including furuncles and carbuncles), abscesses, pyoderma, sores, mastitis and appendicitis. These may be accompanied by remittent or continuous fever, as well as general signs of endogenous toxicosis such as headache, malaise, irritability and skin rashes.

The condition of **heat toxin** is treated by reducing acute infection, fever, inflammation, purulence and swelling. The herbs that clear toxic heat are essentially *anti-infective* and *detoxicant*, and specifically entail *antipyretic*, *immunostimulant*, *antiseptic*, *anti-inflammatory* and *detumescent* actions. They tend to be bitter and cooling by nature, as seen in Echinacea root, Marigold flower, Plantain leaf, Purslane herb, Usnea thallus, Wild indigo root, Dandelion root, Yellow dock root, Heartsease herb and Violet root/herb. As in the Chinese materia medica, which uses remedies like Lonicera Jin Yin Hua (Japanese honeysuckle flower) and Forsythia Lian Qiao (Forsythia valve), many of these remedies are leaves and flowers that possess a gentle raising quality of movement.

Oral internal use of these remedies should be complemented by a local application such as a compress, suppository or pessary made from the same herbs, all depending on the actual site of the infection.

Clear Damp-Heat and Reduce Infection and Discharge

Bitter, cold, dry, astringent anti-infectives

Refrigerant herbs of this type address **damp-heat** conditions, which are locally caused by infection or irritation along mucosal surfaces. Because this condition may occur in the head, eyes, lungs, stomach, intestines, bladder, kidneys or reproductive organs, the symptoms will vary according to its location. The essential features of damp-heat are invariably: redness, swelling, mucosal/catarrhal exudate and fetid purulent discharge.

Typical damp heat syndromes include:

- **intestines damp-heat**, showing urgent, frequent, loose bloody stools, seen, e.g., in chronic enteritis, dysentery and inflammatory bowel disease;
- **kidney/bladder damp-heat** displaying painful urination and purulent, fetid, yellow or blood-streaked vaginal discharge, seen in vaginitis, cervicitis, trichomoniasis, PID or venereal infections;
- **bladder damp-heat** presenting urgent, frequent burning urination, backache and thirst, seen in mucous cystitis, urethritis, prostatitis, etc.

Damp-heat is treated at root level by reducing infection, relieving irritation and encouraging mucosal tissue repair. On the symptom level this in turn will help clear toxins and reduce acute inflammation, as well as reduce or stop discharge. The remedies of choice are bitter, astringent, dry, cold *anti-infectives* that are high in tannins and/or bitter components. Their strong *anti-infective* and *anti-inflammatory* actions may be seen in Goldenseal root, Bilberry leaf, Bearberry leaf, Barberry root bark, Gentian root, Chaparral leaf and Pau d'arco bark. They are paralleled in Asian medicine by remedies such as Scutellaria Huang Qin (Baikal skullcap root), Gardenia Shan Zhi Zi (Gardenia pod) and Coptis Huang Lian (Goldthread root). They are similar to the dry *astringents* (Class 18) in that they are drying, astringing and discharge-stopping. However, dry *astringents* are not primarily bitter in taste nor heat-clearing in effect.

- Bitter, cold *anti-infectives* in this class and dry *astringents* (Class 18) may be combined for a greater *anti-discharge* and *hemostatic* action.
- *Demulcents* (Class 10), such as Marsh mallow root, Mullein leaf and Comfrey leaf, may be added for soothing the irritation present and for healing the mucus membranes.

Clear Blood Heat and Stop Bleeding

These herbs treat **internal heat** that is said in Chinese medicine to have reached the blood level, causing a syndrome known as **blood heat** (*xue re*). Blood heat is the result of two conditions, one infectious, the other non-infectious.

1. The first kind arises at an advanced stage of infection when chronic blood congestion becomes inflammatory, and for that reason could be called **blood heat congestion**. This is one type of inflammatory diathesis in Western medicine. The typical symptoms of this kind of blood heat are spontaneous bleeding—blood in the spittle, nosebleeds, blood in urine or stool, copious menstrual or intermenstrual bleeding—fever and skin rashes, as well as the more general heat signs mentioned above.

2. The non-infectious kind of blood heat occurs when pelvic congestion and internal heat (with or without inflammation) cause early or heavy menstruation (menorrhagia) or intermenstrual bleeding (metrorrhagia), with unrest, insomnia, etc. This is non-infectious blood heat. The two types of this syndrome should be clearly distinguished.

The treatment of both types of blood heat have a common basis. The treatment consists of removing blood congestion by vitalizing the blood, clearing inflammation and stopping bleeding. Most remedies that clear heat and cool the blood possess cool, dry, sour and astringent qualities because of their organic acid or tannin content. They are also specifically *anti-inflammatory* and have a tropism for the blood and capillaries.⁴ These qualities together account for their *decongestant* effect.

Anti-inflammatory decongestants include Wood sorrel herb, Lady's mantle herb, Grapevine leaf, White deadnettle herb, Rose flower/essential oil, Goldenseal root, and in China, remedies such as Paeonia Mu Dan Pi (Tree peony root), Gardenia Zhi Zi (Gardenia pod). Because they are often used for treating gynecological disorders, many of these *decongestants* are found among the remedies that vitalize the blood (Class 14).

- Both types of blood heat may be reinforced by *hemostatics* to staunch acute bleeding and by other *refrigerants* in this section, depending on the particular condition.
- In the case of infectious blood heat, *anti-infectives* (Class 12) should also be selected to clear infection.
- In the case of gynecological blood heat, *hemosta-*

Clear Toxic Heat and Reduce Fever and Infection

Cool, detoxicant anti-infectives (immunostimulants, antimicrobials, antipyretics, anti-inflammatories, detoxicants)

Echinacea Root

Botanical source: *Echinacea angustifolia*
De Candolle, *E. purpurea* Moench,
E. pallida Nuttall (Asteraceae/Compositae)

Pharmaceutical name: Radix Echinaceae

Other names: Purple coneflower, Red sunflower,
Comb flower, Black Sampson, Hedgehog,
Scurvy root, Indian head (Am)
Kegelblume, Igelkopf, Stachelkopf,
Kupferblume (Ge)

Part used: the root; also the flower



NATURE

Therapeutic category: mild remedy with minimal chronic toxicity

Constituents: glycoside echinacoside, essential oil (incl. humulene), mucopolysaccharides (incl. echinacin and inulin), isobutylamides, polyines, polyenes, echinolone, betaine, tannins, resins, oleic/cerotic/linolic/palmatic/trihydroxyphenylpropionic acids, 13 polyacetylenes (incl. echinalone), sesquiterpene, enzymes, fatty acids, phytosterols, trace minerals, vitamin C

Effective qualities: pungent, salty, cool, dry
calming, stimulating, dissolving

Tropism: blood, lymph, skin, stomach, urogenital organs
Lung, Large Intestine, Stomach meridians
Air, Warmth, Fluid bodies

Ground: all krases, biotypes and constitutions for symptomatic use

FUNCTIONS AND INDICATIONS

1 **CLEARs TOXIC HEAT AND REDUCES INFECTION, FEVER AND INFLAMMATION;
STIMULATES AND REGULATES IMMUNITY, ANTIDOTES POISON AND REDUCES ALLERGY**

microbial toxicosis with toxic heat: boils, abscesses, pyoderma, inflammations, fevers, allergies

BACTERIAL and VIRAL INFECTIONS (local or systemic, acute or chronic, esp. dermal, upper respiratory, urogenital; esp. with swollen glands, purulence and mucus discharges)

LARYNGITIS, tonsillitis, adenitis, stomatitis, periodontitis, gingivitis, pyorrhea

MENINGITIS, SEPTICEMIA, diphtheria, anthrax, tetanus, rabies, cholera, erysipelas

HERPES, gonorrhea, vaginitis, prostatitis, peritonitis, phlebitis, mastitis, appendicitis, empyema

PREVENTIVE in EPIDEMICS

FEVERS (esp. adynamic, low-grade, in *shao yin* stage; with deficiency, weakness, emaciation;
incl. rheumatic, typhoid and septicemic fever)

POISONING from plants, foods or animals (incl. snake, insect and spider bites)

ALLERGIES (immediate, incl. rhinitis, otitis, atopic dermatitis)

2 PROMOTES DETOXIFICATION AND URINATION, REDUCES LYMPH CONGESTION, RELIEVES ECZEMA AND REDUCES TUMORS; STOPS DISCHARGE

kidney Qi stagnation with *metabolic toxicosis*: malaise, headache, dry skin, irritated urination
 ECZEMA, atopic dermatitis, psoriasis, erysipelas, dermatosis
 LYMPHADENITIS, lymphadenoma
 PROSTATE ENLARGEMENT
 TUMORS (incl. cancer, esp. with mucosal involvement)
 CATARRHAL DISCHARGES (simple or infectious, esp. with *damp-heat*, incl. rhinitis, bronchitis)

3 OPENS THE EXTERIOR, PROMOTES SWEATING AND DISPELS WIND-HEAT; REDUCES FEVER AND PROMOTES ERUPTIONS

external wind-heat: chills, feverishness, sore throat, aches and pains in muscles, swollen glands
 COLD and FLU ONSET with FEVER
 ERUPTIVE FEVERS (incl. mumps, measles, scarlet fever, chickenpox)

4 PROMOTES DIGESTION AND RELIEVES FULLNESS

stomach Qi stagnation: indigestion, epigastric pain, flatulence, bad breath, appetite loss
 GASTRIC DYSPEPSIA

5 PROMOTES TISSUE REPAIR, CLEARS DECAY AND RELIEVES PAIN AND SWELLING

WOUNDS, gangrene (with inflammation, pain, swelling, infection, purulence, putrefaction)
 ULCERS (esp. chronic, septic, with sloughing; of skin, mouth, tongue, throat)
 BURNS, scalds, skin inflammations and rashes (incl. dermatitis, from poison ivy/oak)

PREPARATION

Use: Echinacea root is prepared by **decoction** or **tincture**. The **decoction** is not as effective as the **tincture**, and both should be prepared from the freshly dried root if possible. Echinacea is a desirable ingredient in winter **syrops**, **gargles** and **douches**, and in **washes** and **compresses** for topical conditions such as injuries, ulcers, burns and skin disorders. For topical conditions, best results are achieved (as always) by simultaneous external and internal use.

