

HERBAL REPERTORY IN CLINICAL PRACTICE

third edition

BY
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A manual of Differential
Therapeutics
for the
Health Care Professional



**SOUTHWEST SCHOOL OF
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INTRODUCTION

This manual is designed for the use of the primary care physician and other health care practitioners who wish to integrate some herbal therapy into their practice. The symptom model used is more or less that of standard practice medicine, combined with much unorthodox but pertinent naturopathic and eclectic specifics. The format is that of a classical homeopathic repertory. The botanicals, media, and doses are outlined in my other booklet, *Herbal Materia Medica*.

If the practitioner feels the need for something more than what amounts to a symptom flow chart, a more drug-substitute oriented text would be *Herbal Medicine* by Rudolph Fritz Weiss (Beaconsfield Publishers). The best classic works for the specific botanicals are *Materia Medica* by Felter and King's American Dispensatory, both published by Eclectic Medical Publications in Portland, Oregon (both medically oriented books), and more recently, *Handbook of Medicinal Herbs* by James Duke (CRC Press) and *Medicinal Plants of the Mountain West*, *Medicinal Plants of the Desert and Canyon West* (Museum of New Mexico Press, Santa Fe), and *Medicinal Plants of the Pacific West* (Red Crane Press, Santa Fe), by myself.

This symptom-differentiation is appropriate for using herbs; it is much more important to delineate the nature, stage and modality of a disorder. As herbs are far feeble biological agents than drug therapy, it is important to know if the disorder is acute or chronic, in a strong or immunodeficient person, just beginning or post-inflammatory, and so on.

As an example, pharyngitis may often be treated with an appropriate antibiotic, whether the condition is acute, subacute, or chronic. Although such may indeed be necessary, antibiotics are often a major metabolic stress, substantially altering the ecologies of the skin and mucosa. Most pharyngitis involves normally endogenous viruses or bacteria that take advantage of membrane compromise, immunosuppression, or emotional or metabolic stress. Herbs are often better suited in milder or subclinical conditions. They may strengthen the membranes, stimulate both innate and acquired immunity, resolve the exudate and generally strengthen vital forces. This, without risking superinfections, allergic response or candidiasis.

Using an herb, however, is not simply a matter of finding a substitute for a given drug; if an herb was as non-specifically effective as an antibiotic, it would present the same disadvantages.

The validity and purpose of this repertory, therefore, is to give the therapist a constitutional and patient-specific approach to using herbs based on distinct symptoms leading to differential therapeutics, rather than the more common practice of differential diagnostics that lead to a fixed therapy.

This third edition makes a number of minor changes in therapy, deletes several herbs no longer available and adds some of the information to come out of European pharmacy, Naturopathic work on the Pacific Coast, information from the American Botanical Council, my own work with desert and southwestern plants and the few uses of "Miracle Herbs" that are touted in various hotshot product lines that hold up under real use. I have added several new Chinese herbs that I have learned to understand within the Western model. Bear in mind, of course, that the very basis of both the Oriental and Ayurvedic approaches IS differential therapeutics, and practitioners of these disciplines should have no difficulty in translating the therapeutics in this booklet into their modality, especially those that want to incorporate Western botanicals into their practice.

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CROSS INDEX

1 EYES

1.1 BLOODSHOT

General eyewash - *Acacia leaves, Eriogonum, Prosopis*

With arterial tension and bounding pulse - *Veratrum*

1.2 CATARACT

Cineraria externally

1.3 CONJUNCTIVITIS

Eyewash - *Acacia leaves, Eriogonum, Mahonia, Pluchea, Prosopis*

Acute - Irritating with sharp sinus pain - *Euphrasia*

with mucus - *Euphrasia* externally

1.4 DISCHARGE

Euphrasia externally

1.5 GLAUCOMA

General - *Pilocarpus*, externally and internally

In aged, tired - *Anemone pulsatilla*

1.6 GOITER, EXOPHTHALMIC

From long-term functional hyperthyroidism, w/tachycardia, mild dyspnea -

Lycopus

1.7 HYPERAEMIA

With rhinitis, frontal headache, sneezing - *Cetraria, Euphrasia*

1.8 IRITIS

General - *Grindelia*

General pain - *Cannabis*

Rheumatoid - *Bryonia, Cimicifuga*

Viral - *Anemone pulsatilla*

1.9 LACHRYMITIS

Anemone pulsatilla, Asarum, Rosa

1.10 LIDS

Acute inflammation - *Euphrasia*

Styes, early stages - *Commiphora* externally, *Mahonia* externally, *Thuja* externally

Styes, fullblown - *Anemone pulsatilla*

1.11 NEURITIS

Pilocarpus

1.12 OPHTHALMIA

Acute - *Berberis, Hamamelis, Hydrastis, Mahonia*, all externally

Post-acute - *Polygala*

Chronic catarrhal - *Mahonia* externally

1.13 OPHTHALMALGIA

General - *Anemone pulsatilla, Erigeron* externally, *Grindelia*

Pain in top and back of eyeball - *Piper methysticum*

Dull, rheumatoid ache in orbits - *Cimicifuga*

Secondary to any acute disorder - *Bryonia*

1.14 PARALYSIS

Temporary, following migraine headache - *Paullinia*

1.15 PRESSURE

Increased intraocular - *Anemone pulsatilla, Cannabis, Clematis, Pilocarpus*

1.16 STRAIN

Bruised feeling with headache - *Cimicifuga*

With eyeball pain, conjunctivitis, watery and inflamed, with "Grainy" vision -
Anemone pulsatilla

PREPARATION NOTE: Refer to Herbal Materia Medica for making any eyewash. When using a tincture (such as Commiphora or fresh Thuja) use five drops in a tablespoon of isotonic water.

2 MOUTH

2.1 TONGUE DIAGNOSIS

SHAPE

Broad, thick - ***Aristolochia***
Broad, pale with deficient G.I., CVS, CNS - ***Aconitum***
Broad, full, coated with nausea, vomiting - ***Ipecac***
Broad, slimy, flabby, foul burps - ***Ipecac***
Elongated, pointed - ***Rhubarb***, ***Rhubarb elixir***
Elongated, reddened with prominent papillae - ***Limon***

STATE

Dry, scanty saliva - ***Capsicum***
Dry, cracked, purplish-grey - ***Bryonia***
Red stripe down center, bounding pulse - ***Veratrum***
Pale, sallow, full, with slightly jaundiced skin - ***Chelidonium***
Pale, leaden, dry, or sticky-moist - ***Phytolacca***
Pasty, foul-smelling, not from teeth - ***Eucalyptus***
Full and deeply red with systemic infection - ***Baptisia***

COAT

Translucent coat with liver pain - ***Bryonia***
Dull, leaden coat - ***Chelidonium***
White coat, light feces - ***Leptandra***
White blotchy coat - ***Taraxacum***
White coat with salivation - ***Podophyllum***
Full white coat, especially heavy in the back - ***Lobelia***
White coated, with white, foamy saliva - ***Phytolacca***
White coated with nausea - ***Anemone pulsatilla***
Creamy white, with taste of rancid fats - ***Anemone pulsatilla***
Yellow coated, with anorexia, liver problems - ***Euonymus***
Yellow coated, with fever and diarrhea - ***Aconitum***
Yellow coated, dirty, with dizziness and biliousness - ***Podophyllum***
Yellowish-brown coat - ***Mahonia***

2.2 APHTHOUS STOMATITIS

General - ***Berberis***, ***Coptis***, ***Echinacea***, ***Hydrastis***, ***Krameria***, ***Mahonia***,
Rhus glabra, all internally and externally
Acute, with painful inflammation - ***Commiphora***
with hyperacidity and acid diarrhea - ***Myrica***
Chronic - ***Arctium***, ***Pyrola***, ***Propolis*** externally
with pale mucosa, relaxed tissue - ***Ligustrum***
with pale mucosa, relaxed tissue, hypersalivation - ***Myrica***
with acne, greasy skin, mild autotoxicity - ***Taraxacum***

2.3 BREATH

Foul, with cracked lips and phlegmy mouth - ***Baptisia***
Foul, with sulphur burps - ***Echinacea***, ***Eucalyptus***

2.4 DRYNESS

General, with poor digestion - *Capsicum*

General, with glazed surfaces and poor digestion - *Xanthoxylum*

General, of mouth and throat - *Althea*, *Ulmus fulva*

2.5 GLOSSITIS

Acute with mouth sores - *Myrica*

Chronic with hypersecretions and with congestion, not inflammation -
Xanthoxylum

2.6 GUMS

Bleeding, general mouthwash - *Berberis*, *Echinacea*, *Geranium*, *Krameria*,
Mahonia, *Polygonum bistortoides*, *Quercus*

Bleeding, sore and spongy - *Echinacea*, *Krameria*

Inflamed, from general immunosuppression - *Baptisia*, *Phytolacca*

Periapical abscess (gum boil) - *Echinacea*

Periodontitis (pyorrhea), general topical - *Commiphora*, *Gambir*, *Krameria*,
Myrica, *Propolis*

Periodontitis, acute topical - *Bursera*, *Commiphora*, *Rumex*
hymenosepalus

Periodontitis, preventative - *Heliopsis longipes* (root chewed)

Sore, non-specific - *Hamamelis* (mouthwash)

2.7 HERPES

Early nerve pain, before eruptions - *Leonurus*, *Scutellaria*

General external - *Coptis*, *Hydrastis* (internally also), *Krameria*, *Propolis*,
Rhus glabra

Acute, early stages, topical - *Anemopsis*, *Bursera*, *Commiphora*, *Quercus*

Chronic - *Arctium* (internally), *Myrica* (externally)

2.8 PERIAPICAL ABSCESS

Echinacea, internally and externally

2.9 PERIODONTITIS (Pyorrhea)

General external - *Commiphora*, *Coptis*, *Gambir*, *Krameria*, *Myrica*,
Propolis

Acute external - *Bursera*, *Commiphora*, *Rumex hymenosepalus*

2.10 PULPITIS

Rhus glabra

2.11 STOMATITIS

Echinacea, *Hydrastis*

Chronic - *Arctium*, *Myrica*, *Propolis*, *Xanthoxylum berries*

2.12 VINCENT'S INFECTION (Trench Mouth)

Coptis, *Rhus glabra*, *Myrica*

3 EAR, NOSE, THROAT

3.1 EAR, EXTERNAL

Ceruminosis, with eczema - *Hydrastis* externally

Discharge - *Echinacea* externally

Pain from cold - *Cimicifuga*

3.2 EAR, MIDDLE

Otitis Media - *Erigeron oil* (internal), *Pulsatilla* (internal)

