

# **PROGRAM II: Herbal Materia Medica**

## **Lesson 2**

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## Lecture DVDs

#1

### ***Withania - Ashwagandha***

***WITHANIA SOMNIFERA*** - Root, whole plant

Root. Dry Tincture [1:5, 50% alcohol] 30-60 drops to 3X a day.

infusion, decoction, capsule, 2-5 grams a day

Standardized extract (1.5% withanolides) 1-3 “00” capsule a day

STATUS : C

(Michael Tierra)

**Powder:** 3-6 grams daily or up to 5 to 10 grams as an occasional tonic

**Decoction:** 16 to 31 grams added to heated cow's milk

**Alcoholic Extract:** 2 tbslp., 2-4 times daily.

**Mixed with ghee or honey:** 1 tsp. 2 times daily

**Narayanana Taila Oil:** Internally, 3-10 drops; or freely applied externally to painful, arthritic joints.

### ***Sedum (Rhodiola) roseum***

SEDUM (RHODIOLA) ROSEUM - **Rose Root, Gold Root**

RHIZOME/ROOT. Tincture [DRY 1:5, 60% alcohol], 15-45 drops, to 4X a day.

STATUS : W/LA

### ***Oplopanax - Devil's Club***

**\*OPLOPANAX HORRIDUM** (*Echinopanax*, Devil's Club)

ROOT and ROOTBARK. Tincture [Fresh Root 1:2, Dry Rootbark, 1:5, 60% alc.]

10-40 drops. Cold Infusion, 1-3 ounces, all forms to 3X a day.

STATUS : W/A

#2

### ***Ganoderma - Reishi***

#### **Reishi Double Extraction**

1. Powder, as well as possible, 2 parts Reishi. (1200 g)

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2. Macerate 1 part Reishi (600g) with 5 parts menstrum (3 Liters). This is how much fluid it takes to cover that fluffy Reishi: Menstrum = 1 part 95% ETOH (1L) & 2 parts Glycerine (2L)
3. Let sit 2 weeks or so. Press (Retrieve 2/3 of original menstrum = 2L) Reserve marc for decoction.
4. Add 1Liter 95% ETOH to pressed menstrum. Macerate 2nd part Reishi (600g) with this 3L of menstrum (again a 1:5 ratio).
5. Let sit 2 weeks or so. Press. Measure volume of tincture made (should be about 2L).
6. Final extract should be 1:4 overall. We started with 2 parts Reishi (1200g) so final extract will be 8 parts (4800mL). Double decoct both batches of marc with just enough water to cover. (Together or separately).  
Press and concentrate so that desired final extract volume minus the tincture equals the decoction concentrate.
7. Combine when cool. IMPORTANT! Pour tincture into tea to avoid excess precipitation.

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### **Reishi Extraction (Robyn Klein)**

Here is the recipe for a 70% water / 30% alcohol reishi extract

For a kitchen-manageable amount, chop up only 3 whole dried medium-sized reishi mushrooms. Use Felco or Corona hand clippers. If you chop more than this you will have to use much larger containers to cook and strain into. Three mushrooms will make about 500mls extract.

First, here is a quick overview of the process:

Step 1: Weigh chopped herb.

Step 2: Make tincture using 100% alcohol (EtOH).

Step 3: Strain and press the marc (save the marc!).

Step 4: Make a 1:10 decoction with the marc.

Step 5: Add decoction and tincture together to make a 30/70 extract.

Fill in and follow this form below:

Weigh chopped reishi = \_\_\_\_\_ grams/ ounces

Example: 110 grams of dried, hand chopped reishi.

Put chopped reishi in a large enough jar to accommodate the menstrum below.

Cover the chopped reishi with pure Everclear (95% alcohol) for two weeks. But how much?

Weight of reishi \_\_\_\_\_ x 5 = \_\_\_\_\_ mls of Everclear will be needed to cover the herb.  
Example:  $110 \times 5 = 550$  mls of Everclear

Strain and squeeze marc as much as possible.  
Save marc!