Nowadays Echinacea flower is also used.

Dosage: Decoction: 6-10 g

Tincture: 2-4 ml at 1:2 strength in 50% alcohol

For acute conditions (onset of flu and other infections), take up to 2 tablespoons of the **decoction** or 1 tsp of the **tincture** every two hours.

Caution: Although Echinacea root belongs to the mild, nontoxic category of remedies, it is quite *stimulating* by nature. In rare case it may cause mild dizziness, nausea, mild throat irritation, joint pain or gastric upset. For nausea, combine Echinacea with a little Ginger root or Peppermint leaf.

NOTES

Echinos is the Greek word for sea urchin or hedgehog. In 1794 the German botanist CONRAD MOENCH named the *purpurea* species of this plant *Echinacea*. This is an apt description of the purple coneflower's prickly dome of dark pales, its prominent feature—especially when dried. Before and since then, three distinct species of *Echinacea* have been collected to prepare the remedy known as Echinacea, namely *purpurea* (purple coneflower), *angustifolia* (narrow-leaf coneflower) and *pallida* (pale

coneflower). Their chemical constituents, actions and indications vary but little. The first two species, however, are currently considered more effective than the last one.

As with most native North American remedies, Echinacea root has an extensive history of native use that was first naturally adopted by early White settlers and later actively explored by medical botanists. By the late 1880s the remedy became the most widely used of all among medics for

Class 13 *Resolvent Detoxicants*

Herbs to Promote Detoxification and Resolve Toxicosis

Known as *detoxicants*, herbal remedies in this class promote detoxification, also known as cleansing. They embody the treatment strategy of promoting detoxification in conditions of toxicosis, the internal accumulation of harmful toxins. Toxicosis may present conditions as varied and generalized as fatigue, headaches, insomnia, proneness to infection, eczema, fibromyalgia and arthritis. By assisting the body's innate vital defensive ability to identify and process harmful (toxic) substances, *detoxicants* promote a systemic alteration in the overall quality of the internal environment and thereby help resolve both endogenous and exogenous forms of toxicosis. Promoting detoxification is the most fundamental treatment strategy among the Altering and Regulating methods of treatment.

The Nature and Dynamics of Toxicosis— A New Approach

Because the concept of toxins has historically been so closely linked with the body's natural discharges, any discussion of body toxins is bound to reveal our basic attitude to the body and its eliminations. The attempt in the last two-hundred years of the heroic school of Western naturopathic medicine to achieve a sterile, toxin-free state through drastic elimination methods can now be seen as misguided. This attitude is actually paralleled by modern allopathic medicine, which is also based on the concept of physiological asepsis—a notion disproved as long ago as the 1920s by GÜNTHER ENDERLEIN's pleomorphic microbiology. This attempt arose mainly from the ancient patristic Judaeo-Christian notion of the need to purify the "unclean temple" of the body. It was motivated by the wish to cure the countless disorders supposedly generated by the presence of toxins (compare Note 2 in Class 1).

From the fifteenth century on, practitioners of traditional Greek medicine believed that detoxification was only possible by causing an actual elimination, such as sweat, stool, urine, sputum and

even menstruation, vomiting and bloodletting. In the nineteenth century, the therapeutic emphasis on eliminating toxins was reinforced by a one-sided search-to-destroy approach to microorganisms in general. The importance of the body's own symbiotic, eubiotic bacterial and fungal hosts and the ultimately productive function of infections was entirely misunderstood and therefore ignored—as it still is in orthodox Western medicine today. This one-sided view was based on a conceptual separation of the human and nature, in which the individual was seen in isolation from the environment, with no interplay of microorganisms and energies between them.

Today we know that it is quite impossible to be totally toxin free: the intestinal microflora, the interstitial fluid and the connective tissue that it permeates are always bathed in toxins of many kinds. The microflora, liver, spleen and immune system are continuously working together to neutralize circulating toxins, while the kidneys, intestines, skin and lungs further select and eliminate them. The interstitial fluid reservoir and its hub, the intestinal microflora, is the mobile, ever-changing arena in which the opposing processes of self-toxification and self-detoxification play out their destiny. Toxification and detoxification thereby form a continuous dualistic cycle, much like the process of nutrient assimilation and toxin rejection itself. As living beings we cannot escape toxins and thrive in sterility.

Nor should we wish such a sterile, toxin-free state on ourselves. With a more gentle, trusting and inclusive view of the body's natural metabolic and elimination processes—a holistic Daoist and Wise Woman view—we can begin to accept toxins as an integral part of our wholeness. ("Love your toxins.")

The parallel here on the psychological level is the integration of the dark side of ourselves into our conscious personality ("Love your shadow self.") Ultimately, the most level-headed approach is to consider a certain level of endogenous toxicosis in the connective tissue "reservoir" entirely

normal and acceptable. This is an interesting paradox, because the very definition of “toxin” is something injurious to the body.

Likewise, on the assimilation end, we also know now that our symbiotic intestinal microbes, which constitute the living organism we call the intestinal microflora, is in fact vital to our health and very survival—it’s an intrinsic part of what we are. Composed of hundreds of fungal and bacterial strains, the microflora has shown to perform such essential anabolic and catabolic functions as assisting in enzyme production, helping in the production and utilisation of vitamins, regulating intestinal PH and stimulating antibody formation, as well as ensuring detoxification on a very essential level. When this living microbial organism deteriorates in quality through increased microbe multiplication and change of form (pleomorphism), it becomes toxic to us. Because this commensal organism represents an internalisation of the external world through nutrient and microbial intake, the intestinal microflora ultimately is a living emblem of our identity with the environment.

Using this holistic approach to toxins as a basis, we can then differentiate between an acceptable level of toxin accumulation and a pathological one. This differentiation is analagous to and largely represented by the difference between a normal intestinal microflora—an **intestinal eubiosis**—and an imbalanced one—an **intestinal dysbiosis**. Intestinal eubiosis therefore ultimately defines the healthy functional balance between toxin production, transformation and elimination. A pathological toxin level is simply one where disharmony or disease arises, as defined by the individual.

Because toxins may build up from endogenous (internal) or exogenous (external) origins, it’s useful to divide toxicosis into these two types. **Endogenous toxicosis** commonly involves the production of microbial toxins through intestinal dysbiosis, and metabolic toxins through dysfunctions of protein, fat and calcium metabolism. **Exogenous toxicosis**, on the other hand, usually results from the accumulation of chemical and heavy metal environmental pollutants. Moreover, endogenous and exogenous forms of toxicosis can aggravate each other (not much is yet known about this), and both in turn predispose to infection, especially viral, fungal and parasitic infections. In

addition, from the clinical perspective it is also necessary to consider the syndrome (symptom picture) presentation, regardless of the type of toxicosis presenting.

The Prevention and Treatment of Toxicosis

The treatment of toxicosis involves transforming rather than eliminating toxins, as the detoxification process fundamentally entails an alteration of the internal environment, not an elimination of body waste—a qualitative, not quantitative, change. Significantly, this concept is implicit in the traditional Greek medical syndrome used to denote a general state of toxicosis, **fluid dyskrasia**. This term literally denotes an imbalance among the body fluids. In terms of the body’s organ functions, it would make sense then to simply assist them in their role of detoxification, not to short-circuit the toxin-transformation process by causing forced eliminations.

In all cultures physical exercise and detoxification practices have traditionally been an integral part of hygiene and health maintenance. Therapeutic food preparing and the practice of maintaining a good diet in balance with one’s constitution, the environment and the seasons are also important hygiene components of most traditional cultures. These practices support assimilatory, detoxificatory and eliminatory functions through exercise, massage, nutritional therapy (dietetics), fasting and the taking of herbal remedies. There is no lack of information on these methods, either traditional or modern, available today.

Most forms of toxicosis at first may produce nothing more than low-level, minor but often chronic symptoms such as of malaise, tiredness, irritability, headaches, poor sleep, food intolerances, rough or dry skin, strong smelling urine or stool, and a proneness to infections. This would be called the preclinical phase of autotoxicosis, which corresponds to the Greek syndrome fluid dyskrasia. The syndrome presentation will jointly be determined by the type of toxic insult and the predisposing constitution. For this stage of low-level toxicosis, it is recommended to gently and regularly stimulate internal and excretory organs—the liver, intestines, kidneys, skin and lungs especially—creating herb combinations from the *stimulants* (Class 8) and *eliminants* (Classes 1-5).