from rhinitis, allergies - *Ambrosia*, *Euphrasia*

Pain, burning - *Sanguinaria*

Rheumatic, dull aching - *Cimicifuga*

- Neuralgia - ***Piper methysticum***
with head cold - ***Verbascum oil***
- 3.3 EPISTAXIS (nosebleeds)**
General - ***Achillea*** (fresh tincture), ***Ambrosia***, ***Capsella***, ***Erigeron***
Chronic - ***Lycopus***, ***Quercus***
- 3.4 HEAD COLD**
General decongestant - ***Ephedra vulgaris***, ***Ephedra viridis***, ***Eriodictyon***
Beginning, with chills - ***Zingiber***
dry, with tight membranes - ***Capsicum***, ***Hedeoma***
dry, with fever - ***Asarum***, ***Hedeoma***
dry, with irritative cough - ***Drosera***, ***Lobelia***, ***Ligusticum porteri***
Moist with fever, aches - ***Eupatorium perfoliatum***, ***Verbena***
Subacute with thick mucus - ***Anemopsis***, ***Hydrastis***
with hoarseness or laryngitis - ***Althea***, ***Drosera***, ***Populus candicans***,
Tussilago, ***Ulmus fulva***
- 3.5 LARYNGITIS**
General - ***Acacia***, ***Althea***, ***Salvia***
Dry - ***Capsicum***
with head cold - ***Populus candicans***, ***Tussilago***, ***Ulmus fulva***
Chronic, with excess, abundant mucus - ***Aralia racemosa***, ***Eryngium***
From singing or talking - ***Arisaema***
Purulent with systemic effects - ***Baptisia***, ***Echinacea***
- 3.6 PEMPHIGUS**
Coptis
- 3.7 PHARYNGITIS**
Gargle in acute - ***Acacia***, ***Althea***, ***Ceanothus***, ***Drosera***, ***Echinacea***,
Propolis, ***Ulmus fulva***
Acute initial stages-***Echinacea***,***Guaiaicum***,***Ligusticum porteri***, ***Lomatium***
with hyperemia - ***Hamamelis***
Returning after almost healing - ***Anemopsis***, ***Guaiaicum***, ***Myrica***
Granular - ***Hydrastis***
Subacute, slow to heal - ***Echinacea***, ***Guaiaicum***, ***Ligusticum porteri***,
Lomatium, ***Myrica***
with thick, gagging mucus - ***Hydrastis***, internal and external
Chronic, with semi-edema, hypersecretion - ***Myrica***, ***Xanthoxylum***
with hard, inflamed nodes - ***Phytolacca***
with thick, tenacious mucus - ***Abies***, ***Aralia racemosa***, ***Grindelia***,
Polygala senega
with pale, relaxed mucosa - ***Anemopsis***, ***Hamamelis***, ***Hydrastis***
with joint pain, mild auto-immunity symptoms - ***Guaiaicum***
- 3.8 RHINITIS**
Acute, allergic - ***Ambrosia***, ***Encelia farinosa***,***Euphrasia***
Subacute or chronic - ***Anemopsis***, ***Coptis***, ***Hydrastis***, ***Mahonia***
- 3.9 SINUSITIS**
General decongestant - ***Ephedra*** (both)
Acute with runny eyes, nose - ***Ambrosia***, ***Encelia farinosa***, ***Euphrasia***
with ulcerations, as nasal spray - ***Anemopsis***, ***Bursera***, ***Commiphora***,
Echinacea, ***Rhus leaves***
Subacute or chronic, with green viscous mucus - ***Asclepias asperula*** as an
insufflated powder
Chronic with inflammation, catarrh, stuffy heat - ***Anemopsis***, ***Myrica***

with necrotic, foul discharge - **Baptisia**

with nasal catarrh, thickened relaxed mucosa - **Hamamelis**

with edematous turbinates, relaxed and purplish - **Anemopsis, Hydrastis**

with thick ropy mucus, frontal headache - **Anemopsis, Hydrastis**

3.10 STREP THROAT

Echinacea, Guaiacum

3.11 TONSILLITIS

General - **Ceanothus, Guaiacum, Polymnia, Salvia**

Acute, early stage - **Guaiacum, Ligusticum porteri, Lomatium**

Dry membranes - **Capsicum**

with adenitis, swollen, engorged - **Phytolacca**

Subacute with crypt catarrh - **Hydrastis**

Chronic with necrosis - **Baptisia**

with hypersecretions, boggy - **Myrica**

with ulcers - **Aconitum, Anemopsis, Myrica**

Hyperemic and congested - **Hamamelis** as gargle

To abort processes with gargle - **Anemopsis, Capsicum, Echinacea, Guaiacum**

For pain - **Aconitum** (brushed on tonsils), **Gelsemium, Cinnamomum tea**

4 PULMONARY

4.1 APNEA

After falling asleep - **Grindelia**

4.2 ASTHMA

General antispasmodic for long-term use - **Ammi visnaga, Dracontium, Passiflora**

Bronchial, humid - **Inula**

with free expectoration - **Eriodictyon**

in aged - **Polygala**

Dry, non spasmodic - **Asclepias asperula, Asclepias tuberosa**

with pectoral soreness, raw throat - **Grindelia**

Extrinsic with dry spastic cough - **Aconitum** (cured), **Allium, Drosera, Lobelia, Sanguinaria**

Intrinsic, humid - **Marrubium**

with chronic candidiasis - **Tabebuia, Tecoma**

with thick mucus - **Grindelia**

with moist cough - **Anemopsis, Commiphora, Echinacea**

Psychogenic - **Angelica**

Spasmodic - **Ammi visnaga, Datura** (smoked)

with constriction of chest - **Dracontium, Drosera, Ptelea**

With albuminuria - **Lobelia**

With apnea when sleeping - **Ammi visnaga, Grindelia**

4.3 BRONCHITIS

Acute, dry, hot - **Asclepias asperula, Asclepias tuberosa**

with red face, fever, contracted pupils - **Gelsemium**

becoming chronic with thick mucus - **Cubeba, Polygala**

in aged, with secretions - **Commiphora, Eucalyptus**

with muscular weakness - **Eupatorium perfoliatum**

Recuperating, with difficult expectoration - **Grindelia**

with congestion, hypersecretion, post-febrile - **Lobelia**

General - **Prunus**

Subacute or chronic in aged - **Grindelia**

Chronic - **Inula, Lycopus, Marrubium**

with profuse secretions - **Abies, Anemopsis, Eryngium, Lobelia, Polygala**

with profuse secretions and debility - **Aralia racemosa, Commiphora**

Scanty, blood-streaked mucus - **Bryonia**

Supportive in hypertensive mesomorphs with sthenic pulse - **Veratrum**

4.4 BRONCHORRHEA

Ligusticum porteri, Lobelia

4.5 COUGH

Acute, initial stages - **Ligusticum porteri**

from nervousness - **Verbascum**

with pharynx and larynx irritability - **Tussilago, Ulmus fulva**

with faucial irritability - **Althea, Aralia, Glycyrrhiza, Trifolium**

spasmodic with bronchial tightness and dyspnea - **Aesculus glabra**

spasmodic with paroxysms - **Cannabis, Drosera**

reflex, intestinal and uterine - **Cannabis**

laryngeal - **Drosera, Trifolium**

Dry, acute pulmonary - **Asclepias tuberosa**

hectic, painful breathing, rapid pulse - **Prunus**

hectic, with mucus vomiting, gagging, no overt disease - **Pulsatilla**

hectic, aggravated by changes in humidity, temperature - **Bryonia**

hectic, with dry mouth - **Capsicum, Xanthoxylum**

moist, persistent - **Anemopsis, Eriodictyon, Inula, Lobelia**

with mucosa irritation, wheezing, dry mucus - **Aralia racemosa**

with mucosa irritation, wheezing, dry mucus worse lying down - **Verbascum**

after influenza - **Eriodictyon**

after pneumonia with difficult expectoration - **Asclepias asperula,**

Eucalyptus, Lobelia, Polygala

after fever, dry - **Grindelia, Lobelia**

Subacute, moist - **Polygala**

stubborn, recurring - **Guaiaecum**

Chronic with debility - **Asarum, Commiphora, Lobelia**

with indigestion, dry cough, intercostal pain when inhaling - **Asclepias tuberosa**

with chest pains, anorexia, diminished strength - **Benzoin, Liquidambar, Styrax**

4.6 DYSPNEA

General - **Crataegus, Lophophora, Passiflora, Prunus**

Functional, with pale face, palpitations - **Aspidosperma, Prunus**

with functional cardiopathies, neurosis, fear - **Cereus, Prunus**

with bronchial tightness, spasmodic cough - **Aesculus glabra**

After bronchitis - **Cubeba, Lobelia**

with copious expectoration - **Inula, Lobelia**

After pneumonia with difficult expectoration - **Asclepias asperula,**

Eucalyptus, Lobelia

Induced by external chill - **Aristolochia** (all)

Adjunct in chronic conditions as muscle relaxant - **Passiflora**

4.7 EMPHYSEMA

with poor pulmonary circulation - **Aspidosperma, Cereus**

to strengthen septum cartilage - ***Equisetum***

with moist labored breathing - ***Polygala***

with dry labored breathing, sallow skin - ***Aconitum*** (cured Chinese), ***Grindelia***

4.8 HEMOPTYSIS

General - ***Erigeron***, ***Lycopus***

from fits of coughing - ***Bidens***, ***Drosera***, ***Verbascum***

Chronic mild, from fits of morning coughing - ***Cinnamomum***

4.9 INFLUENZA

General - ***Aralia racemosa***, ***Eucalyptus oil***, ***Lomatium***, ***Prunus***

General, for malaise and aches - ***Cimicifuga***, ***Eupatorium perfoliatum***

Dry, hot, asecreatory - ***Lobelia and Capsicum***, ***Asclepias asperula***, ***A. tuberosa***

with deep aching pain, moist fever - ***Eupatorium perfoliatum***

Acute, hypersecretory, excitability - ***Gelsemium***

with coughing, dyspnea - ***Aspidosperma***, ***Grindelia***, ***Ligusticum***,
Prunus, ***Verbascum***

Coughing, harsh, hacking and irritated with scanty blood-streaked mucus -
Bryonia, ***Phytolacca***

4.10 PAIN

Sore, bruised feeling in bronchi - ***Arisaema***, ***Cimicifuga***

4.11 PLEURISY

Acute - ***Asclepias*** (all)

interlobar - ***Asclepias tuberosa***

effusive - ***Eriodictyon***

with rapid perspiration, pain on movement, flushed face, frontal headache -
Bryonia

with hectic coughing, rapid breathing - ***Prunus***

4.12 PLEURODYNIA

General - ***Asclepias*** (all), ***Capsicum*** plaster

4.13 PNEUMONIA

Acute bronchial with vascular disturbance, fever - ***Asclepias tuberosa***

with dyspnea not apnea - ***Eupatorium perfoliatum***, ***Ligusticum porteri***,
Prunus

with harsh cough, pain - ***Bryonia***

with difficult expectoration - ***Eucalyptus***

General anti-viral - ***Ligusticum porteri***, ***Lomatium***

Primarily right lung - ***Chelidonium***

Post-febrile, with debility, heavy secretions - ***Corallorrhiza***

Recuperation, with difficult expectoration, dry and tough - ***Asclepias tuberosa***,
Eucalyptus

with protracted cough, weight loss, low chi - ***Corallorrhiza***

5 CARDIOVASCULAR

5.1 ANGINA PECTORIS

Vasomotoria (false) with slow pulse, precordial heaviness, mild general cardiac
neuralgia - ***Lobelia***

Adjunct for fear of death, constant guarding against pain - ***Avena***, ***Crataegus***

5.2 ARTERIOSCLEROSIS

Lipid lowering - ***Arctium***, ***Eleutherococcus***, ***Harpagophytum***, ***Opuntia***
juice, ***Panax quinquefolium***, ***Tribulus***

- with confusion, sluggishness in aged - *Capsicum* , *Zingiber*
 with dry membranes, skin - *Myrica*, *Xanthoxylum*
 General - *Crataegus*, *Ginkgo*
- 5.3 CAPILLARY FRAGILITY**
 General - *Quercus* with flavonoids
 Flavonoid sources - *Crataegus berries*, *Eriogonum*, *Opuntia* fruit/flowers
- 5.4 CARDIOPATHIES**
 Tachycardia, nervous - *Cypripedium*, *Epipactis*, *Leonurus*
 with circulatory excitement, anxiety - *Leonurus*, *Lycopus*
 Functional neurocirculatory disorders - *Avena*, *Cereus*, *Leonurus*,
Lophophora, *Scutellaria*
 with depression, hypochondriasis, necrophobia - *Cereus*
 with depression, intestinal hyposecretion, flatulence - *Xanthoxylum*
 Supportive to other measures for anxiety syndromes in chronic cardiopathies -
Leonurus, *Lycopus*, *Scutellaria*
- 5.5 EDEMA**
 with weak circulation, debility - *Apocynum*, *Aristolochia*, *Myrica*,
Xanthoxylum
 with constipation - *Aralia hispida*
 with functional cardiac insufficiency - *Apocynum*, *Asclepias asperula*,
Asclepias incarnata
 with vascular stasis and sepsis - *Baptisia*
 with venous stasis in pelvis and legs - *Collinsonia*, *Fouquieria*
- 5.6 FATTY DEGENERATION OF HEART**
 Adjunct therapies - *Fucus*, *Phytolacca*
- 5.7 HEMORRHAGE**
 General - *Achillea* (fresh tincture), *Cinnamomum*, *Erigeron*
 Passive capillary - *Capsella*, *Hamamelis*, *Lycopus*
 From congested, boggy mucosa - *Erigeron*, *Hydrastis*
- 5.8 HYPEREMIA**
 General - *Asclepias tuberosa*
 Venous - *Collinsonia*
 with flushed face, bright eyes, contracted pupils, restlessness, excitation -
Gelsemium
 with full bounding pulse, bloodshot eyes, pulsing neck, red stripe down tongue -
Veratrum
- 5.9 HYPERTENSION**
 Episodic, mild - *Vinca*
 Episodic with headache, tachycardia - *Viscum*
 Essential - *Allium*, *Crataegus*, *Tribulus*
 with strong pulse - *Asclepias tuberosa*
 with elevated diastole, arterial hypertonicity - *Crataegus* and *Passiflora*
- 5.10 HYPERTROPHY**
 In aged - *Asclepias asperula*
 Chronic, dilated - *Lycopus*
- 5.11 HYPOTENSION**
 Asthenic with dry skin and frequent blushing - *Angelica sinensis*, *Panax*
 (Chinese Kirin and Korean Red)
 Asthenic with palpitations and dyspnea - *Cola*
 with water retention and edema - *Apocynum*, *Aristolochia serpentaria*
 with frequent urination - *Glycyrrhiza*

