

# PROGRAM II: Herbal Materia Medica

## Lesson 8

### Supplemental Audio CD Lesson 8

Krameria parvifolia-field.mp3  
Krameria-field.mp3  
Lactuca-field.mp3  
Larrea-field.mp3  
Lavandula.mp3  
Lespedeza.mp3  
Liatris-field.mp3  
Liatris.mp3  
Linaria vulgaris-field.mp3  
Linaria.mp3  
Linum lewisii-field.mp3  
Lithospermum-field.mp3  
Lophocereus-field.mp3  
Lophophora.mp3  
Lycium-field.mp3  
Lycium.mp3  
Lycopus-field.mp3  
Lysichitum.mp3  
Lythrum.mp3  
Mahonia-field.mp3  
Mandragora.mp3  
Marrubium-field.mp3  
Medicago-field.mp3  
Melia.mp3  
Melilotus-field.mp3  
Melilotus.mp3  
Mertensia-field.mp3  
Mimosa-field.mp3  
Mimulus-field.mp3  
Mitchella.mp3  
Monarda1-field.mp3  
Monarda2-field.mp3  
Morinda citrifolia.mp3  
Morus-field.mp3  
Myristica fragrans.mp3  
Nicotiana-field.mp3

## Lecture DVDs #1

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

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

**W/C**

### **POST-TREATMENT RELAXER**

Skullcap ..... 3 parts  
Betony ..... 3 parts  
Cimicifuga ..... 2 parts  
Hypericum ..... 2 parts  
Gelsemium ..... 1 part

Mix from the tinctures. Use 30-60 drops (1 or 2 squirts) 2 or 3 times a day To alleviate post-treatment myo- and neurogenic discomfort from body work, and lessen the tendency of the body to immediately revert to patterning

### **V's NERVE TONIC**

Passiflora FE.. ..... 5 ounces  
Leonurus cardiaca ..... 1 ounce  
Crataegus ..... 1 ounce  
Verbena hastata ..... 1 ounce  
Hypericum (fresh) ..... 1 ounce  
Selenicereus (fresh) ..... 1/2 ounce

Make from separate tinctures. Dose 60-90 drops as needed.  
For physical agitation, nervousness, and stress palpitations

### **B's ANTIDEPRESSANT**

Hypericum (fresh) ..... 6 parts  
Aralia Berries (fresh) ..... 5 parts  
Licorice Root . ..... 4 parts  
Oplopanax (fresh) ..... 2 parts  
Panax quinquefolium ..... 1 part

Mix as tinctures. Dose: 60-90 drops up to four times a day.  
For morbid depression with congestion and dry mucosa

### **MUSCLE BALM**

Poplar Bud Oil (steeped) ..... 2 ounces  
 Arnica Oil (steeped)..... 2 ounces  
 Hypericum Oil (steeped) ..... 2 ounces  
 Oil of Wintergreen..... 30 drops  
 Olive Oil ..... 6 ounces

A Topical oil, used as an analgesic, counterirritant, and anti-inflammatory: 30-60 drops rubbed into the area aids dispersal and resolution of exudates. It is too strong for a true massage oil.

## **"TRAUMA TINCTURE"**

Hypericum (fresh plant tincture).... 3 parts  
 Calendula (fresh flower tincture)..... 2 parts  
 Arnica (fresh plant tincture) ..... 1 part

Make by mixing tinctures, or if fortunate in timing, from the fresh plants, using the volumes of compressed herbs for the parts. Useful in acute conditions, such as sprains, contusions, hyperextensions and muscular-skeletal trauma. It should be applied topically and taken internally, (10-20 drops) both modalities every two hours for three or four rounds. Taken internally it will also help for faintness and light-headedness resulting from parasympathetic or vagus discharge caused by physical manipulation or trauma.