Because toxicosis so often involves deficient digestive, urinary and circulatory functions, the functional integrity of these organs, as well as of all elimination channels should always be ensured with the use of organ-specific *trophorestoratives*, whatever the condition. At the same time it is important to support the liver in its toxin-neutralizing function with Class 9 *liver-protective* remedies.

This may be all that is required at this initial subclinical stage to restore normal functioning and prevent toxicosis from progressing. As toxicosis progresses it predisposes to chronic inflammatory, infectious, hypersensitivity, depository, immunodeficiency and tumoral disorders. The constitutional ground of the individual will determine the type of disorder that actually manifests—for example, whether acute or chronic, hot or cold in nature.¹ Stronger and more specific *alterative detoxicant* remedies from this class will then need to be adopted.

Endogenous Forms of Toxicosis

At various times in the past, build-up of endogenous wastes was variously known as feculence, impure blood and sludged blood. Today endogenous toxicosis is more specifically described as a process of autotoxicosis, or self-poisoning (RECKEWEG), because the poisons found in the system are generated by the body itself.

Endogenous toxicosis assumes two primary forms, microbial and metabolic. Although these both may seem to pale in significance compared to today's rampant forms of exogenous toxins, they are actually major contributors to many of today's common disorders, including candidiasis, fibromyalgia and food allergies in general. *Clinically it is important to recognize that it is the toxicosis that is causing these diseases with its many and confusing symptoms, not the diseases that are causing the symptoms.* It is the confusion between underlying disease conditions and disease entities that leads to the erroneous belief that “such and such” is the cause of one-thousand and one diseases.

Microbial Toxicosis

Microbial toxicosis is the result of a dysbiosis of the intestinal microflora creating toxins. Here the microflora shows inhibited nutrient transformation and, in tandem, lowered capacity to transform and detoxify digestive toxins. These digestive toxins

include amines, bile toxins, exotoxins, endotoxins and various carcinogenic toxins. Microbial toxicosis can also involve obstruction by mucus of the colon's lymphatic filters, causing impaired intestinal assimilation with toxin seepage into the circulation—also known as **leaky gut syndrome**. Once absorbed, the toxic byproducts of the gut's bacteria and fungi can significantly disrupt normal processes, leading to the following forms of pathology:

- **allergic**, including food allergies, atopic dermatitis, asthma and rhinitis;
- **inflammatory**, including acute fibromyalgia, pancreatitis, arthritis, pelvic inflammatory disease and ulcerative colitis; these are also often involved in hypersensitivity disorders;
- **infectious**, including candidiasis, viral and parasitic infections and duodenal ulcers;
- **autoimmune**, including psoriasis, lupus, Crohn's disease, myasthenia gravis, rheumatoid arthritis and autoimmune thyroiditis (as antibodies formed against microbial antigens cross-react with the body's own tissues);
- **tumoral** and **cancerous** forms of pathology.

In vitalistic terms, microbial toxicosis generally presents symptom patterns of either **damp-heat** or **toxic-heat**, which may be more systemic or more localized.

Treatment should proceed on various levels:

- 1. Regulation of the dysbiotic microflora** through careful food combining, individual food selection and lactobacillus acidophilus/bifidus and colostrum supplementation is fundamental. Important also is adequate intake of dietary vegetable fiber, which constantly binds and eliminates gut toxins.
- 2. Elimination of toxins** using *broad-spectrum anti-infective, detoxicant* herbs such as Garlic bulb, Horseradish root, Milkthistle seed, Burdock root, Oregon grape root, Marigold flower, Wormwood herb, Chaparral leaf and Pau d'arco bark. Pure essential oils such as Lemon, Grapefruit, *Juniper berry*, *Palmarosa*, *Myrrh*, *Thyme*, *Tea tree* and *Niaouli* may also be used by gel capsule or suppository administration.
- 3. Liver support to reduce hepatic toxicosis** with Class 9 *liver protectives* such as Licorice root, Dandelion root, Milkthistle seed, Artichoke leaf, Turmeric root and Schisandra berry, as well as through *liver detoxicants* that clear damp-heat (see below).
- 4. Reduction of the free radical burden** using *antioxidant* remedies and supplements, such as

Turmeric root, Bilberry leaf, Ginkgo leaf, Reishi mushroom, pycnogenol, coconut oil, and so on.

Metabolic Toxicosis

Metabolic toxicosis arises primarily from metabolic dysfunctions in the interstitial fluid environment that involve disorders of protein, fat and calcium metabolism. The main precursors of inefficient nutrient breakdown, transportation and utilization, and toxin elimination, is Liver insufficiency with congestion, biliary and pancreatic enzyme deficiency, and kidney insufficiency. The resultant toxic metabolites that remain in the system include uric acid, urea, chlorides, ammonia, and fatty and mineral deposits in general. These metabolic toxins then create various chronic types of pathology:

- **immunodeficiency** conditions, including herpes, chronic fatigue syndrome (CFS) and AIDS.
- **catarrhal (mucousy), disorders**, including lymphadenopathies, chronic bronchitis and chronic eczema.
- **inflammatory** conditions such as gouty arthritis, dermatitis, psoriasis, fibromyalgia and various other rheumatic conditions.
- **depository** conditions, including fatty deposits causing e.g., atherosclerosis and cellulite, and mineral deposits causing arteriosclerosis and urinary and biliary stone formation.

In syndrome terms, metabolic toxicosis presents **damp** and **toxic-cold**.

Treatment aims to enhance protein metabolism at both the digestive assimilation and the kidney elimination end:

1. Increased protein breakdown with bitter *digestive stimulants* such as Dandelion root, Barberry bark, Centaury herb, Wormwood herb and Gentian root generally aid in protein breakdown by increasing digestive enzyme release.

2. Elimination of metabolites like uric acid and urea, using *diuretic kidney restoratives*, i.e., the *diuretic detoxicants* that drain damp (see below), such as Cleavers herb, Goldenrod herb and Dandelion leaf, to increase kidney efficiency.

3. Other remedies should be chosen according to the type of pathology presenting (see the summary of conditions above and the *detoxicant* herb actions below).

Exogenous Forms of Toxicosis

In the case of toxicosis arising from environmental

pollutants, the causes are external as opposed to self-generated. The main types of toxicosis are chemical accumulation, heavy metal accumulation, radiation accumulation and food toxicosis (causing food allergies). Heavy metal and chemical toxins are particularly ubiquitous—in the air, in food and water. Although exogenous toxins are nothing new—they have always existed in every civilization to some extent—there are two new factors that are making their onslaught on physiological balance particularly damaging. First is the large range of chemical compounds now present in the soil and food chain since the rise of carbon chemistry. Second is the contamination of air and food with the heavy metals produced by modern industry. Chemical and heavy metal toxic factors then both combine with the microbial and metabolic forms of toxicosis to systemically disrupt internal homeostasis in a vicious interplay of the organic and inorganic. For the modern practitioner, untangling the predisposing and triggering toxic causes of contemporary disorders such as chronic fatigue syndrome or candidiasis often becomes a nightmare of injurious relationships and vicious cycles.

Fortunately, there *are* methods available to anyone for protection from exogenous toxicosis, as well as treatment of its resultant disorders—once the toxic factors have successfully been identified. Foremost among these are fasting and elimination diets involving vegetable and/or fruit juice. Fasting is an important treatment well known for enhancing the body's ability to neutralize and eliminate all forms of toxins—chemical, metallic, microbial and metabolic. Good references for fasting and elimination methods are generally available.

For quicker and often safer results in detoxifying chemicals and heavy metals, there is an increasing number of herbs and nutritional supplements now available. Garlic, Milk thistle seed and Lovage root have shown good protective effects against heavy metal and chemical poisoning, and the latter two may help with heavy metal chelation and elimination. Modified citrus pectin and the broken-down cell wall of *Chlorella* and other microalgae also are known to chelate exogenous toxins. Coriander (Cilantro) herb may also be helpful, but is still unproven from the scientific perspective. Herbs and amino acids are also important for providing specific support of tissues and organs directly affected by toxic insult. With symptoms and disorders actually present, herbal

remedies from this section again provide superlative specific treatment.

Chemical Toxicosis

The types of chemical toxins at large range from pesticides, herbicides, organochlorides, food, perfume, cosmetic and tobacco additives, to medical and pleasure drugs (including alcohol and nicotine) and chemical solvents (including formaldehyde, benzene, toluene and various cleaning materials). Exposure to these mainly affects two body systems: the nervous system and the liver. Chemicals act as both neurotoxins and hepatotoxins.

1. Chemical toxins directly inhibit brain and nervous functioning. Signs of chemical toxicosis include such neurological and psychological symptoms as chronic headaches, mental depression, mental confusion, various mental disorders, tingling or numbness in the extremities and abnormal nerve reflexes. **Reproductive disorders** such as impotence, infertility and low sperm count have recently also shown to be implicated. Most of these symptoms can be classified under the syndromes **nerve and brain deficiency** and **reproductive Qi deficiency**, both of which correspond in Oriental medicine to a **Kidney Essence deficiency**.

In addition to the natural chelating agents mentioned above (e.g. Coriander, Chlorella) to address the chemical toxicosis, the following should be selected, depending on the situation:

- *Nervous restoratives*, including Gotu kola herb, Sage leaf, Rosemary leaf, Basil herb, Milky oat berry, St. John's wort, Gotu kola herb, Schisandra berry and Polygonum He Shou Wu root.
- *Reproductive restoratives* are Oat berry, Saw palmetto berry, Blue cohosh root and Flower pollen, as well as the Chinese herbs Polygonum He Shou Wu and Alisma Ze Xie.