5.12 PALPITATIONS

Arrhythmia with tachycardia - *Convallaria*

with dyspnea - *Crataegus*

with agitation, neurotic - *Cypripedium and Cereus*

From overexertion - *Prunus*

With hypotension, asthenia, dyspnea - *Cola, Lophophora*

After febrile infection - *Lycopus*

From hiatus hernia or gastritis - *Lycopus*

In evening with emotional agitation - *Passiflora, Scutellaria*

In menopause or puberty from corticosteroid imbalances - *Vitex*

5.13 REGURGITATIONS

Mitral - *Cereus*

with sense of heaviness - *Collinsonia*

Tricuspid - *Apocynum*

5.14 TOBACCO HEART

Cereus, Lycopus, Passiflora

5.15 VARICOSE VEINS

Legs, inner thighs, from diet or chronic poor fat digestion - *Collinsonia, Fouquieria*

Legs, inner thighs - *Aesculus* (both)

with relaxed tissues, sense of fullness - *Hamamelis*

5.16 VASONEUROSIS

Impaired circulation to extremities - *Dulcamara*

Skin and mucosa - *Calendula, Heterotheca, Xanthoxylum*

5.17 VENOUS STASIS

In pelvis and legs, with dyspepsia and general G.I. hypofunction, rectal heaviness - *Aesculus, Collinsonia*

In turgid veins, not from cardiac decompensation or portal hypertension.-
Hamamelis

6 NEUROLOGIC

6.1 CHOREA

Sydenham's - *Corydalis aurea, Scutellaria*

General adjunct - *Passiflora, Verbena*

6.2 CONVULSIONS

General options when medications may not be necessary - *Gelsemium, Lobelia, Passiflora, Scutellaria, Verbena*

Periodic, associated with uterine disorders - *Cimicifuga*

6.3 DELIRIUM TREMENS

In asthenics - *Aristolochia serpentaria, Capsicum, Pulsatilla, Valeriana*

In sthenics - *Cimicifuga, Passiflora, Scutellaria*

6.4 DIZZINESS

In aged with arteriosclerosis, "cerebral anemia" - *Ginkgo, Cola, Panax ginseng* (Kirin, Korean Red)

In aged with arteriosclerosis, atonic digestive function, dry skin - *Xanthoxylum*

6.5 EPILEPSY

To reduce force and lessen frequency - *Lobelia, Solanum dulcamara*

When aura is present, but condition is marginal for standard medication - *Passiflora, Scutellaria*

Petit mal with chorea or agitation - *Cimicifuga*

Petit mal, while sleeping - **Scutellaria**

6.6 INSOMNIA

To prevent anxieties when insomnia feared - **Avena, Passiflora, Pulsatilla**

With spasms, pain, nervous irritability, tachycardia - **Piscidia, Viscum**

Frequent waking with nightmares - **Cannabis**

In atonic, debilitated states - **Cypripedium, Epipactis, Valeriana**

With muscular pain, agitation, "rheumatoid" - **Cimicifuga**

From exhaustion following excitement - **Pedicularis, Scutellaria**

Wakefulness in chronic disorders - **Scutellaria**

with strong bounding pulse, bloodshot eyes - **Veratrum**

with indigestion and epigastric fullness - **Humulus, Matricaria**

General, in asthenic individuals - **Cypripedium, Epipactis, Hypericum,**

Symplocarpus, Valeriana

General, in sthenic individuals - **Avena, Passiflora, Scutellaria, Verbena**

6.7 MULTIPLE SCLEROSIS

Early stages or the beginning of remissions - **Eleutherococcus, Gualiacum,**

Panax quinquefolium

With distal numbness - **Populus candicans**

gitated and irritable from distress and fear - **Scutellaria**

Aggravated by blood sugar shifts - **Oplopanax**

In the asthenic, feeble - **Panax ginseng** (Kirin or Korean Red)

In young women - **Angelica sinensis, Panax quinquefolium**

6.8 NARCOLEPSY

Avena, Cola, Paullinia

6.9 NEURALGIA, GENERAL

With nervous muscular twitching - **Corydalis, Hypericum**

Brachial Neuritis - **Humulus**

Intercostal - **Capsicum** plaster

Aggravated by movement, with asthenia - **Bryonia**

With spasms or tenesmus - **Cannabis**

In convalescence, debility - **Cypripedium, Epipactis, Cola, Valerian**

6.10 NEURALGIA, CERVICAL

Cimicifuga, Piscidia, Capsicum plaster

6.11 NEURALGIA, TRIGEMINAL

General, internal - **Aconitum, Piscidia, Scutellaria**

General, external - **Gaultheria oil, Heracleum** (fresh root tincture)

From cold, caries, or gum inflammation - **Gelsemium**

To decrease hypersensitivity of trigger points - **Humulus**

6.12 PARALYSIS

Heracleum fresh root tincture applied locally, at and distal from nerve injury

7 ENDOCRINE

7.1 ADRENAL CORTEX

Hypofunctions - **Aralia** (all), **Eleutherococcus, Glycyrrhiza, Oplopanax,**

Panax ginseng (uncured), **Panax quinquefolium, Smilax**

Hyperfunctions from stress, with elevated lipids, uric acid, blood sugars with

stomach hypersecretions - **Arctium, Harpagophytum, Panax**

quinquefolium, Tribulus

7.2 ADRENAL MEDULLA

Depressed from stimulant withdrawal, "exhausted" - **Aconitum carmichaelii**

(Chinese cured slices), ***Panax ginseng*** (Kirin Chinese or Korean Red)

7.3 GONADS

Poor availability or hyposecretion of primary hormones in either sex - ***Angelica sinensis*** (Dong Quai)

Progesterone or prolactin deficiency - ***Vitex***

7.4 PITUITARY/HYPOTHALAMUS

Moderation for overreactivity in stress and drug abuse - ***Eleutherococcus***,
Panax quinquefolium

7.5 THYROID

Hyperfunction, general - ***Lycopus***

Exophthalmus, general - ***Lycopus*** and ***Passiflora***

Hypofunctions with depressions, dry skin - ***Centella asiatica***
with obesity, fluid retention - ***Fucus***

with fluid retention, immunodepression - ***Iris*** and ***Phytolacca***

8 HEPATO-BILIARY

8.1 "BILIOUSNESS"

Acute, from drug or food excess - ***Berberis***, ***Mahonia***

Sick headache with nausea, dyspepsia, light feces - ***Iris***

Dizziness, depression, frontal headache, tenderness and pain in right
hypochondrium - ***Leptandra***

Chronic, with symptoms of autointoxication, sluggish liver catabolism - ***Larrea***

8.2 CHOLANGITIS

Acute - ***Leptandra***

Light stools, cloudy or dark urine, pain in right hypochondrium to shoulder -
Chelidonium

Light stools, dark scanty urine, with steatorrhea, pain in right hypochondrium to
navel - ***Chionanthus***

With sharp cutting pains, increased by motion - ***Chionanthus***

General antispasmodic - ***Brickellia***, ***Dioscorea***, ***Picraena***, ***Piscidia***

8.3 CHOLECYSTALGIA

Pain in right hypochondrium to right shoulder, without any major abdominal pain
- ***Chelidonium***, ***Leptandra***

General antispasmodic - ***Dioscorea***, ***Lobelia***, ***Picraena***

8.4 CHOLECYSTITIS

"Catarrhal" - ***Achillea***, ***Brickellia***, ***Bryonia***, ***Chionanthus***

Chronic without blockage - ***Chelidonium***
with occasional jaundice - ***Chionanthus***

For pain - ***Brickellia***, ***Picraena***

8.5 CHOLELITHIASIS

Reoccurring without blockage - ***Chelidonium***

Preventative - ***Chionanthus***, ***Leptandra***

8.6 CIRRHOSIS

Alcoholic - ***Silybum***

with portal congestion - ***Chionanthus***, ***Fouquieria***, ***Iris***

Biliary - ***Chelidonium***

Laennec's - ***Silybum***

8.7 HEPATITIS

General strengthening - ***Arctium***, ***Silybum***, ***Taraxacum***

with jaundice, headache, orange colored urine - ***Bryonia***

with jaundice, light frothy stools, scanty urine, right hypochondrium pain -

Chionanthus

Hot skin, cold feet, abdominal congestion, white coated tongue, bad taste and breath, pain in right hypochondrium with pain referred to right or left shoulder - ***Leptandra***

Rebound elevations of bilirubin, SGOT and SGPT at a later time - ***Linaria***

Chronic abdominal pain and hemorrhoidal aching after acute symptoms have disappeared - ***Fouquieria***

8.8 JAUNDICE

Mild, with simple unobstructed hepatic dysfunction- ***Chelone, Taraxacum***

Pale, dry skin, thick coated tongue, moderate hepatic pain, - ***Leptandra***

Posthepatic, Cholestatic - ***Chelidonium***

Functional - ***Chionanthus***

General recuperative - ***Berberis, Linaria, Mahonia***

9 RENAL-URINARY

9.1 ALBUMINURIA

Renal, subacute - ***Chimaphila, Pyrola***

Toxic - ***Echinacea***

Chronic renal weakness without inflammation - ***Juniperus***

with inflammation - ***Agropyron repens***

Early or incipient - ***Chimaphila***

9.2 CYSTORRHEA

General - Agrimonia, Anemopsis, ***Eryngium, Piper methysticum, Uva Ursi, Zea***

Acute with urethral discharge - ***Agropyron***

with mucus and gravel - ***Xanthium***

Chronic - ***Cubeba, Urtica***

with acid pH - ***Barosma***

smelly - ***Agrimonia***

without active inflammation - ***Juniperus***

without active inflammation, in exhausted, feeble states - ***Commiphora***

with sense of fullness, blockage - ***Eupatorium purpureum***

9.3 CYSTITIS/URETHRITIS

General, for pain - ***Agropyron, Althea, Cannabis, Piper methysticum, Zea***

Acute, general - ***Althea, Malva, Zea***

with aching in loins. frequent burning and scanty urination-***Eryngium, Piper methysticum, Populus, Salix***

with mucus in urine - ***Anemopsis, Eriodictyon***

with mucus in urine, backache, cramps - ***Agropyron***

with ammoniacal, purulent urine - ***Gaultheria oil***

with cloudy, smelly urine - ***Agrimonia***

with inflammation and irritation - ***Ephedra viridis, Equisetum***

with inflamed urethral opening - ***Anemopsis, Salix***

with relaxed, inflamed urethral opening and mucus discharge - ***Uva Ursi***

Irritability, more than pain - ***Argemone, Cannabis***

Acid pH, frequent urination, little relief - ***Barosma***

with pain from gravel & alkaline, with phosphatic urine-***Agropyron, Hydrangea***

with pain from gravel and acid, urate urine - ***Eupatorium purpureum***
and *Hydrangea*

with systemic infections, fever - ***Astragalus, Galium***

Chronic, with mucus - ***Cubeba, Xanthium***

at menses - ***Cubeba***

with prostatitis - ***Cupressus, Gaultheria, Serenoa, Thuja***

with brick (urate) dust, scanty urine - ***Capsella, Chimaphila***

with dark or mucopurulent urine and strained urination - ***Capsella,***
Collinsonia, Eupatorium purpureum

with relaxed, inflamed urethra and mucus discharge - ***Uva Ursi***

with acid pH, frequent urination, little relief - ***Barosma***

without active inflammation - ***Bursera, Commiphora, Juniperus***

9.4 DYSURIA

with dysmenorrhea - ***Mitchella***

with partial impotence - ***Serenoa, Tribulus***

with congestive prostate enlargements in sedentary males - ***Fouquieria,***
Mitchella, Ptychopetalum

with incontinence from movement, during menses, after coitus or in menopause -
Eryngium