## **CHAC SALVE** (Calendula, Hypericum, Arnica, Cajeput)

2 ounces ..... Calendula Flowers  
 2 ounces ..... Arnica Herb  
 2 ounces ..... ethanol  
 24 ounces ..... Olive Oil  
 6 ounce ..... Hypericum Oil  
 1/2 ounce ..... Cajeput Oil  
 5 ounces ..... Beeswax

Make a 1:6 steeped oil with the Calendula and Arnica (as usual), add the Hypericum Oil (made from the fresh flowers), heat slowly, dissolve the beeswax, add the Cajeput (actually Tea Tree Oil, but much cheaper by the older name), and pour into tins. Can also be called OSFA Salve (One Size Fits All) or Rescue Grease or Limbaugh Leech.

## ***HYSSOPUS* (Hyssop)**

FLOWERING HERB. Cold Infusion, 2-3 ounces, or topically for bruises.  
 STATUS : W/C

## ***ILLICIAM* (Star Anise)**

SEEDS. Same as Cardamom. For a tea, Standard Infusion, 2-4 ounces, ad lib.  
 STATUS : C

## **STOMACH TEA**

Star Anise ..... 3 parts

|                            |         |
|----------------------------|---------|
| Ginger Root ... ..         | 2 parts |
| Papaya Leaf ... ..         | 2 parts |
| Fennel Seed.....           | 2 parts |
| Camomile.....              | 2 parts |
| Comfrey Leaf. ....         | 2 parts |
| Peppermint (or Poleo)..... | 2 parts |
| Angelica or Calamus .....  | 1 part  |

As a simple infusion as needed for dyspepsia or mild gastritis.

## **FIVE SPICE POWDER**

|                           |                                     |
|---------------------------|-------------------------------------|
| 30g (1oz) ....            | Star Anise                          |
| 30g (1oz) ....            | Cassia (or cinnamon)                |
| 30g (1oz or 5 tbsp) ..... | Sichuan Peppercorn                  |
| 30g (1oz) ....            | Cumin Seeds                         |
| 15g (0.5oz) .             | Cloves                              |
| 7g (0.25oz) ..            | Coriander Seeds                     |
| .....                     | Black Cardamom (to taste, optional) |

On a dry pan over medium heat, roast each spice separately until just fragrant. They roast at different time so the easiest and safest thing to do is use a small pan and roast each one separately. Let the spices come back close to room temperature before grinding.

Depending on the size of your grinder, you might need to grind the spices in batches. In this case, it helps to grind each one separately as well. Blend all the ground spices together well in a large bowl before transferring to spice jars.

## ***INULA* (Elecampane)**

ROOT. Tincture [Fresh root, 1:2, Dry Root, 1:5, 60% alcohol], 10-30 drops to 4X a day. Strong Decoction 2-6 ounces, to 3X a day.

STATUS : W/C

## **WINTER SOLTICE COUGH/COLD SYRUP**

|                        |          |
|------------------------|----------|
| Wild Cherry Bark ..... | 4 ounces |
| White Pine Bark.....   | 3 ounces |
| Osha Root .....        | 3 ounces |
| Elecampane Root.....   | 3 ounces |
| Balsam Root ..         | 2 ounces |
| Sweet Root.....        | 2 ounces |
| Licorice Root. ....    | 2 ounces |

**Percolation I:** 50% alcohol, 30 oz.

**Percolation II:** 25% alcohol, open ended.

Evaporate Perc II down to 10 ounces, add to Perc I (40 ounces total.) Add 20 ounces of Monarda Honey, and 10 ounces glycerin.

***IRIS FLORENTINA* and others (Orris Root)**

DRIED ROOT, preferably aged for at least 2 years. 1/2 to 1 teaspoon in warm water as suspended tea; the pressed "fingers" for teething infants to gum on. Although sometimes a topical allergen, it is not so internally.

STATUS : C

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

RHIZOME. Tincture [1:5, 80% alcohol], 5-20 drops to 3X a day.

**USE WITH CARE.**

STATUS : W/C

**LIVER TONIC**

|                                 |         |
|---------------------------------|---------|
| Barberry or Oregon Grape.....   | 2 parts |
| Milk Thistle Seed.....          | 2 parts |
| Chaparral (Larrea) .....        | 1 part  |
| Toadflax (Linaria).....         | 1 part  |
| Echinacea.....                  | 1 part  |
| Burdock Rt or Seed.....         | 1 part  |
| Yellow Dock..                   | 1 part  |
| Leptandra or Blue Flag Rt ..... | 1 part  |

An old-fashioned "shotgun" formula. Grind well and encapsulate. Echinacea is the only one of these herb that deteriorates in a powdered form, so the best compromise would be to keep it as a rather coarse grind, the rest as fine a powder as desired.