2. Chemical toxins directly affect their conjugation/breakdown by the liver, leading to chronic low-grade **liver Yin deficiency** (see p. 411). This in turn lays extra stress on the spleen and immune systems. Not surprisingly, typical disorders of chemical toxicosis therefore also include immediate hypersensitivity disorders, i.e. **allergic disorders** such as rhinitis, middle ear inflammation (otitis), atopic eczema and asthma. These often present as **wind-heat** or **toxic-heat** conditions.

Liver Yin restoratives with *liver-protective* action are here the remedies of choice (Class 9).

Examples would be Licorice root, Milk thistle seed, Dandelion root, Artichoke leaf, Schisandra berry (Wu Wei Zi), Astragalus root (Huang Qi) and Prepared rehmannia root (Shu Di Huang). For metabolic support, remedies with *antioxidant* action are also essential, such as Licorice root, American ginseng root, Eleuthero root, Chaparral leaf, Turmeric root and Reishi mushroom (Ganoderma Ling Zhi). Important *antiallergic* remedies include Flower pollen, Goldenrod herb, Camomile flower, Nettle herb, Garlic bulb, Baical skullcap, Schisandra berry and Ephedra herb.

Heavy Metal Toxicosis

Environmental heavy metals currently present include lead, mercury, fluoride, arsenic, thallium, asbestos, carbon monoxide and many others (a fairly comprehensive list with disorders they may cause is available elsewhere (e.g., SCHECHTER 1990, MURRAY and PIZZORNO 1991)). In heavy metal toxicosis it is again the nervous system (especially the brain) and the liver that take the main brunt. Here, however, a wide range of other tissues and organs are also affected secondarily. Typical signs of subclinical heavy metal toxicosis are fatigue, headaches, dizziness, absent-mindedness, concentration difficulties, loss of coordination, muscle pains, indigestion and constipation. A wide range of disorders, including eczema, hair loss, visual disorders, cancers, anemia, bone disease, hypertension, kidney disease and learning disabilities (including ADD), has also shown to be directly related to heavy metal toxicosis. The main Chinese syndrome presentation here is **Liver and Kidney Essence deficiency**.

The treatment of heavy metal toxicosis involves first, management of the resultant disorder itself; second, liver and nervous system support as outlined above using *liver Yin restoratives* with *detoxicant* and *antioxidant* actions; and third, use of the natural chelating agents mentioned above. Increasing trace minerals (e.g., from seaweeds, nettle and alfalfa) in the diet or through supplementation, have also proved helpful in eliminating heavy metals. Amino acid and vitamin supplementation here also plays an important part. Saunas with their dry heat have also shown to help with heavy metal toxicosis specifically.

The Herbs that Promote Detoxification

The plant remedies that treat toxicosis conditions have a long history. In traditional Greek/European medicine they have variously been called *anti-dyskratics*, *resolvents*, *alteratives*, *detoxicants*, *depuratives* and *blood cleansers*. In this text they are properly known as *resolvent detoxicants*. They include more specialized actions that focus on particular aspects or types of toxicosis, such as *lymphatic decongestant*, *dermatropic*, *antiallergic*, *antiarthritic*, *antilithic*, *dissolvent*, *choleric*, *antitumoral* and other actions (see below). Most importantly, however, *resolvent detoxicants* address a large variety of disorders by altering and regulating the ground of disease. They do not possess a single, drug-like action that works only in specific areas, such as the lymphatic circulation or the skin, or on specific pathologies, such as inflammatory bowel disease, psoriasis or tumors. Their action rather is general, systemic and broad-spectrum.

Treatment Considerations

- As seen above, causing alterative changes in the system also involves restoring and eliminating. As a result, *detoxicant* herbs are in a pivotal position between *restoratives* and *eliminants*. In the long run therefore, *detoxicants* are conversely able to enhance the actions of *restoratives* and *eliminants*. *Detoxicants* should be used as adjuncts to treat longstanding deficiency or excess conditions as well as to speed up the resolution of acute infections and fevers.
- When *restoratives* are used for treating chronic deficiency conditions, for instance, an additional detoxification element will usually enhance results.
- The same is true when *detoxicant* remedies are used to enhance *eliminants* in the treatment of chronic excess conditions with acute accumulations, such as edema, food accumulation, phlegm obstruction and menstrual obstruction.

Summary of Detoxicant Herb Actions

What follows is a synopsis of the different kinds of specific actions exhibited by both types of *resolvent detoxicants* in general, and regardless of whether they treat damp-heat or damp conditions from the energetic point of view.

- **Dermatropic detoxicant** action. In both sections above, some *detoxicants* more than others possess a particular affinity for treating skin problems.

They are often used for dermatological conditions, including the many forms of eczema/dermatitis, psoriasis and acne. They include Burdock root, Yellow dock root, Walnut leaf, Heartsease herb, Jamaica sarsaparilla root, Cleavers herb, red clover flower, Figwort herb and (in Chinese medicine) Lithospermum Zi Cao, Smilax Tu Fu Ling and Dictamnus Bai Xian Pi. Saponins figure prominently in the action of *dermatropic* remedies and help focus on the skin. Flavonoids, including genistein, often lend support in this direction.

- **Lymphatic detoxicant** action. Many *detoxicants* improve lymphatic tissue drainage and reduce gland swelling; some also specifically treat inflammatory lymphatic disorders. They are given for lymphadenitis, lymphangitis, scrofula and other such disorders. Burdock root, Marigold flower, Walnut leaf, Figwort root/herb, Echinacea root, Blue flag root and Poke root are highly effective *lymphatic detoxicant* remedies—as are the Asian remedies Forsythia Lian Qiao, Lonicera Jin Yin Hua and Smilax Tu Fu Ling. Minerals such as calcium, trace minerals such as iodine and magnesium, and organic acids such as oxalic acid help account for the *resolvent* effect of these remedies on the lymphatic circulation.

- **Antiarthritic detoxicant** action. *Diuretic detoxicants* in particular promote the removal of uric acid (*uricosuric diuretics*), urea and other toxic metabolites by increasing renal efficiency. They are used for rheumatoid arthritis and other rheumatic conditions, and include Birch leaf, Celerey seed, Parslay seed, Red clover flower, Juniper berry, Horsetail herb, Cowslip root and Pipsissewa or Wintergreen herb. Salicylic acid is usually found in those *detoxicants* traditionally given for joint or muscle pain—for instance in Cowslip root, Birch leaf, Pipsissewa herb, Meadowsweet herb and Hearts-ease herb. Comparable *antiarthritic detoxicant* Chinese remedies include Acanthopanax Wu Jia Pi, Eucommia Du Zhong and Loranthus Sang Ji Sheng.

- **Dissolvent detoxicant** action. There are several types of remedies able to soften and dissolve depositions, or hard deposits. In Greek medicine they are said to possess softening and dissolving effective qualities in addition to promoting resorption and elimination. *Dissolvent detoxicants* exhibit the following more specific actions:

- **Antilithic** action. Many *dissolvent detoxicants* (especially the *diuretic* kind) can help resolve

Vitalize the Blood, Reduce Congestion and Moderate Menstruation

Astringent venous and uterine decongestants

Horsechestnut Seed

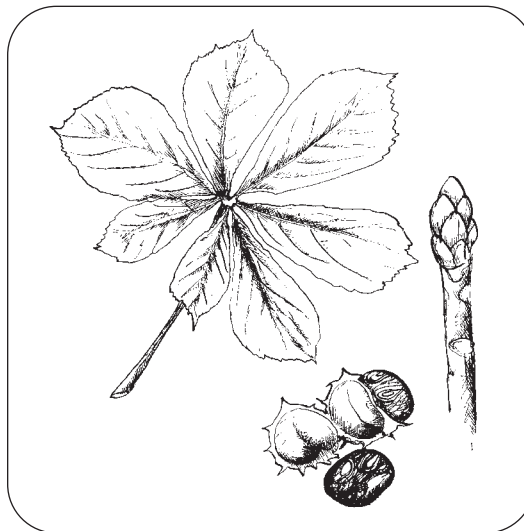
Botanical source: *Aesculus hippocastanum* L.,
A. glabra L., *A. californica* (Hippocastanaceae)

Pharmaceutical name: Semen Aesculi

Ancient names: Kassana (Gr)
Castanea equina (Lat)

Other names: Lambs, Konker tree, Bongay (Eng)
Buckeye, Spanish chestnut (Am)
Marron d'Inde, Chataignier de cheval, Faux
chataignier (Fr)
Rosskastanie, Kestenbaum (Ge)

Part used: the seed; also the leaf, Folium Aesculi,
and the branch bark, Cortex rami Aesculi



NATURE

Therapeutic category: medium-strength remedy with moderate chronic toxicity

Constituents: triterpenoid saponins (incl. aescin), flavonoids (incl. aesculetin, fraxin, argyrin), esculetol, coumarin aesculin, tannins, fatty oil, protein, phytosterin, fraxin, allantoin, starch 35%

Effective qualities: somewhat bitter, astringent and pungent, cool, dry
decongesting, astringing, restoring, diluting, dissolving

Tropism: venous system, uterus, liver, blood
Liver, Lung, Large Intestine meridians
Fluid body