From heavy sexual activity - ***Capsella, Piper methysticum, Santal,***
Serenoa

Non-inflammatory recurring dysuria after "surgical" menopause - ***Juniperus***

When spasms occur after urination - ***Populus***

Concurrent with systemic, febrile infections - ***Galium***

Acute, initial stages - ***Althea, Zea***

with pain in back, difficult urination - ***Agropyron***

from sphincter irritation - ***Gaultheria, Salix***

from alkaline urine and passage of phosphatic urine - ***Hydrangea, Zea***

Chronic acidic - ***Buchu, Verbascum***

for pain - ***Cannabis, Piper methysticum, Verbascum***

with mucopurulent, scanty urine - ***Chimaphila, Uva Ursi***

with dark or milky urine - ***Eupatorium purpureum***

9.5 GLYCOSURIA

From hepatic hyperglycogenolysis or diet - ***Brickellia, Chionanthus,***
Vaccinium

Renal - ***Chimaphila, Vaccinium***

9.6 HEMATURIA

General - ***Capsella, Eryngium, Trillium***

with great pain on urination - ***Achillea, Agropyron, Cannabis,***
Hydrangea, Xanthium

with sediment in urine - ***Capsella, Hydrangea, Trillium***

Chronic, passive - ***Eupatorium purpureum, Lycopus***

9.7 INCONTINENCE

General - ***Agrimonia, Krameria, Verbascum*** (root), ***Zea***

While sleeping, from chronic cystitis - ***Equisetum and Rhus aromatica,***
Verbascum (root)

Menstrual, menopausal, aggravated by movement - ***Eryngium***

Recent sexual activity in sedentary, previously abstemious males - ***Angelica***
sinensis and Eryngium

From chronic nephritis or acute lower urinary tract infections - ***Agrimonia,***
Pulsatilla

In aged males with enlarged prostate, poor bladder control - *Equisetum*,
Thuja

Functional and occasional from sympathetic enervation and poor bladder tone -
Verbascum (root)

9.8 LITHIASIS

with irritation and sharp, inflammatory pain - *Agrimonia*, *Althea*, *Capsella*,
Malva, *Zea*

with clonic spasms - *Dioscorea*, *Hydrangea*

with hematuria, especially from lower tract - *Capsella*, *Eryngium*

Acidic, muddy, or with "brick dust" - *Buchu* and *Uva Ursi*

With hyperuricemia - *Arctium*, *Capsella*, *Eupatorium purpureum*,
Harpagophytum

Preventative in alkaline, phosphatic stones - *Berberis*, *Eupatorium purpureum*,
Mahonia

9.9 NEPHRITIS

General - *Althea* and *Zea*

with edema - *Equisetum*

and arthritis or auto-immune type syndromes - *Chimaphila* (fresh tincture)

Acute, mild, with fine hyaline casts - *Gaultheria*

Subacute, mild, with moderate hematuria - *Uva Ursi*

Chronic without active inflammation - *Commiphora*, *Juniperus*

to lessen the tendency to sclerosis - *Lespedeza*

Deep-seated kidney pain accompanying primary treatment - *Agropyron*,
Hydrangea, *Solidago*

9.10 PAIN

In lumbar region, flanks to navel - *Agrimonia*, *Krameria*

Lumbar region only - *Hydrangea*

Sacral and lower lumbar with urethral mucus discharge - *Agropyron*,
Solidago

Renal and bladder colic - *Dioscorea*, *Hydrangea*, *Melilotus*

9.11 PHOSPHATURIA

General - *Medicago*, *Zea*

with vesical irritation - *Cannabis*, *Capsella*

with pain in kidneys - *Agropyron*, *Erigeron*, *Hydrangea*

Mucopurulent - *Zea*

Aggravated by cold, damp weather or present only in winter - *Aristolochia*
serpentaria

9.12 POLYURIA

From urethritis or prostatitis - *Eryngium*, *Mitchella*

During or after cold weather - *Aristolochia serpentaria*

Frequent, low specific gravity urine - *Salvia* (cold infusion), *Vaccinium*

9.13 PYELITIS

Acute, initial stages with painful urination - *Zea*

from ascending cystitis with boggy mucosa - *Chimaphila*, *Uva Ursi*

Chronic, with colic - *Agropyron*, *Dioscorea*

with mucopurulent, acidic urine - *Barosma*

with mucopurulent, alkaline urine - *Chimaphila*, *Zea*

Post-lithiasis, painful urination - *Eupatorium purpureum*, *Piper*
methysticum, *Solidago*, *Zea*

With mucopurulent urine with RBC's and leukocytes - *Chimaphila*, *Pyrola*,
Uva Ursi

9.14 STRANGURY

General - *Althea*, *Malva*, *Uva Ursi*, *Zea*
Antispasmodic - *Cannabis*, *Eschscholzia*

9.15 URETERALGIA

Agropyron, *Dioscorea*, *Equisetum*, *Hydrangea*, *Piper methysticum*,
Uva Ursi, *Zea*

10 GASTROINTESTINAL TRACT

10.1 ANOREXIA

Anorexia nervosa, in stressed adolescents - *Calamus*, *Cannabis*, *Panax*
quinquefolium, *Swertia*

with chronic simple pelvic irritabilities - *Actaea*, *Cimicifuga*

In the feeble, asthenic - *Aristolochia* (all), *Castela*, *Gentiana*, *Picraena*,
Ptelea, *Xanthoxylum*

After G.I. infections - *Castela*, *Frasera*, *Erythraea*, *Gentiana*, *Swertia*
Asecretory/achlorhydria - *Capsicum*, *Ptelea*, *Xanthoxylum*

Chronic with recurring viral infections - *Euonymus*

with simple dyspepsia - *Frasera*, *Swertia*

with colon, rectal catarrh - *Anemopsis*, *Hydrastis*, *Myrica*

with depressed autonomic and myenteric stimulation - *Asclepias tuberosa*,
Lobelia, *Xanthoxylum*

with extensive hypersecretion of pulmonary, renal, and intestinal mucus -
Eriodictyon

Convalescence with ileocecal cramps - *Chelone*

From chemotherapy - *Calamus*, *Cannabis*, *Euonymus*, *Panax* (uncured)

10.2 ATONIC COLON

with mucus in feces - *Hydrastis*, *Myrica*

with mucus in feces, difficult defecation, but without inflammation or fissures -
Aloe, *Rhamnus*

with anorexia - *Gentiana*, *Mahonia*

with asecretory upper G.I. functions - *Xanthoxylum*

with anorexia and liver hypofunction - *Euonymus*

without inflammation but with hard, formed feces - *Senna*

without inflammation but with marbly, hard feces - *Asclepias tuberosa*,
Lobelia

with solitary red eruptions on buttocks, shoulders - *Rumex crispus*

After intestinal infections - *Ptelea*

10.3 CANDIDIASIS

After antibiotic or anti-inflammatory therapy - *Castela*, *Chilopsis*, *Tabebuia*,
Tecoma

10.4 COLIC

General - *Dioscorea*, *Mentha piperita* oil

Flatulent - *Angelica*, *Anthemis*, *Asarum*, *Calamus*, *Carum*, *Lavandula*,
Mentha (all), *Micromeria*, *Pimenta* oil

Gastric with flatulence - *Angelica*, *Calamus*, *Eucalyptus*

Small intestine - *Lavandula* oil, *Mentha piperita* oil

Cecum with uneasy, distressing pain - *Chelone*, *Juglans major*
with chronic, non-inflammatory diarrhea - *Epilobium*

Chronic with catarrh - *Anemopsis*, *Hydrastis*, *Juglans*

From cathartics - *Curcuma*, *Zingiber*

10.5 COLITIS

From candidiasis - *Castela and Tabebuia*

"Chronic" - *Mentha piperita oil, Myrica, Rheum, Neutralizing Cordial*

From intestinal putrefaction and liver or portal dysfunction - *Chelone,*

Fouquieria

Ulcerative, bleeding - *Erigeron*

10.6 CONSTIPATION

With poor appetite - *Agave*

Dry feces with tenesmus - *Rhamnus* (all)

Dry feces with scanty secretions - *Agar, Glycyrrhiza, Plantago ovata*

with light feces - *Iris, Mahonia*

with poor appetite, post febrile - *Euonymus, Ptelea*

Chronic, atonic - *Frangula, Juglans, Rhamnus* (all), *Senna* (pods)

with chronic dyspepsia - *Rheum, Xanthoxylum, Neutralizing Cordial*

with atonic gastric functions, eruptions on face neck, back, or buttocks -

Juglans, Rumex crispus

with poor fat absorption, sluggish portal circulation - *Aristolochia* (all),

Fouquieria, Podophyllum

with sense of constriction and cramps - *Rheum, Neutralizing Cordial*

with autotoxicity, mouth sores - *Taraxacum*

10.7 DIARRHEA

Burning, acrid - *Juglans, Rheum, Neutralizing Cordial*

Septic - *Ambrosia, Astragalus, Baptisia, Echinacea*

For tenesmus - *Dioscorea, Garrya*

From dietary indiscretions - *Mahonia, Monarda*

Greenish - *Paullinia*

Large mucoid semi-formed feces - *Iris, Myrica*

In asthenics, with atonic gastric functions - *Prinos*

Giardia - *Castela, Picraena*

Amebic, as preventative - *Castela, Rheum and Picraena*

Chronic with semiformal feces, frequent evacuations and debility - *Geranium,*

Heuchera, Krameria, Rheum, Datura, Garrya

Recuperating - *Anemopsis, Berberis, Coptis, Mahonia, Ptelea*

Supportive for gas and cramps - *Zingiber*

10.8 DYSENTERY

with blood - *Althea enema, Erigeron*

with suppurations; bacillary - *Baptisia and Echinacea, Fraxinus*

General supportive astringent - *Quercus*

Recuperation - *Hydrastis, Ptelea*

Supportive for gas and cramps - *Zingiber*

General tonic when self-limiting - *Epilobium, Rhus glabra, Xanthoxylum berries*

Chronic - *Geranium*

For concurrent mouth sores - *Anemopsis, Coptis*

10.9 DYSPEPSIA

with flatulence - *Populus, Tanacetum*

with flatulence, slow transit time, borborygmus - *Aletris, Rheum, Neutralizing Cordial*

with flatulence that's chronic anyway - *Foeniculum*

with flatulence from overeating and digestive abuse- *Calamus, Juglans, Ptelea, Xanthoxylum berries*

with flatulence, nervous dyspepsia, nausea - **Lavandula**
 Atonic - **Asarum, Calamus, Zingiber**
 Atonic in alcoholics - **Capsicum, Myrica, Picraena** (acetum tincture)
 From Fats - **Berberis, Mahonia**
 From starches - **Humulus**
 Asecretory - **Capsicum, Xanthoxylum, Zingiber**
 Asecretory with anorexia, atonicity - **Coptis, Euonymus, Ptelea**
 Fermentative, aggravated by food - **Echinacea, Eucalyptus**
 Chronic catarrhal with constipation - **Juglans, Myrica, Swertia**
 with anorexia - Eriodictyon, **Gentiana**
 with nausea, sick headache, light feces - **Iris**
 with nausea, frontal headache - **Mahonia**
 with dizziness, anorexia, sick headache, coated tongue - **Podophyllum**
 with sluggish liver and portal circulation - **Chelone, Collinsonia and**
 Rumex crispus
 Aggravated by fats and proteins - **Larrea, Leptandra**
 Simple nervous dyspepsia from agitation - **Coriandrum, Matricaria,**
 Mentha viridis, Nepeta