Measure how much tincture resulted and record here = \_\_\_\_\_.  
Bottle and label the tincture and set aside for later.  
Put marc in top of double boiler and add water. How much water?  
Original dry weight of herb = \_\_\_\_\_ x 10 = \_\_\_\_\_ total amount of water to start off with.  
Start cooking down, but don't boil! Plan on 2 hours.  
Strain off marc and toss marc.  
Continue cooking down the decoction. But to what amount?  
To figure this amount, fill in the numbers in the following calculation:

Amount of tincture \_\_\_\_\_ divided by .3 = \_\_\_\_\_.  
Subtract this number above \_\_\_\_\_ from 1.00 which will equal = \_\_\_\_\_.  
Take this number and multiply it by .7 = \_\_\_\_\_.  
This is the amount of decoction which you will need to add to the tincture to give a 30% alcohol/70% decoction extract. Rounding off the numbers to the nearest whole number is just fine. Herbalism is not about rigidity.

To check your math add the amount of tincture \_\_\_\_\_ to the amount of decoction \_\_\_\_\_ = \_\_\_\_\_.  
Then multiply this final amount \_\_\_\_\_ by .3 (30%) = \_\_\_\_\_.  
And multiply the final amount \_\_\_\_\_ by .7 (70%) = \_\_\_\_\_.  
Add these amounts together to get the total amount = \_\_\_\_\_.

When decoction has cooked down to the amount you need, cool the decoction and then add it to tincture.

Store in a dark glass container and label with the following:

Reishi Extract  
Ganoderma lucidum/30% Alcohol/70% Decoction

### ***Cordyceps - Silkworm Fungus***

**CORDYCEPS Mycelium** (coconut growth media most common) - 1-3 "00" caps a day.

***CORDYCEPS* fungus** growing on silkworms: scary strong (in my opinion)

***Lepidium meyenii* - Maca**

Powdered “Root” - 1-2 “00” caps a day. Haven’t tried the tincture.

***Aesculus* - Buckeye**

***AESCULUS CALIFORNICA* (California Buckeye)**

BARK and FRUIT. Same as *Aesculus glabra*.

STATUS : W/LA

***USE WITH CARE.***

***AESCULUS GLABRA* (Ohio Buckeye)**

BARK and FRUIT. Tincture [1:5, 50% alcohol] 5-15 drops.

***USE WITH CARE.***

STATUS : W/LA

***AESCULUS HIPPOCASTANUM* (Horse Chestnut)**

BARK and FRUIT. Tincture [1:5, 50% alcohol] 3-10 drops.

***USE WITH CARE.***

STATUS : W/A

***Ruscus* - Butcher’s Broom**

***RUSCUS ACULEATUS* (Butcher's Broom)**

ROOT/RHIZOME. Fresh Tincture [1:2] 30-60 drops, 3X a day. Pharmaceutical preps (European) are easier to get than the crude drug...and more reliable for chronic venous congestion.

STATUS : W/LA/C

***Collinsonia* - Stone Root**

***COLLINSONIA* (Stone Root, Horse Balm)**

ROOT and HERB. Tincture [Fresh Plant, 1:2] 20-40 drops to 3X a day. Tincture [Dry Root, 1:5, 60% alcohol] 45-60 drops to 4X a day (inferior).

STATUS : W/LA

**Herbs that SHOULD be prepared fresh**

**\**ACONITUM COLUMBIANUM* (Aconite, Western Monkshood)**

FLOWERING HERB. Fresh Herb Tincture, 1:4, topical in moderation, internal

1-5 drops to 4X a day.

***ALLIUM SATIVUM* (Garlic)**

BULB. Fresh Juice, 1/4 to 1 teaspoon. Fresh Tincture [1:2] 15-40 drops.

**\**AMYGDALIS PERSICA* (Peach Tree)**

FRESH TWIGS. Cold Infusion, 1-2 oz. Tincture [1:2], 30-90 drops, both ad lib.