Ground: all krasas, biotypes and constitutions for symptomatic use

FUNCTIONS AND INDICATIONS

- VITALIZES THE BLOOD, REDUCES CONGESTION AND MODERATES MENSTRUATION;
RESTORES THE VEINS AND THINS THE BLOOD; BENEFITS THE PROSTATE**

venous blood stagnation: varicosities, heavy or aching legs, leg cramps at night, dull abdominal aches, lethargy

VARICOSE VEINS, varicocele, thrombophlebitis, pelvic congestion

HEMORRHOIDS (with or without bleeding)

THROMBOSIS, HYPERLIPIDEMIA (blood hyperviscosity), frostbite

uterus blood congestion: abundant, early periods, pelvic weight, dragging or pains

CONGESTIVE DYSMENORRHEA, MENORRHAGIA

PROSTATE CONGESTION (hyperplasia) with dysuria

- ASTRINGES AND STOPS DISCHARGE AND BLEEDING;
RESOLVES VISCOUS PHLEGM AND STOPS COUGHING**

DIARRHEA, enteritis, leucorrhea with *damp*

HEMORRHAGE (internal and external, incl. intermenstrual and postpartum uterine bleeding)

lung phlegm-dryness: cough with difficult expectoration, viscous scanty sputum
BRONCHITIS

3 **PROMOTES URINATION, DRAINS PLETHORA AND RELIEVES OVERWEIGHT; REDUCES FEVER**

liver Qi and blood stagnation: fatigue, constipation, headache, low fat tolerance, abdominal distension, water retention

LIVER CONGESTION with EDEMA

abdominal plethora: abdominal distension, overweight, right flank pain

OBESITY, CELLULITE

REMITTENT FEVER (*shao yang* stage)

4 **BENEFITS THE SKIN**

SKIN ERUPTIONS and blemishes, frostbite, warts

PREPARATION

Use: Horsechestnut seed (the hard brown fruit without the rind) is used for all functions above. **Horsechestnut seed** or **bark** are prepared by **decoction** and **tincture**. Applied topically, Horsechestnut seed **washes** and **ointments** are excellent for skin eruptions, skin blemishes and frostbite. **Pessaries** and **suppositories**, which are also prepared from the seed, should be used to complement internal use in conditions of rectal, pelvic and uterine congestion.

Horsechestnut bark is more astringent, bitter and cold in quality than the seed. It is mainly used for its *astringent* and *antipyretic* actions that address a variety of discharges arising from damp-heat and damp, as well as remittent fevers (functions 2 and 4).

Horsechestnut flower preparations are used in **liniments** for neuralgic, rheumatic and gouty disorders. The flower **tincture**, taken in 10-15 drop doses, is taken internally for relief of abdominal cramps and fainting.

The extracted glycoside aesculin is used in sun-protective preparations, such as sun lotions.

Dosage: Decoction: 2-4 g

Tincture: 0.5-1.5. The average dose is 0.5 ml. Prepare at 1:2 strength in 35% ethanol

Caution: Being a medium-strength remedy with moderate cumulative toxicity, Horsechestnut if used on its own is for short-term use only. The best use is to combine the remedy with others in a formula. Contraindicated before surgery or with bleeding disorders present because of its *anticoagulant* action.

NOTES

The seed of the magnificent horsechestnut tree has been exploited in Europe by the pharmaceutical industry for aescin, an acid saponin that is thought to generate the main effects of this remedy. Extracted aescin has proven important in the treatment of varicose veins, thrombophlebitis, local edemas, cellulite and bleeding. It works by decreasing capillary permeability through *vasoconstriction*, and by toning the vein walls and valves. For this reason Horsechestnut is called a *venous trophorestorative*.

Herbal medicine, however, prefers to utilize the whole plant with its rich complex of components rather than an isolated extract. In the case of Horsechestnut, flavonoids and other glycosides play an important assistant role in enhancing aescin's total field of action. Consequently, Horse-

chestnut addresses a wider range of disorders than just the ones described.

Like Cypress twig and leaf, Horsechestnut is a *venous restorative*, *astringent* and *anticoagulant* all in one. The three actions merge comfortably with each other, creating a single *blood decongestant*, or *blood-vitalizing* effect. **Congestion** of the **venous blood** is the remedy's main area of application, and includes **liver (portal)/pelvic/uterine/prostate blood congestion**. **In this connection**, Horsechestnut is an important woman's remedy that moderates menstrual flooding, thereby treating congestive dysmenorrhea—like the similar Chinese remedies Rubia Qian Cao Gen and Biota Ce Bai Ye, and the acupuncture points Sp 8 and 10, Li 5 and Bl 17.

Horsechestnut is especially indicated when

liver Qi and blood stagnation presenting **abdominal plethora and pelvic congestion** is part of the overall condition. The remedy's *liver stimulant/decongestant* and *diuretic* action will enhance portal circulation and liver Yang functions in individuals prone to chronic headaches, water retention, abdominal bloating, weight gain, hemorrhoids, nausea and skin rashes.

In the respiratory tract the remedy's saponins exert a *mucoytic expectorant* action that effectively loosens hard dry sputum in chronic bronchial

conditions entailing **lung phlegm-dryness**. The triterpenoid saponins here work in a similar way to the saponins found in Birthroot and Anemarrhena Zhi Mu.

Because it is highly effective, Horsechestnut rarely needs support from other remedies for the congestive conditions it treats. Still, to fully address a particular condition, this remedy like any other should routinely be combined with other remedies to create an individualized formula.

Stoneroot

Botanical source: *Collinsonia canadensis* L.
(Lamiaceae/Labiatae)

Pharmaceutical name: Radix Collinsoniae

Other names: Horsebalm, Canada horsemint, Horseweed, Richweed, Richleaf, Knotroot, Knobroot, (Am)

Herbe/baume de cheval, Guérit tout (Fr)

Griesswurz, Steinwurz (Ge)

Part used: the root

NATURE

Therapeutic category: mild remedy with minimal chronic toxicity

Constituents: rosmarinic acid, alkaloid, resin, tannins, saponin, essential oil, organic acids, wax, starch, mucilage, magnesium

Effective qualities: somewhat bitter and sweet, cool, dry
decongesting, astringing, stabilizing, restoring, relaxing

Tropism: veins, lungs, heart, stomach, intestines, bladder

Liver, Spleen, Lung, Bladder, Dai meridians

Fluid, Air bodies

Ground: all krases, biotypersa and constitutions

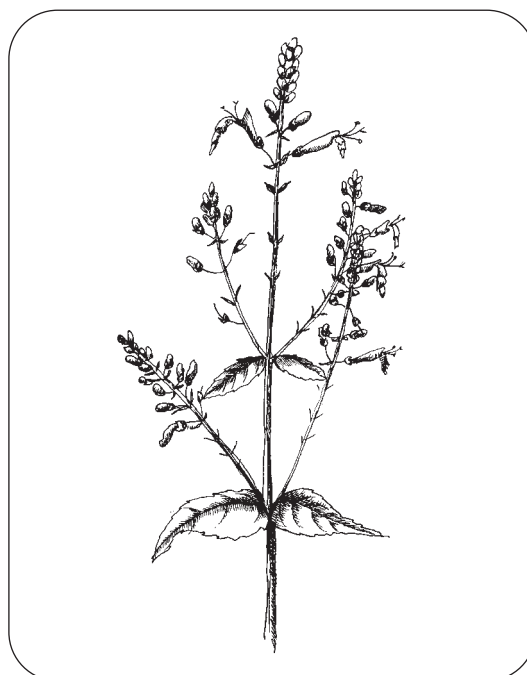
FUNCTIONS AND INDICATIONS

1 VITALIZES THE BLOOD, REDUCES CONGESTION AND MODERATES MENSTRUATION

venous blood stagnation: varicosities, heavy or aching legs, leg cramps at night, fatigue, constipation

VARICOSE VEINS, varicoceles, pelvic congestion

HEMORRHOIDS (esp. with constipation)



Important: Before using the Repertory for the first time, please read this short introduction to better understand:

- The concept of differential diagnosis as it relates to the layout of the Materia Medica
- The available options among herbal preparations (see also Chapter 8)
- The considerations attached to the use of medium-strength and strong category remedies (see also Ch. 5)
- The general context of herbal treatment among other treatment modalities

This Repertory is intended only as a quick reference list. Its use should be complemented by referring to the Materia Medica in this text, which comprehensively classifies remedy indications by both Western disease and symptoms, and Chinese syndromes. For best long-term therapeutic results it is usually necessary to treat the systemic condition as well as provide immediate symptom relief. This is why it is considered important in traditional Oriental and Greek medicine to address the underlying syndrome of a manifested condition. Different syndromes can give rise to the same symptom. This Repertory presents the possible choices of remedies for a manifested condition, or symptom, only. Once you become familiar with the underlying syndromes, you can also look them up directly by using the General Index.

For best results, you may want to choose the particular remedy that also treats the underlying syndrome causing a cough, for example. However, you may not know the associated syndrome until you start exploring possible remedy options. The Repertory lists the most important remedies for a specific symptom. The design of this book will help you explore the different syndromes that can contribute to a single symptom. For instance, the cough may be related to the syndromes lung phlegm-cold, lung phlegm-heat or lung Qi constraint. By paying attention to the type of cough and

any other symptoms you may notice, you can use the remedy descriptions within the text to help you differentiate one among the possible syndromes that are causing the cough. This is what a differential diagnosis is all about.