10.10 FLATULENCE

without active inflammation - **Capsicum, Xanthoxylum**
 with inflammation - **Angelica, Calamus, Myrica, Neutralizing Cordial**
 with painful intestinal spasms - **Mentha piperita oil, Zingiber**
 with emotional depressions, especially first hour after eating meals -
 Valeriana

10.11 GASTRITIS

Acute - **Acacia**
 with cough, bronchial irritation - **Prunus**
 with catarrh - **Anemopsis**
 with uterine reflex - **Actaea**
 Recuperation - **Anemopsis, Hydrastis, Ptelea**
 Chronic with abdominal tenderness - **Amygdalus, Prunus**
 Static - **Myrica**
 Catarrhal - **Xanthoxylum**
 with sulfuric, putrid belching - **Echinacea, Eucalyptus, Hydrastis,**
 Tabebuia
 From alcoholic excess - **Hydrastis, Mahonia, Myrica, Picraena**
 With poor HCl, extended transit time - **Ainus**
 With pulsation of epigastric arteries - **Eucalyptus oil** (3-5 drops)
 With liver weakness, poor portal circulation - **Aristolochia**
 Convalescence - **Ptelea**

10.12 GASTROENTERITIS

with elongated red tongue, tender abdomen, nausea, vomiting - **Rheum,**
 Neutralizing Cordial
 with mucus hypersecretions - **Anemopsis, Commiphora, Iris, Myrica**
 with flatulence and palpitations - **Asafoetida**
 with colic, green diarrhea, no fever - **Epilobium**
 with colic, green diarrhea, fever - **Paullinia**
 with hepatic misfunction, slight jaundice - **Mahonia**
 Recuperation - **Anemopsis, Hydrastis, Ptelea**

10.13 HEARTBURN

with vomiting, diarrhea, stomach pain - **Abies, Rheum, Neutralizing Cordial**

with anorexia - **Castela, Gentiana, Picraena**

From fats - **Iris, Mahonia**

10.14 HEMORRHAGE, MILD

Acute, with sharp pain - **Capsella, Trillium**

Subacute or chronic, with ache or no pain - **Cinnamomum, Erigeron**

10.15 HEMORRHOIDS

In athletic, strong individuals - **Aesculus glabra**

Bleeding - **Capsella, Erigeron**

Painful, extruding - **Althea**(poultice), **Anemopsis** (sitz bath)

with constant throbbing pain - **Anemopsis** (internally and externally)

with sense of fullness, weight, congestion - **Gaultheria, Hamamelis**

From any venosities, especially with leg or cervical varicosities -

Chionanthus, Collinsonia

Subacute, from recent liver or portal congestion - **Chelidonium**

Non-ulcerative with intestinal weakness, steatorrhea - **Hydrastis**

All episodes aggravated or initiated by dietary or alcoholic excess -

Fouquieria

10.16 HICCOUGHS

General - **Mentha piperita** oil or spirits

Obstinate - **Garrya, Viburnum prunifolium**

10.17 IRRITABLE BOWEL SYNDROME

General - **Mentha piperita** oil (10-20 drops in a capsule 4x/day, or, if possible, enteric coated capsules)

with chronic ileo-cecal inflammation or cramps - **Myrica**

with occasional colitis-like bleeding - **Erigeron**

with the constipative phase dominant, in adrenergic stress individuals -

Glycyrrhiza

10.18 NAUSEA

After eating - **Anemopsis, Mahonia, Mentha arvensis, Mentha piperita**

Before eating with anorexia - **Gentiana, Swertia**

In morning from alcohol abuse - **Hydrastis, Myrica, Picraena**

In morning, after fatty breakfast - **Iris, Larrea, Mahonia**

From motion sickness, excitation - **Cereus, Cola**

After sick headache - **Mentha viridis**

General anesthetic - **Lavandula, Matricaria, Nepeta**

General antispasmodic - **Dioscorea, Garrya**

10.19 PERITONITIS

Recuperative for distention - **Xanthoxylum**

Post-operative - **Bryonia**

with lingering autotoxicity - **Astragalus, Echinacea**

10.20 PINWORMS

General treatment - **Picraena** enema

Preventative or recuperation - **Artemesia absinthium, Artemesia vulgaris**

10.21 PROLAPSUS

Ani - **Aloe**

Rectal mucosa - **Abies**

10.22 SHIGELLOSIS

Supportive to primary therapy - **Baptisia and Echinacea**

Recuperative period - **Anemopsis, Hydrastis, Ptelea**

For cramps - **Garrya**

For lingering autotoxicity - **Mahonia, Taraxacum**

10.23 STEATORRHEA

From overindulgence in fats - *Chionanthus*, *Fouquieria*
with bile deficiency, nausea, sick headache - *Mahonia*
with ileocecal irritability - *Fouquieria*, *Larrea*, *Rumex crispus*
with eruptions on buttocks - *Juglans* and *Rumex crispus*

10.24 ULCERS

Gastric, with vomiting - *Geranium*, *Krameria*
Gastric or duodenal, slow healing - *Anemopsis*, *Mahonia*
Bleeding - *Capsella*, *Cinnamomum*, *Erigeron*, *Quercus*
Subacute or chronic, not inflamed but congested - *Bursera*, *Commiphora*,
Hydrastis, *Ptelea*
Subacute or chronic with vomiting or spitting of ropy mucus - *Anemopsis*,
Myrica
Duodenal, with pain shooting to navel - *Piper methysticum*
Waking pain during first REM period - *Myrica* and *Piper methysticum*
General, for pain, in place of antacids - *Symphytum leaf*, *Neutralizing*
Cordial

10.25 VOMITING

General - *Anemopsis*, *Coffea*, *Caryophyllus*, *Dioscorea*, *Mentha piperita*,
Nepeta
From alcohol abuse the night before - *Coptis*, *Hydrastis*, *Picraena*, *Ptelea*
From fats, pastry abuse - *Iris*, *Mahonia*
with diarrhea, pointed tongue - *Rheum*
with pointed tongue - *Neutralizing Cordial*

10.26 WORMS

Tapeworms - *Aspidium*
Ascaris - *Chenopodium*
Lumbricoid - *Spigella*
Pinworms, threadworms - *Castela*, *Picraena* (both internal and as enemas)

10.27 OTHER PARASITES

Entamoeba histolytica - *Castela* [or *Picraena*] and *Rheum*
Giardia - *Castela*, *Picraena*

11 SKIN - HAIR

11.1 ABSCESS

Acute, local - *Anemopsis*, *Calendula*, *Propolis* (all topical)
with septicemia, swellings - *Baptisia* and *Echinacea*
with fetid discharge - *Echinacea* externally and internally
To stimulate granulation - *Balsam of Peru*, *Calendula* (both externally)
Stimulating poultice - *Althea* powder (poultice base), *Astragalus*, *Baptisia*,
Echinacea, *Thuja* or *Zingiber* tinctures as moistening agents

11.2 ABRASIONS

With bruises and dermal irritations - *Hamamelis*, *Hyssopus* (both externally)
As topical disinfectant - *Coptis*, *Echinacea*, *Humulus*, *Hydrastis*,
Propolis, *Usnea*

11.3 ACNE

Face and scalp - *Mahonia*
with constipation, flatulence - *Juglans*
without intestinal involvement - *Arctium*, long term
with few large eruptions on back, neck, buttocks - *Rumex crispus*

From moderate autotoxicity, with mouth sores - *Taraxacum*, long term

From excessive cortical hormones- *Eleutherococcus*, *Panax*

quinquefolium

11.4 ALOPECIA

Apocynum, *Capsicum*, *Pilocarpus*, *Polymnia*, *Silphium*, all externally

11.5 DECUBITUS

Simple, uncomplicated - *Calendula* externally

with necrosis - *Echinacea*, internally and externally

with granular ulcerations - *Quercus* externally

Preventative - *Benzoin* externally

Recuperative - *Bursera*, *Commiphora*, both externally

11.6 DRY, HOT SKIN

Aristolochia serpentaria, *Asarum*, *Asclepias tuberosa*, *Capsicum*,
Xanthoxylum, *Zingiber*

11.7 ECZEMA

General - *Arctium* (long term), *Matricaria* (as bath), *Peganum*

Dry - *Aristolochia* (all), *Mahonia*, *Solanum dulcamara*

Pustular with boil cycles - *Alnus*, *Rumex crispus*

with sticky exudate - *Echinacea*

Chronic vesicular - *Grindelia* externally

Endogenous, metabolic - *Arctium*, *Solanum dulcamara*

From candidiasis, iatrogenic sequela - *Tabebuia*

With constipation, flatulence - *Juglans*

With history of lymphadenitis, non-dietary fissures in corners of mouth, vagina,
anus - *Phytolacca*

Brought on specifically by emotional crisis - *Oplopanax*

With secondary infections - *Thalictrum* externally

Facilitating any external measures - *Berberis*, *Mahonia*

With chronic poor fat digestion, dry skin - *Angelica sinensis*, *Fouquieria*,
Iris, *Larrea*, *Rumex crispus*

Obstinate, not reactive to any measures, with short "honeymoon" - *Asclepias tuberosa*, *Solanum dulcamara*

11.8 EMOLLIENT

Althea, *Symphytum*, *Ulmus*

11.9 FISSURES

General orificial - *Anemopsis*, *Calendula*, *Symphytum* (all externally)

Rectal - *Anemopsis* (sitz bath), *Coptis* (sitz bath), *Hydrastis* (retention enema)

Anal - *Anemopsis* as sitz bath, 8 fl. oz. strong decoction at a time in bath

11.10 HAIR

Tonic - *Ceanothus* flowers, *Matricaria*, *Urtica* seeds (all external)

Hair loss - see ALOPECIA

Seborrhea - *Arctium* seed oil, *Peganum* (both externally)

Dry, itchy scalp, no dandruff - *Lavandula oil*, *Rosmarinus oil* (both externally)

11.11 HERPES SIMPLEX

To speed regeneration - *Bursera*, *Commiphora*, *Echinacea* (all externally)

Subacute - *Hydrastis*, internally and externally

with secondary bacterial infection - *Calendula*

11.12 HYPERHIDROSIS

Xanthium

11.13 KELOIDS

Prevention - *Cajeput oil* ("Tea Tree"), *Calendula oil* (both externally)

11.14 POISON OAK / IVY

Alnus (external), ***Cypripedium*** (internally and externally), ***Echinacea*** (externally), ***Epipactis*** (internally and externally), ***Grindelia*** (fresh plant or fresh plant tincture externally), ***Impatiens*** (fresh plant externally), ***Lobelia*** acetum tincture (externally).