Useful for passive liver "heaviness", with periodic light stools and/or frontal headaches brought on by overeating or eating rich foods when tired. Look for greasy hair, acne on the cheeks (both kinds of cheeks) and acne around the mouth. It should be tried for those that regularly work with solvents or that drink regularly, whether in moderation or excess. In general, for those that regularly eat before going to bed and are slow in waking, grouchy and sluggish in the morning...they also have to cut back on the snacks.

**DOSE:** Pronounced liver dysfunction, but w/out pathology: 2 caps, 3X a day.

No overt symptoms, but having many of the risks mentioned: 1 cap, 3X a day.

**LIVER DEFICIENCY TINCTURE**

|                             |         |
|-----------------------------|---------|
| Mahonia (Oregon Grape)..... | 2 parts |
| Yellow Dock Root.....       | 2 parts |
| Buckbean .....              | 2 parts |
| Pleurisy Root .             | 2 parts |
| Blue Flag Root.....         | 1 part  |

Ocotillo Bark . . . . . 1 part  
Mix from tinctures, with Mahonia, Yellow Dock, Pleurisy Root and Blue Flag made from dry herb, and Buckbean (if possible) and Ocotillo (mandatory) made as fresh tinctures. Take 30 drops, morning, afternoon and before retiring. A constitutional tonic for those with catabolic or adrenergic excess.

### **ALTERATIVE SYRUP**

Aralia Root .... 3 ounces  
Oplopanax..... 2 ounces  
Xanthoxylum Bark ..... 2 ounces  
Smilax (Sarsaparilla) ..... 2 ounces  
Burdock Root. .... 2 ounces  
Guaiaacum or Stillingia..... 1 ounce  
Sassafras or Sweet Root ..... 1 ounce  
Pipsissewa..... 1 ounce  
Blue Flag Root..... 1 ounce

Tincture 1:3 with 65% alcohol, add 1 part water (15 oz.) & 1 part simple syrup or honey (15 oz.) to bring to a final 1:5 strength

### **LYMPH TONIC**

Burdock Root. .... 8 parts  
Red Root ..... 6 parts  
Echinacea Root..... 6 parts  
Ocotillo ..... 4 parts  
Stillingia Root ..... 2 parts  
Yerba Mansa Root..... 2 parts  
Aristolochia serpentaria..... 1 part  
Blue Flag..... 1 part  
Poke Root ..... 1 part.

Mix from the individual tinctures, and add 5% glycerin.

A general tonic for moderate chronic immunosuppression, not for acute conditions. 60 drops 4X a day.

### **\*KALMIA (Mountain Laurel)**

LEAVES. Fresh Plant Tincture [1:2], 3-10 drops. Dry Plant Tincture [1:5, 50% alcohol] 5-20 drops, both to 4X a day.

**USE WITH CARE.**

**STATUS : W/LA**

### **LEDUM (Labrador Tea)**

LEAVES. Standard Infusion for tea. Fresh Leaf Tincture [1:2] is diluted for topical use.

**STATUS : W/A**

**LACTUCA (Wild Lettuce)**

HERB. Standard Infusion as needed. LATEX (Lactucarium), Tincture [1:2, 95% alcohol], 1/2 to 1 teaspoon.

STATUS : W/A

**\*LEONURUS CARDIACA (Motherwort)**

FLOWERING HERB. Tincture [Fresh Plant 1:2, Recent Dry Plant, 1:5, 60% alc.] 30-60 drops, to 4X a day. Standard Infusion, 2-4 ounces.

STATUS : W/C

**TACHYCARDIA FORMULA**

Lycopus ..... 3 parts

Leonurus ..... 3 parts

Passiflora ..... 2 parts

Crataegus ..... 2 parts

Tincture 50%, 1:4

30-60 drops, 4X a day

**V's NERVE TONIC**

Passiflora FE.. ..... 5 ounces

Leonurus cardiaca..... 1 ounce

Crataegus ..... 1 ounce

Verbena hastata..... 1 ounce

Hypericum (fresh)..... 1 ounce

Selenicereus (fresh) ..... 1/2 ounce

Make from separate tinctures. Dose 60-90 drops as needed.