All remedies listed in the repertory should primarily be taken internally through oral preparations such as a decoction, an infusion or a tincture. However, the same remedies may, and in many disorders often should, also be used in the form of topical applications such as a swab, compress, gargle, vaginal sponge, etc. Remember, topical treatment applications often prove more effective when given in conjunction with an internal preparation. For best results in treating a particular condition, you must choose the most appropriate preparation(s). For example, in the case of a cough from bronchitis, you can apply a topical application of a compress, plaster or essential oil liniment in addition to internal use. When treating a tissue injury, for instance, internal use of *vulnerary*, *analgesic*, *sedative*, etc. remedies is usually necessary in addition to topical application of a swab, compress and the like.

Included in the Repertory are herbal remedies that belong to the medium-strength and strong therapeutic category. Those in the strong category are marked by an asterisk. Please read the section on page 78 to familiarize yourself with this important concept. Medium-strength and strong remedies entail certain considerations in their use, notably concerning their dosage, pharmacological and therapeutic cautions, and contraindications. This is another major reason to initially consult each remedy in the Materia Medica before using it. In particular, remedies in the strong category are fairly toxic, and in their crude, unprepared state are difficult to use by anyone untrained. In any case, they are more difficult to find in the crude herb trade. For all these reasons, they are better used in homeopathic preparation form in low potencies up to 12x. For example, Belladonna* in the Repertory

means that this remedy belongs to the strong category and is best used in homeopathic form such as Belladonna 3x, 6x or 12x.

Another consideration when working with this Repertory is that many conditions listed here require therapeutic measures other than herbal treatment alone. The fact that herbal remedies are suggested for these problems, and especially for many complex, difficult conditions, should not lead us to assume that herbal remedies alone should or even can be used in treatment. This repertory of herbal and essential oil remedies simply represents possibilities for use in certain conditions. *It is not a specific therapeutic guide and in no way replaces professional diagnosis and treatment, herbal or otherwise.* As one of many forms of natural healing, herbal medicine usually works best when combined with other modalities that work in conjunction with the individual's vital force (Qi), such as nutrition, aromatherapy, acu-

puncture, massage, craniosacral osteopathy, hydrotherapy, meditation, Qi Gong and other forms of energy work.

A few format details:

- Chinese herbal remedies are given by their compound clinical name, e.g., Ligusticum Chuan Xiong. The first word is the botanical genus, and the other words are the Chinese name. We have avoided use of the English names of Chinese herbs because they are so little known in the West. For in-depth information on any Chinese remedy, consult the author's source-book, *Jade Remedies: A Chinese Herbal Reference for the West.*

- **Remedies in italics may, and often for best results should, be used in essential oil form.**

- Mineral remedies are given in square brackets as follows: [Talcum Hua Shi].

- Animal remedies are given in curly brackets as follows: {Propolis}.

Abdominal distension, acute (same remedies as Indigestion)

chronic: Barberry, Chaparral, Coptis Huang Lian, Dandelion, Goldenseal, Horsechestnut, Lady's mantle
Lemon, Madder, Marigold, Ocotillo, Red root, *Rose*, Sanicle, Stoneroot, Wood sorrel, Yellow dock

cramp/pain (see Intestinal colic)

Abscess (same remedies as Boil)

Acidosis (see Metabolic acidosis)

Acne (see also Food allergy, Hormonal disorders, Liver congestion, Toxicosis, microbial): Birch, Bittersweet, Blackcurrant seed (oil), Borage seed oil, Burdock, Chaparral, Dandelion, Echinacea, Evening primrose oil, Figwort, Jamaica sarsaparilla, Goldenrod, Marigold, Microalgae, Nettle, Poke, Scabious, Soapwort, Walnut, Watercress, Yellow dock

(topically): *Bergamot*, *Cedarwood*, *Geranium*, Horseradish, *Juniper*, *Laurel*, *Lemon*, *Niaouli*, *Palmarosa*, *Patchouli*, Red grapevine, *Tea tree*, Witch hazel

ADD, ADHD (see Attention deficit [hyperactivity] disorder)

Adenitis (see Lymphadenitis)

Adhesion (see Scar tissue)

Adrenal cortex disorders (see Astma, Debility, Edema, Hypoglycemia, Immune deficiency, PMS, Urinary, etc.)

deficiency (see *adrenocortical stimulants*, p. 782)

Aging, premature: Artichoke, Asparagus, Astragalus Huang Qi, Barley grass, Coconut oil, Cornsilk, Flower pollen, Garlic, Ginseng (all types), Microalgae, Oat, Polygonum He Shou Wu, Red clover, Reishi, Schisandra Wu Wei Zi, *Rosemary*, *Sage*, Wheatgrass

Agitation (same remedies as Nervous tension)

AIDS (see Autoimmune disorder, Diarrhea, Fatigue, Immune deficiency, Infection, viral, Weight loss, and other symptoms)

Albuminuria (see also Urination): Birch, Blue cohosh, Broom, Canada fleabane, Cherry stalk, Cornsilk, Couchgrass, Dioscorea Bi Xie, Echinacea, Fringe tree, Goldenrod, Helonias, Horsetail, *Juniper*, Knotgrass, Madder, Mistletoe, Motherwort, Mousear, Pipsissewa, Poke root, Sea holly

Alcoholism (see also Cerebral insufficiency, Free radical burden, Liver congestion): Bladderwrack, Eyebright, Garlic, Kelp, Microalgae, Nettle, Oat, Watercress, Wheatgrass

Alkalosis (see Metabolic alkalosis)

Allergy (immediate/type I; see also Adrenal cortex deficiency, Food allergies, Intestinal dysbiosis, Liver

congestion, Nervous tension, Neuroendocrine deficiency, Toxicosis [all types]): **antiallergics**: Asarum Xi Xin, Blackcurrant oil, *Blue tansy*, Bogbean, Borage seed oil, Bupleurum, Burdock (*skin*), Cocklebur, Coleus, Echinacea (*skin*), Elderflower, Ephedra Ma Huang, Evening primrose oil, Eyebright, Figwort, Flower pollen, Garlic, *German camomile*, Goldenrod, Gumweed, Heartsease (*skin*), Licorice, Ligustrum Nu Zhen Zi, Lungwort lichen, Melissa, Mullein, Nettle (*skin*), Plantain (*skin*), Schisandra Wu Wei Zi, Scutellaria Huang Qin, *Rose*, *Tarragon*, Witch hazel, Xanthium Cang Er Zi, Yerba santa

Alopecia (see Hair loss)

Alzheimer's disease (see Cerebral insufficiency, Mineral depletion, Senility, premature, Toxicosis, heavy metal)

Amenorrhea (see Menstruation, absent)

Amnesia (see Memory loss)

Anaphylaxis (see Allergy)

Anemia (see also Appetite loss, Cerebral insufficiency, Malabsorption syndrome): **nutritives**, **trace-mineral rich herbs**: Alfalfa, Angelica Dang Gui, Artichoke, Asparagus, Beet, Bladderwrack, Burdock, Chickweed, Chicory, Codonopsis Dang Shen, Comfrey, Dandelion, Dong quai, Flower pollen, Horsetail, Iceland moss, Irish moss, Jamaica sarsaparilla, Kelp, Lemon, Maca, Microalgae, Nettle, Oat, Parsley, {Placenta}, Red clover, Suma, Walnut, Watercress, Wheatgrass, Yellow dock

Angina laryngea (see Laryngitis)

Angina pectoris (same remedies as Coronary disease)

Angioedema (see Allergy, Skin)

Ankylosing spondylitis (see Autoimmune disorder, Inflammation, symptoms)

Anorexia (same remedies as Appetite loss; see also Anemia, Nausea, Weight loss))

Anosmia: *Basil*

Anuria (see Urinary obstruction)

Anxiety states (see also Food allergy): **nervous sedatives**, **anxiolytics**: Arnica, *Bergamot*, Biota Bai Zi Ren, Black cohosh, Black horehound, Bugleweed, California poppy, *Camomile* (all types), Cereus, *Clary sage*, Cowslip flower, Damiana, Gumweed, Hops, Jamaica dogwood, Kava, *Lavender*, Linden, *Mandarin*, *Marjoram*, *Melissa*, Mistletoe, *Neroli*, Pasqueflower, Passionflower, *Rose*, Skullcap, Scrophularia Xuan Shen, St. John's wort, Valerian, White horehound, White pond lily, *Ylang ylang*, Zizyphus Suan Zao Ren

Aphonia (see Voice loss)

Aphtha (see Ulcer, Thrush)

Apoplexy (see Stroke)

Appetite loss: **bitter digestive stimulants/restoratives**: Agrimony, Alder buckthorn, Artichoke, Barberry, *Bergamot*, Birth-root, Blessed thistle, Blue vervain, Bogbean, Boneset, Bugleweed, Calamus, Calumba, Cascara sagrada, Chaparral, Chicory, Condurango, Culver's root, Damiana, Dandelion, Elecampane, Fringe tree, Fumitory, Gentian, Helonias, Hops, Immortal, Lobelia, Motherwort, Oregon grape, Pipsissewa, Pleurisy root, Poplar, *Sage*, Scabious, Selfheal, Speedwell, Stoneroot, Tansy, *Thyme*, Tormentil, Vervain, White horehound, Willow, Wormwood, Yarrow, Yerba mansa, Yerba santa