(nothin' works that great...fresh *Grindelia* and *Impatiens* are usually the best)

11.15 PRURITUS

Pruritus senilis, with itching - ***Cannabis***, ***Scutellaria***

General - ***Mahonia***

11.16 PSORIASIS

General - ***Berberis***, ***Mahonia***, ***Peganum***

Chronic, no major intestinal involvements - ***Arctium***

when irritable bowel syndrome or colitis episodes trigger acute episodes -

Rumex

when pelvic congestion, hemorrhoids, dull urethritis triggers acute episode -

Fouquieria

with distinct metabolic causes - ***Solanum dulcamara***

11.17 SCABIES

Balsam of Peru or ***Balsam of Tolu***

11.18 SKIN ULCERS

General external - ***Anemopsis***, ***Calendula***, ***Coptis***, ***Hydrastis***

With septicemia, edema, fever - ***Baptisia*** and ***Echinacea***

With necrosis - ***Echinacea*** (internally and externally)

With spongy granulation - ***Quercus*** externally

With fetid discharge or gangrenous lesions - ***Echinacea***, ***Eucalyptus oil***, ***Thuja oil*** or fresh tincture (all externally)

With faulty circulation - ***Solanum dulcamara*** (internally and as bath),

Symphytum externally, fresh leaf juice drunk (one a day)

On oily, moist surfaces - ***Bursera***, ***Commiphora***, ***Propolis*** (all externally)

Chronic, indolent, with impaired circulation - ***Arctium*** (internally long term),

Grindelia (internally and externally)

General protective cover - ***Chlorophyllin***, ***Lycopodium***, ***Symphytum***, ***Usnea***

11.19 SUPPURATIONS (all externally)

without pyogenic membranes, shallow - ***Calendula***

with pyogenic membrane - ***Arctium***

with necrosis, in strong individuals - ***Echinacea***, ***Thuja***

with necrosis, in weak individuals - ***Echinacea*** and ***Baptisia***

11.20 TINEA (all externally)

Barbae - ***Chlorogalum***, ***Cupressus***

Capitatis - ***Chlorogalum***, ***Cupressus***, ***Peganum***

Versicolor - ***Thuja*** (fresh leaf tincture)

Corporis - ***Cajeput*** ("Tea Tree") oil, ***Cupressus*** (fresh tincture), ***Phytolacca*** (fresh berry tincture), ***Sanguinaria***, ***Thuja*** (fresh tincture best, oil serviceable)

11.21 URTICARIA

Aconitum carmichaelii (cured Chinese), ***Echinacea*** (externally), ***Paullinia Taraxacum*** (fresh Root)

12 MUSCLES, BONES, CONNECTIVE TISSUE

12.1 ARTHRITIS

Rheumatoid - *Agave, Equisetum, Harpagophytum, Tabebuia, Yucca*

Osteoarthritis - *Harpagophytum*

When accompanied by elevated lipids and uric acid - *Harpagophytum*

Topical applications - *Anemopsis, Arnica, Gaultheria oil, Heterotheca, Nicotiana*

Baths - *Anemopsis, Brickellia, Cacalia, Gutierrezia, Heterotheca, Larrea, Matricaria*

Diuretics - *Anemopsis, Capsella, Guaiacum*

Anti-inflammatories - *Anemopsis, Gaultheria, Harpagophytum, Populus, Salix, Yucca*

12.2 ASTHENIA

Senile - *Capsicum, Cola, Myrica, Xanthoxylum*

with poor digestion, vascular weakness, pale mucosa - *Abies, Aristolochia*

12.3 BRUISES

Topical - *Artemesia* (acetum tincture), *Arnica, Hypericum oil, Hyssopus*

Internal - *Opuntia* flowers, *Quercus*

12.4 GOUT

For inflammation - *Harpagophytum, Matricaria* (bath)

For the hyperuricemia - *Arctium, Capsella, Daucus, Harpagophytum, Taraxacum, Tribulus*

12.5 MUSCULAR PAIN

General - *Anemopsis, Cannabis, Gaultheria oil* (diluted, externally), *Kalmia, Pedicularis*

From strain and overexertion - *Arnica* externally
without hyperemia - *Hypericum* externally

From change of weather - *Cimicifuga*

Dull, aching, "rheumatoid" - *Actaea, Cimicifuga*

Poultice or fomentation - *Achillea, Hypericum oil, Hyssopus, Matricaria, Nicotiana*

When recuperating from debilitating, protracted illness - *Cola and Panax quinquefolium*

12.6 RHEUMATIC PAINS

With heavy, aching, deep pains - *Cimicifuga*

Acute inflammatory - *Actaea, Cimicifuga, Gaultheria oil* (diluted), *Hypericum oil*

Acute, non-inflammatory with mild auto-toxicity - *Jeffersonia*

Chronic - *Capsicum* plaster

with cold hands, feet, poor circulation and debility - *Guaiacum, Xanthoxylum*

with dry cough, chronic indigestion, intercostal neuralgia - *Asclepias* (all), *Xanthoxylum*

12.7 SPRAINS

General external - *Artemesia* (acetum tincture), *Arnica, Gaultheria oil*
without heat - *Hypericum oil*

With sharp muscle spasms - *Pedicularis*

With dull muscle ache - *Cimicifuga*

12.8 SYNOVITIS

Aseptic - *Bryonia*

without inflammation - *Hypericum* (internal and external)

12.9 TENDONITIS

Deep, aching dull pain with muscle involvement - *Cimicifuga*

Chronic - *Echinacea* for extended length

13 REPRODUCTIVE

13.1 AMENORRHEA

Simple, crampy - *Asarum*, *Hedeoma*, *Mentha pulegium*

with depressions - *Cypripedium*, *Epipactis*, *Pulsatilla*

with constipation - *Aloe*

From recent viral infection - *Aristolochia* (all), *Asarum*, *Asclepias* (all),
Carthamus

With backache, fullness, aching pelvis - *Gossypium*

With anemia - *Chamaelirium* and astringent douches

From exposure to cold - *Aristolochia serpentaria*, *Asarum*

In adolescence (primary) - *Senecio*

With irritation, pelvic and lumbar pain - *Cimicifuga*, *Leonurus*

Accompanying chronic, debilitating disease - *Aristolochia* (all), *Senecio*

Chronic, with congestion, irritation - *Caulophyllum*, *Cimicifuga*
with mood swings and simple hypofunction in asthenic women - *Angelica sinensis* (Dong Quai)

13.2 CERVICITIS

with ulceration - *Calendula* as douche, *Echinacea* tincture (simmered in a double boiler to lower alcohol content) and glycerine (1:4 ratio) as night-time suppository

with dysmenorrhea and dysuria - *Mitchella*, *Rubus*

with congestion and poor venous circulation - *Angelica sinensis*,
Caulophyllum

Concurrent with hemorrhoids, occasional ache on urination or varicose vein aggravation - *Fouquieria*

13.3 DYSMENORRHEA

General - *Cypripedium*, *Dioscorea*, *Epipactis*, *Garrya*, *Viburnums*,
Hayden's Viburnum Compound

with congestion, lengthy cycles (30 days or more) - *Angelica sinensis*,
Caulophyllum

Progesterone deficiency - *Vitex*

with depressions and lengthy history of PMS - *Pulsatilla*, *Vitex*

Slow onset, with clots - *Gossypium*

Towards end of menses with red blood - *Rubus*

Clonic spasms with intestinal cramps referred to thighs and sacral dermatomes -
Viburnum opulus

Non-clonic colicky lumbar and pelvic pain, scanty flow - *Viburnum prunifolium*
with poor appetite, indigestion, old sensations, constipation - *Aristolochia* (all),
Xanthoxylum

Sensations of distention and congestion in uterus and rectum - *Chamaelirium*

Irritability, lumbar and pelvic pain, unrest - *Leonurus*

with congested uterus and pain on walking or climbing stairs - *Actaea*,
Cimicifuga

iatrogenic complications from antihistamine or anti-inflammatory medication -

Gossypium

13.4 ENDOMETRITIS / METRITIS

General - ***Angelica sinensis*, *Caulophyllum***

Antispasmodic - ***Cannabis***

with fever - ***Echinacea* and *Baptisia***

with senescent neutrophils or immunosuppression - add ***Commiphora***
to the previous

13.5 FIBROCYSTIC BREAST DISEASE

Ceanothus with the deletion of all caffeine, theobromine and theophylline in the diet

Acute phase - ***Ceanothus* and *Phytolacca***

13.6 HYDROCELE

Acute - ***Ceanothus* and *Angelica sinensis***

13.7 IMPOTENCE/"FRIGIDITY"

General - ***Gossypium*, *Ptychopetalum***

with dysuria - ***Serenoa*, *Tribulus***

with depressed circulation and intestinal function - ***Aristolochia* (all),
*Asafetida***

General lassitude, poor sacral stimulation, cold hands and feet -
Ptychopetalum

From constant anxiety and depression regarding sexuality with fear of no arousal, lubrication or erection - ***Pulsatilla*, *Turnera***

Emotional distraction and cooling of skin during love-making - ***Aristolochia serpentaria***

with depressed testosterone and sperm count in males without prostatitis - ***Corynanthe***

with arousal but weak and vague uterine contractions or ejaculation in orgasm - ***Gossypium***

Physical response but with intellectual devolvement - ***Turnera*** (some claim tequila works also...)

13.8 LEUKORRHEA

Viscous but without smell, with pelvic atony and hemorrhoids - ***Corydalis***

Hypersecretory, milky, little smell - ***Frankenia* (as douche) and *Hydrastis* (internally), *Geranium* (as douche), *Pulsatilla***

Viscous, fetid - ***Angelica sinensis*, *Chamaelirium*, *Chilopsis* (as douche), *Hamamelis* and *Hydrastis* (as douche), *Tabebuia* (as douche and internally)**

Supportive to poor mucosa tone and cramps - ***Viburnum* (all)**

Supportive to local itching and pain - ***Anemopsis* and *Larrea*** sitz bath

13.9 MENARCHE DELAY (primary amenorrhea)

General - ***Angelica sinensis*, *Cimicifuga*, *Turnera***

with recent growth spurt and increased pubic hair - ***Panax*** (all uncured)

13.10 MENOPAUSE

Basic initial treatment - ***Angelica sinensis*, *Nuphar*, *Vitex***

with cardiac arrhythmias - ***Cereus***

with melancholia after hot flashes - ***Avena*, *Cypripedium*, *Epipactis***

with recurring dysuria but no inflammation - ***Juniperus***

with congested uterus and pain on walking, dancing, jiggling - ***Cimicifuga***

with pain and pelvic discomfort referred down legs, without pathology-

Caulophyllum*, *Nuphar

with sense of pressure and pain in ovaries, uterus, sacrum, bladder, with nervousness and sense of confusion - ***Avena and Caulophyllum***
 with early osteoporosis symptoms - ***Angelica sinensis with Equisetum and Medicago sativa tea***
 "Surgical Menopause" after 35 years of age, as a possible alternative to hormone replacement therapy- "***Dong Quai Jin***" (generic Chinese patent elixir), ***Angelica sinensis and Glycyrrhiza***

13.11 MENORRHAGIA

General preventative - ***Angelica sinensis, Vitex***
 General treatment - ***Gossypium, Viburnums*** (all)
 with heavy bleeding first several days - ***Capsella***
 with heavy bleeding towards end of menses - ***Trillium***
 with fibroids ***Trillium***
 with diarrhea or colon cramping - ***Cimicifuga***

13.12 MITTELSCHMERZ

General - ***Dioscorea, Viburnums*** (all)
 with diarrhea or colon cramping - ***Cimicifuga***

13.13 ORCHITIS/EPIDIDYMITIS

Tenderness upon pressure - ***Bryonia***
 with venous congestion, heaviness - ***Cimicifuga***
 with portal congestion, hemorrhoids, varicosities - ***Fouquieria***
 with hemorrhoids only - ***Collinsonia***
 with red, enlarged and painful testicles, no major pathology - ***Pulsatilla***
 with hard inguinal nodes, no current infection - ***Phytolacca***
 Chronic in aged - ***Angelica sinensis, Salvia apiana, Serenoa***

13.14 P.M.S.

Initial approach - ***Angelica sinensis***
 Secondary approach - ***Vitex***
 with muscular rigidity, nervous tension or pain in chest - ***Leonurus***
 with insomnia, restless in evening - ***Passiflora***
 with easily startled disposition, easy adrenergic discharge, jumpy - ***Avena***
 with oily skin and abdominal heaviness, food cravings, especially for fats and proteins - ***Mahonia*** daily for the week before menses
 with craving for sugar, fruit, carbo-junk food - ***Brickellia***
 Chronic every month, without insomnia - ***Populus*** for 3 days before beginning of menses
 Chronic, but with complete cycle always more than 28 days long - ***Angelica sinensis***

13.15 PROSTATITIS

Acute, general - ***Epilobium, Eryngium, Nuphar***
 with incontinence - ***Cupressus, Thuja***
 with discharge and inflammation - ***Anemopsis***
 with irritable bladder, dribbling - ***Agropyron, Equisetum***
 from excessive sexual activity - ***Piper methysticum***
 after protracted celibacy - ***Gossypium***
 Subacute /Chronic, with pelvic and sacral pain - ***Cimicifuga, Eupatorium purpureum***
 with urethritis - ***Gaultheria, Mitchella, Piper methysticum***
 with mucopurulent or acidic urine - ***Arctostaphylos and Barosma***
 enlarged with dull ache in older males - ***Angelica sinensis, Gossypium, Salvia apiana, Serenoa***