***ANAGALLIS* (Scarlet Pimpernel)**

HERB. Fresh Plant Tincture [1:2] 5-15 drops.

**\**ANEMONE HIRSUTISSIMA* (*Pulsatilla ludoviciana*, Pasque Flower)**

FRESH PLANT. Tincture [1:2] 3-10 drops, to 4X a day.

**\**ANEMONE TUBEROSA* (Desert Anemone, Desert Pasque Flower)**

Same as previous.

***ARISAEMA* (Jack-in-the-Pulpit)**

CORM. Tincture [Fresh Corm, slightly wilted, 1:2, 50% alcohol] 2-10 drops.

**\**ARNICA* (*A. montana*, *A. cordifolia*, *A. latiflora*, etc.)**

WHOLE PLANT. Fresh plant, flower or root tincture [1:2], dry flowers or herb tincture, [1:5, 50% alcohol] and dry root tincture [1:5, 60% alcohol].

EXTERNAL is diluted with one or two parts of water, applied as needed.

INTERNAL use 3-10 drops.

***AVENA* (*A. sativa*, *A. fatua*, Oats, Wild Oats.)**

UNRIPE FRESH SEED, w/"Milky" center. Fresh Tincture [1:2], 10-20 drops, to 4X a day.

**\**BRYONIA* (Bryony)**

ROOT. Tincture [Fresh Root, 1:2, recent Dry Root, 1:5, 50% alcohol], 2-10 drops to 3X a day.

**\**CAPSELLA BURSA-PASTORIS* (Shepherd's Purse)**

WHOLE PLANT. Tincture (Fresh Plant, 1:2, recent Dry Plant, 1:5, 50% alcohol] 20-60 drops.

***CENTELLA ASIATICA* (*Hydrocotyle asiatica*, Gotu Kola, Brahmi)**

HERB. Fresh Plant Tincture [1:2], 15-30 drops to 3X a day. Standard Infusion, 1-2 ounces. Dry Herb Tincture [1:5, 50% alcohol] 20-40 drops, to 4X a day.

***CEREUS GRANDIFLORUS* (*Selenicereus*, *Peniocereus*, Night-Blooming Cereus)**

FRESH STEMS. Fresh Tincture [1:2], 5-15 drops (*Selenicereus spp.*) ; 10-25 drops, (*Peniocereus greggii*). Either one to 4X a day.

***CHELIDONIUM* (Greater Celandine)**

WHOLE PLANT. Fresh Plant Tincture, [1:2] 10-25 drops. Alone, for short term use; safe for extended use as a low dose formula constituent.

***CHOROGALUM* (Amole Lily)**

FRESH BULB. Grate 2-4 tablespoons in cheesecloth, rub into a froth in a cup, of water, and wash or shampoo.

***COLLINSONIA* (Stone Root, Horse Balm)**

ROOT and HERB. Tincture [Fresh Plant, 1:2] 20-40 drops to 3X a day. Tincture [Dry Root, 1:5, 60% alcohol] 45-60 drops to 4X a day (inferior).

***CORALLORHIZA* (Coral Root, Crawley)**

ROOT. Tincture [Fresh Root, 1:2, Dry Root, 1:5, 60% alcohol] 30-90 drops in hot water. Cold Infusion 3-6 ounces, reheated.

***EPIPACTIS GIGANTEA* (Stream Orchid, "Helleborine")**

WHOLE PLANT. Tincture [Fresh Plant, 1:2, Dry Root, 1:5, 60% alcohol] 30-90 drops. An equivalent to the far rarer *Cypripedium*.

**\**FOUQUIERIA SPLENDENS* (Ocotillo)**

FRESH BARK. Tincture, [1:2] 10-30 drops, to 4X a day.

**\**GELSEMIUM* (Yellow Jasmine)**

ROOT. Tincture [Fresh Root 1:2, Dry Root, 1:10, 65% alcohol] 2-10 drops.

***GUAIAECUM ANGUSTIFOLIA* (Porlieri, Guayacan)**

BARK AND WOOD. Fresh Tincture [1:2] 10-25 drops in water, frequently. As a gargle, one part tincture in four parts hot water.