Arrhythmia, cardiac (see also Food allergy): Aconitum Fu zi, Adonis, Arnica, Black horehound, Bugleweed, *Camphor*, Cereus, Foxglove, Hedge bindweed, Lily of the valley, *Marjoram*, *Melissa*, Valerian, White horehound, Yellow jessamine*

Arterial occlusive disorder (see Circulation, insufficient arterial/capillary, associated condition, symptoms)

Arteriosclerosis (see also Free radical burden): Arnica, Artichoke, Asparagus, Birch, Blackcurrant oil, Blessed thistle, Borage seed oil, Celandine, Celery, Cornsilk, Couchgrass, Dandelion, Elder, Evening primrose oil, Flaxseed oil, Fumitory, Garlic, Ginkgo leaf, Hawthorn, Heartsease, Horsetail, *Juniper*, Kelp, Lady's mantle, Lecithin, *Lemon*, Lily of the valley, Linden, Microalgae, Mistletoe, Nettle, Passionflower, *Rosemary*, Rue, *Sage*, Shepherd's purse, Walnut, Watercress, Wood sorrel

Arthritis, acute rheumatoid (see also Autoimmune disorder, Food allergy, Infection bacterial): **anti-inflammatory**, **analgesics**: *Camomile* (all types), *Camphor*, Celery, *Citronella*, Clematis Wei Ling Xian, Devil's claw, Gentiana Qin Qian Cao, Figwort, Guaiacum, *Lemon*, Meadowsweet, *Ravintsara*, Stephania Han Fang Ji, Tripterygium Lei Gong Teng, White bryony, Wild yam, Willow

chronic rheumatoid (see also Autoimmune disorder, Connective tissue degeneration, Food allergy, Infection, viral, Toxicosis, metabolic): Acanthopanax Wu Jia Pi, Alfalfa, Apple cider vinegar, Artichoke, Asparagus, Birch, Bittersweet, Bladderwrack, Blue cohosh, Blue flag, Blue violet, Borage seed oil, Burdock, Celery,

Chicory, Cistus, Comfrey, Cowslip root, Dandelion, Devil's claw, Eucommia Du Zhong, Evening primrose oil, Figwort, Flower pollen, Garlic, Guaiacum, Heather, Heartsease, *Helichrysum*, Horsetail, Ivy leaf, Jamaica sarsaparilla, *Juniper*, Kelp, *Laurel*, *Lemon*, liquid trace minerals, Meadowsweet, Microalgae, Nettle, *Niaouli*, Pipsissewa, Poke root, Red clover, Sassafras, Siegesbeckia Xi Xian Cao, Watercress, Willow, Wood betony, Wild yam, *Winter savory*, Yellow dock, Yerba mansa

oste- (see Arthritis, Chronic rheumatoid, Connective tissue degeneration, Toxicosis, metabolic)

Arthrosis (see Arthritis)

Ascites (same remedies as Edema)

Asthenia (same remedies as Fatigue)

Asthma (see also Adrenal deficiency, Allergy, Bronchitis, Fatigue, Food allergies, Free radical burden, Infection, bacterial/viral, Inflammation, Stress): **bronchodilators**: Adonis, Angelica, *Aniseed*, Arnica, Asafoetida, *Bergamot*, Birthroot, Bittersweet, Black cohosh, Blackhaw, Black horehound, Bloodroot, Blue cohosh, Bugleweed, Butterbur, *Cajeput*, *Camomile*, *Camphor*, Celandine, Celery, Coleus, Coltsfoot flower, Cramp bark, *Cypress*, Elderflower, Ephedra Ma Huang, *Fennel*, Flower pollen, Gumweed, Hazelwort, Hops, *Hyssop*, Inmortal, Kelp, *Lavender*, *Marjoram*, Melilot, *Melissa*, Mistletoe, Mullein, *Oregano*, Pasqueflower, Passionflower, Pennyroyal, Perilla Zi Su Zi, Pillbearing spurge, *Pine*, Pleurisy root, Prunus Xing Ren, Red clover, Red root, {Royal jelly}, Rue, *Sandalwood*, Sea holly, *Siberian fir*, Skunk cabbage, St. John's wort, Stoneroot, Sundew, Tansy, *Thyme*, Valerian, Sea holly, Vervain, Virginia snakeroot, White deadnettle, Wild cherry, Wild ginger, Wild indigo, Wood betony, Yerba santa

Atherosclerosis (same remedies as Hyperlipidemia; see also Autoimmune disorder, Blood pressure, high, Cerebral insufficiency, Coronary insufficiency, Hyperglycemia, Infection, bacterial)

Athlete's foot (see Infection, fungal, Toxicosis, microbial)

Attention deficit disorder (ADD) (see also Adrenal deficiency, Food allergy, intestinal, Hyper-/hypoglycemia, Intestinal dysbiosis, Malabsorption, Nervous tension, Toxicosis, chemical/heavy metal/ microbial): American ginseng, Eleuthero, Gotu kola, Ginkgo, *Grapefruit*, *Lemon*, *Lime*, Polygonum He Shou Wu, Schisandra Wu Wei Zi

Attention deficit hyperactivity disorder (ADHD) (see same conditions and remedies as ADD, as well as remedies for Nervous tension)

Autoimmune disease: *immune regulators/inhibitors*: Asian ginseng, Cistus, Elecampane, Ganoderma Ling Zhi, *Hyssop*, Indian sarsaparilla, Licorice, Oat, Poke (?), Reishi, *Sage*, Schisandra Wu Wei Zi, Tripterygium Lei Gong Teng, *Vetiver* (?)

Autonomic nervous dysregulation: *Angelica*, *Hyssop*, *Rosemary*

Backache, lower (see also Arthritis, Food allergy, Muscle spasm, Nervous tension): **analgesics** and others: Arnica, Barberry, Black cohosh, Cornsilk, Goldenrod, Hydrangea, *Juniper*, *Lavender*, *Marjoram*, Pennyroyal, Pipsissewa, Prickly ash, Uva ursi, Valerian, Yarrow

Bad breath (see Halitosis, Liver congestion)

Bedsore (see Wound, atonic)

Bedwetting (see Urinary incontinence)

Biliary colic/spasms (see Gallbladder colic)

Biliary insufficiency: **cholagogues**, **choloretics**: Artemisia Yin Chen Hao, Artichoke, Balmony, Birch, Black radish, Blessed thistle, Blue flag, Bogbean, Boldo, Butternut, Calumba, Canna Mei Ren Jiao, Cascara sagrada, Celandine, Chicory, Citrus Chen Pi, Citrus Qing Pi, Culver's root, Dandelion, Elecampane, Fieldmint, Fringe tree, Fumitory, Gardenia Zhi Zi, Horsechestnut, *Lemon*, Liverwort, Maddar, Mayapple, Milk thistle, Mugwort, *Peppermint*, Prodigiosa, Rhubarb, *Rosemary*, Saussurea Yun Mu Xiang, Silver thistle, Turmeric, Wahoo, Wormwood

Bipolar affective disorder (see Manic depressive disorder)

Bladder (see Urination, Urinary)

Bleeding (see part or organ affected)

Blepharitis (see Eye infection)

Blood congestion (see Abdominal distension, chronic, Dysmenorrhea, congestive, Portal congestion)

Blood pressure, high (see Hypertension)

low (see Hypotension)

Blood sugar (see Pancreas disorders)

Boils: Arnica, Beet, Birthwort, Bittersweet, Blue flag, Bogbean, Burdock, Calamus, *Camomile*, Centaury, Chaparral, Chickweed, Cleavers, Coltsfoot, Comfrey, *Cypress*, Dandelion, Echinacea, Elderflower, Figwort, Flower pollen, *Geranium*, Ground ivy, Hops, Jamaica sarsaparilla, Lady's mantle, *Lemon*, Licorice, Marshmallow, Meadowsweet, *Laurel*, *Lavender*, Melilot, Mullein, *Niaouli*, Onion, Passionflower, Pipsissewa, Poke root, Purslane, Plantain, *Rose*, Rue, Sanicle, Scabious, Selfheal, Soapwort, Solomon's seal, Taraxacum Pu Gong Ying, *Thyme*, Viola Zhi Hua Di Ding, Watercress, White deadnettle, Wild indigo, Wormwood, Yellow dock

Bone disorders: Calamus, Horsetail, Poke root, Queen's root, Walnut, Yarrow

Bone spurs (see remedies under Mineral depletion)

Breast engorgement: Blue violet, *Camomile*, *Camphor*, Chickweed, Coltsfoot, *Fennel*, Figwort, *Geranium*, Marigold, Plantain, Poke root, Red clover, Scabious, Skunk cabbage, Yarrow

engorgement with milk: Bittersweet, Couchgrass, *Cumin*, *Fennel*, *Geranium*, Heartease, Parsley seed, *Peppermint*, St. John's wort

Breast milk, scanty: galactagogues: Alfalfa, Aniseed, Black cohosh, Blessed thistle, Blue cohosh, Blue mallow, Burdock, Caraway, Celery, Chasteberry, Dandelion, Dill, Elderflower, *Fennel*, Hawthorn, Iceland moss, Jasmine, Marshmallow, Mullein, Nettle, Oat, {Placenta}, Raspberry, Saw palmetto, Vervain, Watercress

excessive: Aloe, *Clary sage*, Cranesbill, *Cypress*, Canada fleabane, *Geranium*, Parsley root, *Peppermint*, *Sage*

Breathing, difficult (see Asthma)

Bright's disease (see Nephritis, acute)