Subacute/Chronic, enlarged, no inflammation - **Agropyron, Serenoa**
enlarged, no inflammation, with discharge - **Juniperus**
with spermatorrhea - **Eryngium**

Preventative - **Gossypium and pumpkin seeds**

13.16 STERILITY / INFERTILITY

In females - **Angelica sinensis**, "**Dong Quai Jin**" or "**Woman's Longevity**"
(patent Chinese formulas), any of above for four or five consecutive
days a month, starting just before ovulation

In males with depressed testosterone, low sperm count - **Angelica sinensis**,
Corynanthe, Gossypium, Panax (all)

13.17 UTERUS

Atony - **Angelica sinensis, Chamaelirium**
especially sexual - **Gossypium**
with dull aching - **Actaea, Cimicifuga**

Colic - **Gelsemium, Viburnums** (all)

Congestion, with hemorrhoids or dull aching urination - **Collinsonia**,
Fouquieria, Hamamelis

Endometritis, chronic, reoccurring, with inflammatory episodes - **Caulophyllum**

Fibroids, with cyclic bleeding - **Capsella, Trillium**

Inflammation - **Caulophyllum, Gossypium, Nuphar, Trillium, Viburnum**
with cramps - **Dioscorea**

Prolapse - **Arctium, Chamaelirium, Cimicifuga, Gossypium**

13.18 VAGINITIS

Acute - **Caulophyllum, Commiphora, Gossypium** (all internally), **Althea**
Echinacea, Krameria (all as douches), **Arctostaphylos**,
Rubus, Anemopsis, Symphytum leaf (all as sitz baths)

Subacute - **Anemopsis, Coptis, Hydrastis, Simmondsia** (all as sitz baths)
with bartholin gland cysts - **Anemopsis** (sitz bath)

Chronic with large dragging uterus, painful with movement - **Cimicifuga**

13.19 VICARIOUS MENSES

Capsella

13.20 VULVITIS

Acute, with fever - **Aconitum**
with incontinence - **Gossypium**
with irritation and burning - **Piper cubeba, Thuja** (internally), **Tabebuia**
(sitz bath)

Subacute - **Tabebuia** (internally), **Anemopsis, Coptis, Myrica** (all as sitz
baths)

Chronic, with pelvic congestion - **Collinsonia**

14 OBSTETRIC-PREGNANCY

14.1 HEMORRHAGE

Post - partum, passive from lack of contraction - **Cinnamomum, Erigeron**,
Gossypium

with good uterine tone - **Capsella**

with tearing or episiotomy - **Arctostaphylos** sitz bath

14.2 LABOR

False or Braxton-Hicks pains - **Cimicifuga, Viburnum** (all)

With feeble, erratic contractions, first stage - **Cimicifuga**

With simple uterine exhaustion - **Gossypium**

Arrested - ***Asclepias asperula***

Delayed, with fatigue, weak uterus, history of inflammation - ***Caulophyllum***

Rigidity of cervix, thick, doughy - ***Lobelia***

thin, rigid - ***Gelsemium***

With restlessness, fear, excitation - ***Gelsemium***

With great sense of coldness - ***Aristolochia serpentaria***

14.3 LACTATION

Poor quality and quantity - ***Medicago, Vitex***

Suppressed from nervousness, mild sympathetic excess - ***Foeniculum, Gossypium***

With painful, swollen breasts - ***Pulsatilla***

Excessive reflex pain - ***Cimicifuga***

Poor letdown or other oxytocin reflexes - ***Gossypium***

To wean - ***Salvia***

14.4 MASTITIS

Acute - ***Phytolacca*** (externally) with ***Gossypium*** and ***Ceanothus*** (internally)

with swollen lymphatics, marked inflammation - ***Bryonia***

As soothing poultice - ***Mellilotus***

14.5 MISCARRIAGE

Impending, with cramps as main symptom - ***Dioscorea, Viburnum*** (all)

with nervous irritability and cramps - ***Chamaelirium***

with moderate spotting as main symptom - ***Capsella***

14.6 MORNING SICKNESS

Amygdalus persica (cold infusion), ***Dioscorea, Cola*** (in moderation)

14.7 PRE-PARTUM

Primipara, last 2-3 weeks - ***Cimicifuga***

with irritability, distress last trimester - ***Aralia racemosa, Mitchella***

with history of first or second trimester miscarriage - ***Mitchella***

General, last trimester - ***Rubus***

14.8 RIGID CERVIX

Thick, doughy - ***Lobelia***

Thin, rigid - ***Gelsemium***

14.9 STOMATITIS

While nursing - ***Echinacea***

14.10 UTERINE SUBINVOLUTION

with poor drainage - ***Asclepias asperula***

with poor tone and reflex contractions - ***Gossypium***

with dull ache, sense of heaviness - ***Cimicifuga***

with dull ache, rectal symptoms, aggravated by diet - ***Collinsonia***

with vertex and occipital headache - ***Fraxinus***

14.11 VARICOSITIES

Hamamelis (external fomentation), ***Achillea*** (fresh plant poultice)

15 PEDIATRIC

15.1 COLIC

with flatulence - ***Anisum, Asarum, Carum, Foeniculum, Nepeta***

with crying, agitated, hysterical - ***Matricaria, Nepeta, Passiflora***

with moderate pain, sour breath, nausea - ***Lavandula***

General intestinal antispasmodic - ***Dioscorea***

15.2 COUGH

with acute laryngitis and wheezing - *Lobelia*

with spasms - *Cannabis*, *Lobelia*, *Nepeta*, *Prunus*, *Valeriana*,
Verbascum

Emotional, neurotic - *Passiflora*, *Verbascum*

15.3 CYSTITIS and URETHRITIS

General - *Althea*, *Zea*

Healing bath - *Rubus*

Sitz bath - *Anemopsis*

15.4 DIARRHEA

General early treatment - *Epilobium* with *Mentha piperita*, blackberry
juice concentrate

15.5 ERUPTION

Measles - *Asarum*, *Carthamus*

with imperfect or tardy eruptions, dry irritable cough - *Lobelia*

Cradle cap - *Anthemis*, *Cupressus*, *Peganum* (all externally)

15.6 FEVERS

Suppressed sweating - *Asarum*, *Hedeoma*, *Mentha arvensis*, *Mentha
piperita*, *Nepeta*

with dry bronchitis, moist skin - *Asclepias tuberosa*

Agitated and hysterical with pain on palpation of hypochondrium or epigastric
region - *Matricaria*, *Passiflora*, *Verbena*

15.7 HEADACHE

Digestive - *Asclepias tuberosa*

General - *Gaultheria tea*

with moist skin, hot head - *Matricaria*, *Nepeta*

15.8 INCONTINENCE

Small quantity of urine while sleeping - *Piper cubeba*

Large quantity from relaxed bladder or trigone - *Plantago major*,
Verbascum root

15.9 PAIN

Eyes and nose, sharp itching pain, hay fever - *Ambrosia*, *Encelia*,
Euphrasia

Ears - *Allium*, *Eugenia*, *Verbascum flowers*, all steeped in vegetable oils
(NOT THE ESSENTIAL OILS)

Joints, muscles - *Heterotheca* externally, *Pedicularis* internally

15.10 POST-NASAL DRIP

Populus candicans

15.11 TEETHING

In the otherwise nervous fretful child - *Cypripedium*, *Epipactis*

with usual agitation and G.I. disturbance of teething - *Echinacea*

with cold sores or stomatitis - *Anemopsis*, *Echinacea*, *Spilanthes*, all
rubbed on gums

15.12 THRUSH

Coptis, *Ligustrum*, *Malva*, *Tabebuia* (all externally)

15.13 VOMITING

General treatment - *Spirit of Peppermint*, *Neutralizing Cordial*, *Mentha
piperita (tea)*, *Nepeta*

with green diarrhea - *Amygdalus* cold infusion, *Epilobium*, *Matricaria*

with acidic vomit - *Lavandula*

16 BLOOD

16.1 COAGULATION/VISCOSITY

Thin, anemic - *Rumex crispus*, *Silybum*

With hypersensitivities - *Aralia*, *Panax*, *Oplopanax*, *Taraxacum*

Thick, frontal headaches after meals - *Ceanothus*, *Tribulus*

Chronic slow coagulation without hemopathy - *Ceanothus*

16.2 DYSCRASIAS

General - *Echinacea*

with scaly skin eruptions, impaired nutrition - *Berberis*, *Mahonia*

with sluggish digestion, hyposecretions - *Corydalis*

16.3 SEPTICEMIA

with ulceration, decay, swollen tissue - *Astragalus*, *Baptisia*

with strong immunologic vitality - *Echinacea*

with weak immunologic vitality - *Baptisia*

16.4 SERUM LEVELS

Bilirubinemia without active hepatitis - *Linaria*, *Silybum*

Cholesterol elevations - *Allium*, *Arctium*, *Harpagophytum*, *Panax quinquefolium*, *Tribulus*

Creatinine, moderate elevation, renal cause - *Equisetum*, *Hydrangea*, *Lycopus*

Hyperlipidemia, general - *Allium*, *Aralia* (all) *Arctium*, *Eleutherococcus*, *Harpagophytum*, *Oplopanax*, *Panax quinquefolium*, *Taraxacum*, *Tribulus*

SGOT, SGPT elevations with elevated bilirubin, no active hepatitis -

Chionanthus, *Larrea*, *Linaria*, *Silybum*

WBC depressions, any cause - *Echinacea* and *Commiphora*

T4 low - *Centella* (*Hydrocotyle*)

Uric acid elevation - *Arctium*, *Capsella*, *Daucus*, *Harpagophytum*, *Taraxacum*

Alkalosis, metabolic - *Panax* (all)

Acidosis, subclinical - *Arctium*, *Taraxacum*, *Urtica*

LDL, VLDL elevated - *Aristolochia serpentaria*, *Iris*, *Panax quinquefolium*, *Tribulus*

17 ALLERGIES

17.1 GENERAL

General - *Berberis*, *Mahonia*, *Tabebuia*

17.2 HAY FEVER

General - *Ephedra* (all)

In particularly sensitive individuals - *Ephedra viridis*

with watery eyes, nasal membranes - *Ambrosia*, *Encelia*, *Euphrasia*

17.3 SECONDARY HYPERSENSITIVITIES

Gentiana, *Mahonia*, *Menyanthes*

(See also: **PULMONARY** - Asthma; **GASTROINTESTINAL** - Colitis, Dyspepsia, Irritable Bowel Syndrome; **SKIN** - Acne, Eczema, Psoriasis; **METABOLIC**; and **LYMPH- IMMUNOLOGIC**)

18 INFECTIONS

18.1 ENDOGENOUS

General - ***Echinacea***

In feeble individuals - ***Echinacea with Baptisia and Phytolacca***
with depressed WBC - ***Bursera, Commiphora***
with serous membrane involvement - ***Bryonia***

18.2 FEVERS

Septic - ***Echinacea and Baptisia***

Delirium, secretory with nervous depression - ***Bryonia***

Delirium, frequent fitful wakings - ***Cannabis***

Dry with deep aching pain - ***Verbena***

Moist with deep aching pain - ***Eupatorium perfoliatum***

Post-febrile, excessive sweating, malaise, frequent, dilute urine -

Leucanthemum

Dry, hot, interrupted diaphoresis - ***Asarum, Hedeoma, Ligusticum***

with flushed face, bright eyes, contracted pupils, excitation, hyperemia, not congested - ***Gelsemium***

with flushed face, bloodshot eyes, agitation, bounding pulse, suppressed sweating, mucus inflammations - ***Aconitum***

with flushed face, bloodshot eyes, bounding pulse, vascular excess -

Veratrum

Periodic, in evenings with moist skin, unresolved sweating - ***Aristolochia serpentaria***