***HERACLEUM* (Cow Parsnip, Yerba del Oso)**

ROOT. Fresh Root Tincture [1:2] applied topically as nerve irritant/stimulant.

SEED. Fresh Seed Tincture [1:2] applied topically to teeth/gums as anesthetic and antimicrobial

***HYPERICUM* (St. Johns Wort)**

FLOWERING TOPS. Tincture [Fresh Plant, 1:2] 20-30 drops to 3X a day. The dry plant is far less active, but a Standard Infusion can be taken, 3-6 ounces.

W/C

***IMPATIENS* (Jewel Weed, Touch-Me-Not)**

FRESH PLANT. Fresh juice for topical use, Fresh Plant Tincture [1:2], both as needed.

***LOBELIA CARDINALIS* (Cardinal Flower)**

WHOLE PLANT. Fresh Plant Tincture [1:2], 10-40 drops up to 5X a day.

***LOBELIA INFLATA* (Lobelia, Indian Tobacco)**

FLOWERING PLANT. Fresh Plant Tincture [1:4] 5-20 drops up to 4X a day.

Dry Plant Tincture (inferior) is best as an Acetum Tincture [Dry Herb 1:5 in vinegar] 10-20 drops, or used for local application.

SEED. Tincture [1:5, 65% alcohol], 3-10 drops.

The dry herb as tea is especially nauseating, the fresh herb or seed very little.

**\**LOPHOPHORA* (Peyote, Mescal Buttons)**

FRESH PLANT. Tincture [1:2], 20-40 drops to 4X a day.

**ILLEGAL TO POSSESS AT PRESENT.**

***LYCOPUS* (Bugleweed, Water Horehound)**

HERB. Fresh Plant Tincture [1:2] 15-40 drops, to 3X a day. Standard Infusion of recent plant, 2-3 ounces, also to 3X a day.

**\**PHYTOLACCA* (Poke)**

ROOT and BERRIES. Fresh Tincture, (Root or Berries), [1:2], 2-10 drops. Dry Root Tincture [1:5, 50% alcohol] 5-15 drops.

***SCUTELLARIA* (Skullcap)**

HERB. Tincture [Fresh Plant, 1:2, Recent Dry Plant, 1:5, 50% alcohol] 20-60 drops. Standard Infusion of recent herb, 2-6 ounces, all to 3X a day.

***STELLARIA MEDIA* (Chickweed)**

HERB. Fresh plant juice or bruised whole plant as a poultice. Tincture [Fresh Herb, 1:2, Recent Dry Herb 1:5, 50% alcohol] as needed.

**TRILLIUM (Beth Root)**

WHOLE PLANT. Fresh Plant Tincture [1:2] 15-25 drops to 3X a day.

**\*USTILAGO (Corn Smut)**

FUNGUS. Fresh Fungus Tincture [1:5] 10-40 drops to 3X a day.

**Herbs that should NOT be prepared fresh**

**ALETRIS FARINOSA** (Star Grass. "True"(properly "False") Unicorn Root)

**\*APOCYNUM CANNABINUM** (Dogbane, Canada Hemp)

**ARGEMONE** (Prickly Poppy, Cardo Santo)

**\*ASCLEPIAS ASPERULA** (Immortal, Antelope Horns, Spider Milkweed)

**\*ASCLEPIAS CORNUTA** (Common Milkweed)

**\*ASCLEPIAS INCARNATA** (Swamp Milkweed)

**\*ASCLEPIAS SUBULATA** (Desert Milkweed)

**\*CAULOPHYLLUM** (Blue Cohosh)

**CHAMAELIRIUM** (Helonias, Unicorn Root)

**\*IRIS VERSICOLOR, I. MISSOURIENSIS** (Blue Flag)

**\*PODOPHYLLUM**. (American Mandrake)

**URTICA** (Nettles)

**\*VERATRUM** (Green, False or American Hellebore)

(\*) - Not for internal use in pregnancy

**#4**

***Agrimonia - Agrimony***

**AGRIMONIA** (Agrimony)

HERB. Standard Infusion, 2-4 ounces. Tincture [1:5, 50% alcohol, or Fresh Plant, 1:2], 1/4 to 1 teaspoon as needed.