Bronchitis, acute (see also Infection, bacterial/viral, Inflammation): **cool expectorants:** Aconite*, Agrimony, *Bergamot*, Black horehound, Blue flag, *Camomile*, Coltsfoot, Comfrey, Costmary, Elderflower, *Eucalyptus*, Feverfew, Hazelwort, Horsechestnut, Houttuynia Yu Xing Cao, Lungwort lichen, Mullein, Peucedanum Qian Hu, Phyllostachis Zhu Ru, Pleurisy root, Plantain, Queen's root, Red root, Sanicle, Scabious, Skunk cabbage, Soapwort, Speedwell, Usnea, White bryony, White horehound, Wood betony

chronic (see also Allergy): **expectorants:** Angelica, *Aniseed*, Asarum Xi Xin, Asparagus, *Basil*, Bayberry, *Bergamot*, Bittersweet, Blessed thistle, Bloodroot, Blue vervain, Bogbean, Butterbur, *Cajeput*, Calamus, Canada fleabane, Cardamom, Chasteberry, Common ivy, Coltsfoot, Cowslip root, Elderflower, Elecampane, *Eucalyptus*, *Fennel*, *Fir*, *Frankincense*, Hazelwort, Heartease, *Helichrysum*, Horseradish, *Hyssop*, Immortal, Ivy leaf, *Jasmine*, *Juniper*, *Marjoram*, Milk thistle, Motherwort, Mullein, *Myrrh*, *Myrtle*, Nettle, *Niaouli*, *Oregano*, Oshá, *Palmarosa*, Pau d'arco, Pennyroyal, *Peppermint*, Peucedanum Qian Hu, Pillbearing spurge, *Pine*, Pinellia Ban Xia, Poplar bud, *Ravintsara*, *Rosemary*, *Sandalwood*, Saw palmetto, Scabious, Seneca snakeroot, Solomon's seal, Speedwell, *Spruce*, St. John's wort, *Thyme*, *Turpentine*, Vervain, Violet, Watercress, White horehound, Wild ginger, Wood betony, Yerba mansa, Yerba santa

Bruise (see Contusion, Hematoma)

Burns (topically): **anti-inflammatory tissue healers:** Aloe gel/resin, Arnica, Bilberry, Bletilla Bai Ji, Borage, Cabbage, Chaparral, *Camomile*, Chickweed, Cleavers, Coptis Huang Lian, Coltsfoot, Comfrey, Couchgrass, Echinacea, *Eucalyptus*, *Fennel*, Figwort, Flaxseed oil, *Geranium*, Goldenrod, Great burnet, Horsechestnut, Iris, Ivy, Jamaica dogwood, Lady's mantle, *Lavender*, *Lemon*, Marigold, Marshmallow, Meadowsweet, Mullein, *Myrrh*, Nettle, Passionflower, *Peppermint*, Plantain, Poke root, Poplar bark/bud, Purslane, Red clover, *Roman camomile*, *Sandalwood*, Scabious, St. John's wort, Tormentil, Typha Pu Huang, Wheatgrass, White deadnettle, Wild lettuce, Witch hazel, Yarrow

Bursitis (see Food allergy, Inflammation, Pain)

Calculus (see Gallstone, Urinary stone)

Cancer (see Immune deficiency, Tumor)

Candidiasis (see Allergies, Biliary insufficiency, Cerebral insufficiency, Digestive enzyme deficiency, Discharge, Fatigue, Gastric hypoacidity, Hypoglycemia, Immune deficiency, Infection, fungal, Malabsorption, Toxicosis, microbial, Vaginitis, other symptoms)

Canker sore (see Stomatitis, aphthous)

Carbuncle (see Boil)

- Carpal tunnel syndrome** (see Inflammation, remedies under Neuralgia)
- Cataract:** Bilberry, Celandine, Lily of the valley, Plantain seed
- Celiac disease** (see Coeliac sprue)
- Cellulite** (see also Hyperlipidemia): Artichoke, Birch, Bittersweet, Bladderwrack, Blue flag, Chaparral, Chicory, Clematis, Dandelion, Flower pollen, Fumitory, Horsechestnut, Horsetail, *Juniper*, Kelp, *Lemon*, *Lemongrass*, Melilot, *Oregano*, Red grapevine, Squills, White horehound
- Cerebral insufficiency: cerebral restoratives:** Arnica, Ashwaghandha, Asian ginseng, *Basil*, Bacopa, Bilberry, Blackcurrant oil, *Black pepper*, Borage seed oil, Brahmi, Brewer's yeast, *Camphor*, Cardamom, Cereus, Coconut oil, Cowslip, Evening primrose oil, Damiana, Flaxseed oil, Flower pollen, *Frankincense*, Ginkgo leaf, Gotu kola, *Hyssop*, Lecithin, *Lemon*, Ladies' slipper, Lily of the valley, *Marjoram*, Melissa, Microalgae, Nettle, Pasqueflower, Polygonum He Shou Wu, Rhodiola, *Rosemary*, *Sage*, Schisandra Wu Wei Zi, Sesame seed, Skullcap, Suma, *Tea tree*, *Thyme*, Valerian, Vervain, Wood betony
- concussion:** Aconitum Fu Zi, Acorus Shi Chang Pu, Arnica, *Basil*, {Bufo Chan Su}, Calabar bean, *Camphor*, Cayenne, Cowslip flower, Foxglove, Lily of the valley, Liquidambar Su He Xiang, Lobelia, *Myrrh*, *Neroli*, *Rosemary*, Rye ergot, *Sage*, Valerian
- congestion: arterial cerebral decongestants:** Belladonna*, Cereus, Colocynth, Cowslip, Boneset, Gardenia Zhi Zi, Hedge bindweed, Hedge hyssop, Hellebore, Jalap, *Lavender*, Melilot, Mistletoe, Pennyroyal, Rye ergot, Scammony, Selfheal, White bryony, Yarrow, Yellow jessamine*
- contusion** (same remedies as Cerebral concussion)
- hemorrhage: hemostatics:** Bilberry, Black cohosh, Gardenia Zhi Zi, Ginkgo, Rye ergot
- Cervical dysplasia** (see Infection, viral, Pelvic congestion, Wart, genital)
- Chancroid** (see Infection, bacterial; topically see Ulcer, genital)
- Chest oppression** (precordial oppression): Adonis, Arnica, Cereus, Ginkg, Hawthorn, Ligusticum Chuan Xiong, Lily of the valley, Valerian
- Chickenpox** (see Fever, eruptive, Infection, viral, Wound, atonic)
- Chilblain:** *Cajeput*, Celey, Garlic, *Geranium*, Hawthorn, *Lemon*, Marigold, *Tea tree*, *Turpentine*, Watercress
- Childbirth** (see Labor)
- Chlamydia** (see Discharge, Infection, bacterial, Lymphatic congestion, Pelvic inflammatory disease, Ulcer, Urination)
- Chlorosis** (see Anemia)
- Cholecystitis** (see Gallbladder inflammation)
- Cholera** (see also Infection, bacterial): Bistort, *Cajeput*, Coptis Huang Lian, Cranesbill, *Geranium*, Hellebore, Lobelia, Prickly ash, Purple loosestrife, Scutellaria Huang Qin, Tormentil, *Turpentine*
- infantum:** Aconite*, Bistort, *Cajeput*, Canada fleabane, *Cypress*, Echinacea, European columbo, *Geranium*, *Niaouli*, Oak, *Peppermint*, Plantain, Poplar, Purple loosestrife, Rhubarb, Slippery elm, Wild yam
- Cholesterol, high blood** (hypercholesterolemia) (see Hyperlipidemia)
- Chorea:** (see Seizure, Spasm)
- Chronic fatigue syndrome** (CFS) (see Adrenal cortex deficiency, Autoimmune disorder, Cerebral insufficiency, Fatigue, Infection, viral, Immune deficiency, Toxicosis, chemical/heavy metal)
- Chronic obstructive lung disease** (see Asthma, Cough, Infections, chronic, Nicotine addiction, associated condition, symptoms)
- Circulation, insufficient arterial: arterial stimulants:** Angelica, *Basil*, Bayberry, Bittersweet, *Black pepper*, Blue cohosh, *Cajeput*, *Camphor*, Cayenne, Celandine, Cinnamon (all types), Garlic, *Ginger*, Guaiacum, Hazelwort, Horseradish, *Hyssop*, *Juniper*, Lobelia, Milk thistle, *Myrrh*, Pasqueflower, Prickly ash, *Rosemary*, Sassafras, Virginia snakeroot, Wild ginger, *Winter savory*, Yarrow
- insufficient capillary: capillary stimulants:** Bayberry, Bilberry, Calamus, Cayenne, Echinacea, Ginkgo, Hawthorn, *Hyssop*, *Lemon*, Ligusticum Chuan Xiong, Lily of the valley, Lobelia, Marigold, *Myrrh*, Pasqueflower, Prickly ash, *Rose*, *Sage*, Salvia Dan Shen, Selfheal, *Tea tree*, Turmeric, Typha Pu Huang
- insufficient cerebral:** Arnica, Bilberry, *Camphor*, Cowslip, Ginkgo, Gotu kola, *Lemon*, Lily of the valley, Skullcap, Valerian
- insufficient coronary** (see Coronary insufficiency)
- insufficient portal** (see Portal congestion)
- insufficient venous: venous restoratives:** Barberry, Bilberry, Broom, Butcher's broom, *Cedarwood*, *Cypress*,