19 NUTRITIONAL

19.1 MALNUTRITION

Appetite poor, nervous, weak - ***Medicago or Trifolium tea with Avena***

Recuperation from major illness, surgery - ***Medicago, Rumex crispus Trifolium, Urtica***

In mineral deficiencies - ***Fucus***

Anemia, dyspepsia, anorexia, poor assimilation, functional pelvic irritability -
Angelica sinensis, Chamaelirium

19.2 MALABSORPTION

In the aged and convalescent - ***Gentiana, Menyanthes, Panax*** (all uncured roots)

with faulty starch digestion and dyspepsia - ***Humulus***

with steatorrhea but no ileo-cecal inflammation, dark feces with bad breath ,
subcutaneous pre-acne eruptions - ***Aristolochia serpentaria, Aristolochia watsonii, Fouquieria***

In radical dietary changes with sluggish pancreatic and succus entericus response - ***Iris***

In moderate parathyroid imbalances - ***Equisetum, Medicago, Trifolium, Urtica***, all as tea

In poor absorption in ileum of bile acids, fat soluble vitamins, intrinsic factor or B12 - ***Anemopsis, Rheum, Rumex crispus***

In conjunction with lipotropic therapies - ***Aristolochia*** (all), ***Larrea***

In poor protein absorption - ***Berberis, Mahonia, Menyanthes***

20 METABOLIC

20.1 ASTHENIA

Frequent sense of chill in warm room, fingers cold, appetite poor but elimination normal, though skin dry - ***Oplopanax*, *Panax*** (all)
Real chill aggravating chronic disorders, hypersensitive skin in thoracic and lumbar dermatomes - ***Aristolochia serpentaria***

20.2 CANCER

Supportive in lymph dysplasias - ***Fouquieria*, *Phytolacca***
Supportive in upper G.I. neoplasias - ***Acorus*, *Gentiana*, *Marsdenia***
Supportive in skin cancers - ***Larrea*** (externally)
Supportive antimetastatic - ***Trifolium***
Immunosuppression from therapy - ***Echinacea***
With marked WBC depression - ***Echinacea* and *Commiphora***
Anorexia from therapy - ***Acorus*, *Cannabis*, *Euonymus*, *Panax quinquefolium***

20.3 DEBILITY

with poor secretions, dryness - ***Capsicum*, *Zingiber***
with atonic, asthenic, dyspneic symptoms, CNS depression - ***Cola***
with vague, adrenergic-induced depression - ***Lobelia***
with chronic skin disorders, ulceration, easily disordered fluid homeostasis - ***Rumex crispus***

20.4 DIABETES/HYPOGLYCEMIA

Functional hypergluconeogenesis - ***Brickellia*, *Hydrastis*, *Mahonia***
Functional hyperglycemia, especially before meals - ***Brickellia*, *Gentiana*, *Menyanthes*, *Swertia*** (all as a bitter just before eating)
Adult onset, insulin resistant diabetes - ***Brickellia*, *Cacalia*, *Opuntia*** (juice), ***Phaseolus*** (dried pod tea), ***Tecoma***
Juvenile onset, insulin dependent, adjunctive to lessen insulin use - ***Vaccinium***
General preventative for hypoglycemia and insulin resistant, early stages - ***Oplopanax*, *Panax*** (all uncured)

20.5 HYPOGLYCEMIA

Sympathomimetics - ***Paullinia*, *Panax ginseng*** (Kirin Chinese or Korean Red)
Cerebral vasodilators to increase site glucose availability as opposed to real increase in serum glucose - ***Capsicum*, *Ginkgo*, *Myrica*, *Xanthoxylum***

20.6 OBESITY

Appetite depressant - ***Mirabilis*, *Paullinia***

21 LYMPH-IMMUNE

21.1 IMMUNITY

Innate, to stimulate - ***Arnica*, *Althea*, *Aristolochia*** (all), ***Astragalus*, *Balsamorhiza*, *Baptisia*, *Bursera*, *Commiphora*, *Cupressus*, *Echinacea*, *Eupatorium perfoliatum*, *Fouquieria*, *Iris versicolor*, *Panax* (all), *Stillingia*, *Thuja*, *Viola***

Acquired, to stimulate - ***Baptisia*, *Echinacea***

21.2 IMMUNOSUPPRESSION

Recent, from stress - *Echinacea and Commiphora*

Extended, with congestion, edema - *Astragalus, Baptisia, or Hydrastis*
all combined with *Echinacea*

21.3 LEUKOCYTOSIS

Echinacea and Ligusticum porteri or Lomatium dissectum

21.4 LEUKOPENIA

Echinacea and Commiphora

21.5 LYMPHADENITIS

Inflammatory with fever - *Echinacea*

In inguinal nodes - *Fouquieria, Phytolacca*

In chronic debility - *Ceanothus with Astragalus or Baptisia*

Cervical or under jaw - *Ceanothus*

With ulcerations of mouth - *Coptis, Corydalis*

With hard, inflamed, not shotty, nodes - *Phytolacca*

With congested cisterna chyli and thoracic ducts - *Fouquieria*

with depression or agitation, strong apocrine secretions, following massage,
workouts, or energetic manipulations - *Stillingia*

21.6 LYMPHANGITIS

Acute in strong individuals - *Echinacea and Lomatium*

Acute in weak individuals - *Echinacea and Astragalus, "Alterative syrup"*

Subacute, lingering - *Iris versicolor, Stillingia, Xanthoxylum*

21.7 MONONUCLEOSIS

Acute stages - *Echinacea and Lomatium*

with hepatomegaly - *Polymnia*

with widespread soft and inflamed nodes - *Ceanothus*

with steatorrhea, portal congestion, hemorrhoids - *Fouquieria*

General supportive - *Ceanothus, Echinacea, Polymnia*

21.8 MUMPS

Acute - *Phytolacca and Aconitum (2:1)*, small frequent doses

with high fever - *Gelsemium*

with muscular aching - *Cimicifuga*

Topical lotion - *Echinacea and Phytolacca (3:1)*, diluted well

21.9 SPLENITIS

Infectious, as supportive - *Polymnia*

Subacute, chronic, or secondary to hepatitis - *Ceanothus*

22 PSYCHIATRIC

22.1 ANOREXIA NERVOSA

Mild in adolescence - *Cannabis, Panax* (all uncured)

with delayed menarche, pelvic congestion, pains in back of feet, sacral
irritation - *Cimicifuga*

Iatrogenic from drugs - *Cannabis, Euonymus, Oplopanax, Panax
quinquefolium*

22.2 APATHY

Tired, weary with confusion - *Bryonia*

Aggravated by cold, with hypersensitive thoracic dermatomes - *Aristolochia
serpentaria*

Aggravated by cold, confused, sluggish metabolism - *Xanthoxylum*

With pale face, depression, atonic digestion - *Actaea*

With dull aching in joints, muscles - *Cimicifuga*

22.3 DEPRESSION

with nervous irritation - *Pulsatilla*

with sluggish neurologic and parasympathetic functions - *Valeriana*

with shallow respiration, rapid pulse, dilated pupils - *Lobelia*

with painful, spasmodic diseases - *Cannabis*

with physical agitation, over-sensitivity to stimulus - *Scutellaria*

Unipolar depressive states - *Hypericum*, *Peganum*

22.4 HYSTERIA

In depressive states - *Pulsatilla*, *Valeriana*

From psychoactive drug use - *Passiflora*

Convulsive - *Lobelia*

with great sensitivity to stimulus - *Aconitum*, *Scutellaria*

with adrenergic-induced exhaustion - *Avena*

with heat along spinal cord, distal hypersthenia - *Hypericum*

with sweating and strong apocrine scent - *Xanthium*

with full, bounding pulse, bloodshot eyes throbbing carotids, the "Incredible Hulk Syndrome" - *Veratrum*

23 PAIN

23.1 GENERAL

After inflammatory or hyperemic states, recuperative period - *Hypericum*

In the asthenic, with sense of cold - *Melilotus*

In the sthenic, with sharp pain, gradually increasing - *Aconitum*,
Leonurus

Neurogenic, with agitation and increased CNS sensitivity - *Leonurus*,
Scutellaria

Made less bearable by fear, agitation - *Scutellaria*

23.2 HANGOVER

General - *Paullinia*

Liverish, dark circles under eyes - *Larrea*, *Linaria*, *Mahonia*

23.3 HEADACHE

Migraines, to prevent in anabolic-dominant types - *Parthenium*

vasoconstrictor - *Paullinia*, *Vinca major*

antispasmodic - *Cypripedium*, *Epipactis*

vasodilator - *Anemone*, *Clematis*, *Pulsatilla*

Migraine-like, chronic in evenings with out hypoglycemia - *Passiflora*

with dyspepsia - *Populus tremuloides* (before meals), *Humulus*

with vertigo, in asthenics - *Jeffersonia*

in temples, with moisture on back of neck - *Clematis*

Inner-orbital - *Umbellularia*, inhalation of tincture

Cervical-occipital, with confusion, aggravated by movement - *Bryonia*

From eyestrain - *Gelsemium*

From fevers - *Cornus*, *Echinacea*

In hypertensive states with ringing in ears - *Passiflora*, *Viscum*

In digestive disfunction, following meals - *Chionanthus*, *Mahonia*,
Menyanthes, *Veronicastrum*

Reflex uterine - *Actaea*

with throbbing head, cerebral hyperemia - *Coffea*, *Paullinia*

with red face, corners of eyes inflamed - *All caffeine plants*

23.4 SEROUS MEMBRANES

with excessive perspiration - *Bryonia*

with dry skin - *Asclepias tuberosa*

with fever, skin sensitivity - *Aconitum*

GENERAL COMMENTS:

Several of the Chinese botanicals exist in several forms, and it is important to differentiate between them when dispensing.

1. ACONITUM. I make reference to CURED Chinese Aconite, often called Fo-tzu or Fu-tze, "Rhizome Carmichaeli" or *Aconitum carmichaeli*. *Aconitum fischeri* and several other species are available UNCURED in Chinese commerce (small grey fecaliths), and are VERY TOXIC. The cured roots occur as semi-transparent sliced chips, grey-brown in color, and function as catecholeamine enhancers; uncured roots are nerve toxins. Any reference to *Aconitum* in any other form is to the Fresh Herb Tincture (1:5), a considerably feebler and more manageable form.

2. ANGELICA SINENSIS. Commonly called Dong Quai or Tang Kwei, the growing and curing (both Chinese and Korean) produce a botanical agent COMPLETELY altered from the original plant, and there is no existing *Angelica* root (dried but uncured) that has similar constituents or pharmacology to the several *Angelicas* that become Dong Quai

3. PANAX. Chinese Kirin (red) Ginseng and Korean Red Ginseng are considerably altered from the original (white) roots. They are hypertensive, hyperglycemic, hyperlipidemic, and generally adrenergic/anabolic enhancers that may be useful in low blood pressure and yinny asthenia, but otherwise have limited use. "White" roots (either Chinese, Korean or Japanese, together with the native *Panax quinquefolium*) enhance general stress responses, modify in both directions hypothalamic overreaction, and are generally very useful tonics. The Chinese Shiu Chiu Red roots are NOT altered by the (different) curing and can be used interchangeably with the white roots. Considering the cost of Ginseng, always make sure of the botanical you dispense, as there are a number of confusing products, ranging from Siberian Ginseng (*Eleutherococcus*), a related plant with somewhat similar uses, to several other *Panax* species used in oriental medicine that have distinctly different effects, to "Prince Ginseng", a totally unrelated root that bears similarities only within Chinese energetics, to "American Red Desert Ginseng", a total fraud properly called *Canaigre* or *Rumex hymenosepalus*.

As stated before, preparation and doses for the herbs are outlined in my booklet *Herbal Materia Medica in Clinical Practice*.

A CAUTIONARY ASIDE: In an herb-perfect world, *Cannabis* (Marijuana) and *Lophophora* (Peyote), would be available in their benign roles as useful botanical medicines. THEY ARE, OF COURSE, ILLEGAL TO POSSESS. They are, however, just two other herbs to me.

Michael Moore

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