For physical agitation, nervousness, and stress palpitations

#3

**LEVISTICUM OFFICINALE (Lovage, Osha del Campo)**

Same as below

**LIGUSTICUM PORTERI (Osha, Chuchupate, Mountain Lovage)**

ROOT. Tincture [Fresh Root, 1:2, Dry Root, 1:5, 70% alcohol], 20-60 drops up to 5X a day. Cold Infusion, 2-6 ounces, as needed.

STATUS : W/LA

**WHITE PINE COMPOUND COUGH SYRUP**

White Pine Bark

(or Balsam Root) ..... 3 oz.  
 Wild Cherry Bark ..... 3 oz.  
 Spikenard Root ..... 1/2 ounce  
 Poplar Buds ... ..... 1/2 ounce  
 Blood Root..... 1/4 ounce

Percolate with 50% alcohol until you have reached 16 ounces.

Add 12 ounces of simple syrup

OR

add 8 ounces of honey and 4 ounces of glycerin

## **OSHA COUGH SYRUP**

Osha Tincture ..... 1 part  
 White Pine Compound..... 4 parts

Mix well and PARTY UP!

## **WINTER SOLTICE COUGH/COLD SYRUP**

Wild Cherry Bark ..... 4 ounces  
 White Pine Bark..... 3 ounces  
 Osha Root ..... 3 ounces  
 Elecampane Root..... 3 ounces  
 Balsam Root .. ..... 2 ounces  
 Sweet Root..... 2 ounces  
 Licorice Root . ..... 2 ounces

**Percolation I:** 50% alcohol, 30 oz.

**Percolation II:** 25% alcohol, open ended.

Evaporate Perc II down to 10 ounces, add to Perc I (40 ounces total.) Add 20 ounces of Monarda Honey, and 10 ounces glycerin.

## **MONARDA HONEY**

Fresh Monarda Flowers stuffed tightly into a mason jar, Honey added, and topped off several times (until bubbles work completely out and flowers are saturated and covered), kept around for a month or two, pressed out.

## **CIRCULATORY STIMULANT**

Prickly Ash Bark ..... 3 parts  
 Ginger ..... 2 parts  
 Immortal Root. .... 2 parts  
 Osha Root ..... 2 parts  
 Capsicum ..... 1 part

Tincture 60%, 1:4 20-40 drops, 4X a day

30 drops before meals as a bitter tonic, 30 drops before retiring.

## **IMMUNE STIMULANT #1**

Echinacea Root..... 4 parts  
 Red Root..... 3 parts



|                  |         |
|------------------|---------|
| Osha Root .....  | 2 parts |
| Myrrh Gum ....   | 2 parts |
| Ocotillo .....   | 2 parts |
| Stillingia ..... | 1 part  |
| Aristolochia ... | 1 part  |
| Baptisia .....   | 1 part  |
| Arnica .....     | 1 part  |
| Capsicum .....   | 1 part  |

Mix from the separate tinctures. Use 30-60 drops in 2 to 4 ounces of hot water every 3 hours during acute infections in adrenal stress folks or those with a tendency to cold hands and feet and who seldom break a sweat when sick. Best taken in hot water. Bon appetit!

## **IMMUNE STIMULANT #2**

|                  |         |
|------------------|---------|
| Echinacea.....   | 4 parts |
| Red Root.....    | 2 parts |
| Osha.....        | 2 parts |
| Yerba Mansa..    | 2 parts |
| Calendula.....   | 2 parts |
| Capsicum.....    | 1 part  |
| Thuja plicata .. | 1 part  |

Mix from the tinctures.

Use 30-60 drops (1 or 2 squirts) 2 to 4 times a day.

Used to stimulate resistance to short-term infections in the immune-competant who sweat easily, tend to a mesomorph somatotype, anabolic and "yangy".