STATUS : W/A

***Fragaria - Strawberry***

**FRAGARIA** (Strawberry)

HERB. Standard Infusion as needed.

STATUS : W/C

***Geum - Avens***

**GEUM** (Avens)

WHOLE PLANT IN FLOWER. Standard Infusion, as needed.

STATUS : W/A

***Potentilla - Silverweed***

**POTENTILLA** (Cinquefoil, Silverweed)

HERB. Any infusion as needed.

STATUS : W/A



## ***Rosa - Rose***

### ***ROSA* (Rose Buds, Rose Petals)**

FLOWERS. Standard Infusion, 2-4 ounces. Make w/isotonic water for eyes.

STATUS : W/C

## ***Rubus idaeus - Raspberry***

### ***RUBUS IDAEUS* (Raspberry)**

LEAVES. Infusion as needed.

STATUS : W/C

## ***Rubus villosus - Blackberry***

### ***RUBUS VILLOSUS* (Blackberry)**

ROOT BARK. Strong Decoction, 2-4 ounces, to 4X a day.

STATUS : W/C

#5

## ***Ailanthus - Tree of Heaven***

### ***AILANTHUS ALTISSIMA* (Tree of Heaven)**

BARK, FRUIT. Cold Infusion, 1-2 ounces, to 5X a day.

STATUS : W/A

## ***Castela - Chaparro Amargosa***

### ***CASTELA EMORYI* (*Holacantha emoryi*, Chaparro Amargosa)**

"HERB". Tincture [Fresh Plant, 1:2, Dry Plant, 1:5, 50% alcohol] 20-50 drops (as anti-microbial), 5-10 drops (as bitter tonic).

STATUS : W/LA

## ***Picraena - Quassia***

### ***PICRAENA* (*Picrasma*, Quassia)**

WOOD. Cold Infusion, 2-4 ounces. Tincture [1:5, 50% alcohol] 30-60 drops, to 3X a day. Cold Infusion, 4-8 ounces, as a retained enema, once a week for 4-6 weeks for pinworms/threadworms.

STATUS : W/A

## ***Alnus - Alder***

### ***ALNUS SERRULATA* (Tag Alder)**

BARK, fresh or recent only. Strong Decoction, 1/2 to 2 tablespoons. Weak Decoction for external use.

CATKINS and POLLEN as tea, tincture or poultice

STATUS : W/LA

#6

## ***Aletris***

***ALETRIS FARINOSA* (Star Grass. "True"(properly "False") Unicorn Root)**

RHIZOME. Tincture [1:5, 50% alcohol] 30-60 drops to 3X a day. Cold Infusion, 1-3 ounces.

STATUS : W/Rare

***Chamaelirium* - Helonias**

***CHAMAEELIRIUM* (Helonias, Unicorn Root )**

RHIZOME and ROOT. Tincture [1:5, 50% alcohol] 10-40 drops.

**Best in lower doses in a formula context.**

STATUS : W/Rare

***Cypripedium* - Lady Slipper**

***CYPRIPEDIUM* (Lady Slipper Orchid)**

ROOT. Tincture [1:5, 60% alcohol] 20-90 drops, to 3X a day.

**PLANT IS RARE IN MOST AREAS** (and things are not getting any better).

Use other medicines whenever possible, such as *Epipactis* or *Valeriana*.

STATUS : W/Rare!!

***Epipactis* - Stream Orchid**

***EPIPACTIS GIGANTEA* (Stream Orchid, "Helleborine")**

WHOLE PLANT. Tincture [Fresh Plant, 1:2, Dry Root, 1:5, 60% alcohol] 30-90 drops. An equivalent to the far rarer *Cypripedium*.

STATUS : W/LA