## **EGO CAPSULES**

|                     |         |
|---------------------|---------|
| Echinacea Root..... | 2 parts |
| Garlic .....        | 2 parts |
| Osha Root .....     | 2 parts |
| Cayenne .....       | 1 part  |

2-4 capsules as needed for colds, flu, various viral junk.

#4

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

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

STATUS : W/LA

## ***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.

STATUS : W/LA/C

### **COLON TONIC (Modified Thomsonian)**

Cascara Sagrada..... 2 parts  
Oregon Grape ..... 2 parts  
Cayenne ..... 1 part  
Ginger Root ... ..... 1 part  
Lobelia ..... 1 part  
Rhubarb Root. 1 pt.

Stimulates peristalsis for chronic constipation of long duration. 2 “00” caps with water, morning and evening. When feces soften up go to 1 capsule twice a day.

### **COMPOUND SYRUP OF RED ROOT**

Red Root Tops ..... 4 ounces  
Red Root Rootbark ..... 4 ounces  
Wild Lettuce .. ..... 4 ounces  
Black Cohosh. .... 1 ounce  
Pleurisy Root . ..... 1 ounce  
Wild Ginger Root ..... 1/2 ounce  
Lobelia inflata 1/4 ounce  
Bloodroot..... 1/4 ounce

Tincture 1:2 with 65% alcohol, (30 ounces) put it aside, add water to the percolation and drip another part (15 ounces), then add 1 part Simple Syrup (15 ounces) “Coughs, pulmonary and hepatic affections” (Kings)

### **K’s SYRIAN RUE FORMULA**

Syrian Rue ..... 58 parts  
Avena fatua (fresh) ..... 58 parts  
Panax (uncured)..... 58 parts  
Rauwolfia..... 58 parts  
Lobelia (fresh) ..... 8 parts

Mix as tinctures. 1/2 to 1 teaspoon, 3X a day

Antidepressant for adrenergic individuals

NOTE: As an Ayurvedic therapist, my friend has access to Rauwolfia serpentina. As a once widely used crude drug (the source of reserpine), it is seldom to be found in herb commerce...and perhaps is illegal. I personally have seldom used the plant, have always considered it, like digitalis, a "True" crude drug best left to medicine. With a body of experiential use in Ayurvedic Medicine, wherein my friend has learned it, I would trust the use here. I have never inquired as to his rather peculiar scheme of proportions. I would have thought that the presence of what amounts to nearly a quarter of the tincture of Rauwolfia to be an excessive amount. In fact the formula is quite effective, and seems relatively safe.

Since I feel perfectly comfortable using toxic herbs that I know personally (I prefer the term "Low Dosage), including such shit as Aconite, Gelsemium and Veratrum, herbs that cause fellow herbalists who aren't familiar with their safe use to cringe and scurry, I guess my reluctant attitude regarding the herbal use of Rauwolfia is similarly the result of only knowing it "by rep" and not as a specific entity.

#5

### ***LOMATIUM DISSECTUM (Leptotaenia, Biscuit Root)***

ROOT. Tincture [Fresh Root, 1:2, Dry Root, 1:5, 70% alcohol], 10-30 drops up to 4X a day. Cold Infusion, 2-3 ounces also to 4X a day.

STATUS : W/LA

### **IMMUNE TONIC**

|                         |         |
|-------------------------|---------|
| Echinacea.....          | 5 parts |
| Stillingia .....        | 2 parts |
| Lomatium dissectum..... | 2 parts |
| Baptisia .....          | 1 part  |
| Myrrh .....             | 1 part  |
| Aristolochia ...        | 1 part  |

Mix from the tinctures, or make 1:5, 65% alcohol.

Use 30 drops (1 squirt) 2 or 3 times a day For stimulating those with chronic immune suppression, associated with chronic depression, slow viruses, mycosis, and immune suppression from anti- inflammatories and chemotherapy

### ***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.

STATUS : W/A

### **TACHYCARDIA FORMULA**

|                  |         |
|------------------|---------|
| Lycopus .....    | 3 parts |
| Leonurus .....   | 3 parts |
| Passiflora ..... | 2 parts |
| Crataegus .....  | 2 parts |

Tincture 50%, 1:4

30-60 drops, 4X a day