



# Classical Herbal Pairs

KEYS TO EFFECTIVE FORMULATION

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FIVE FLAVOR HERBS

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In classical Chinese herbalism, herbal formulation is learned in three stages:

- 1) Study of the properties of single herbs
- 2) Studies of those herbs paired with 1 or 2 other herbs for specific effects
- 3) Studies of classical formulas containing these pairs, and their modification

The Shen Nong Ben Cao Jing, the root text in Chinese herbalism, from the early centuries BC, describes beneficial herbal pairs for most of the herbs. For instance: “The envoy of ren shen (*Panax ginseng*) is fu ling (*Poria cocos*)”

# Not only in China . . .

*The admixture of remedies should not be left to crude accident, but should be made a question of close scientific investigation; for the value of numerous articles can be greatly enhanced by giving them in suitable company*

Wm Cook 1869

See resources in directory

[Historical-Herbal-Pairs-Database.pdf](#)

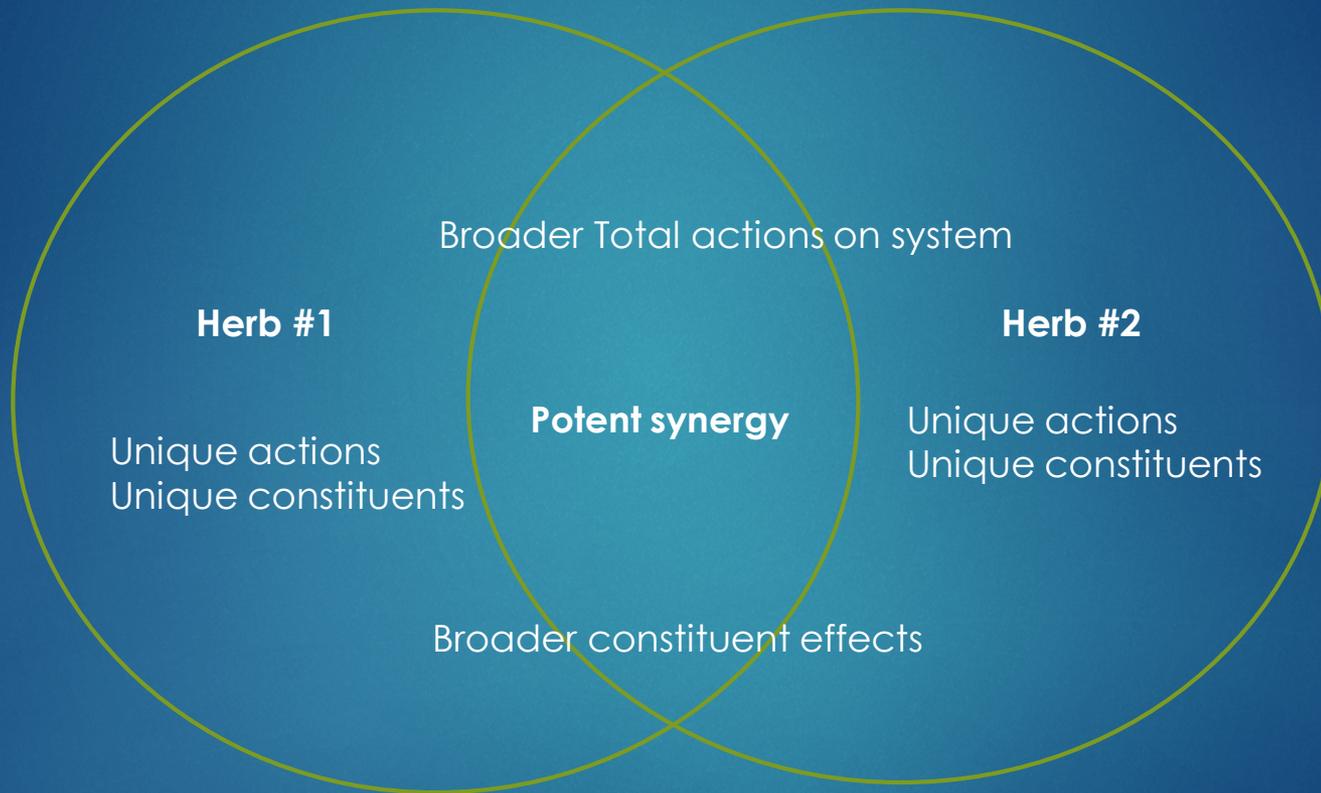
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# Principles of herbal pairing

- ▶ Amplification with two herbs that do the same thing but in different ways or through different constituents
- ▶ Steering an herb through reinforcement of one of its actions
- ▶ Steering an herb by directing its affects to a specific tissue or organ.
- ▶ Pairing to balance energetics
- ▶ Complementary herbs for total physiological effect

# Amplification by pairing herbs with similar effects



	<i>Hydrastis</i>	<i>Myrrh</i>
<b>Temperature</b>	cold	warm
<b>Humidity</b>	dry	dry
<b>Tone</b>	tonic/astringent	tonic/astringent
<b>Taste/action</b>	bitter	bitter
<b>Tissues</b>	mucous membranes, venous system	mucous membranes, capillaries, immune cells, lymphatics
<b>Clinical actions</b>	antiseptic, bitter tonic, alterative, venous tonic	antiseptic, immune alterative, blood mover

# Some reinforcing pairs

- ▶ Taraxacum and Mahonia
- ▶ Astragalus plus Reishi mushroom
- ▶ Gentian and ginger
- ▶ Eupatorium perf plus Sambucus
- ▶ Cactus and Crataegus
- ▶ Hydrastis plus Mahonia and/or Berberis



	<i>Scutellaria</i>	<i>Passiflora</i>
<b>Temperature</b>	cool	cool
<b>Humidity</b>	dry	dry
<b>Tone</b>	relaxant	relaxant
<b>Taste/action</b>	bitter, slightly acrid	sweet, slightly bitter
<b>Tissues</b>	nervous, digestive, muscles	nerves
<b>Clinical actions</b>	nervine tonic, sedative, hypnotic, antispasmodic	nervine relaxant, sedative, hypnotic



	<i>Valeriana</i>	<i>Humulus</i>
<b>Temperature</b>	warm	cold
<b>Humidity</b>	dry	dry
<b>Tone</b>	relaxant, diffusive	tonic/astringent
<b>Taste/action</b>	bitter, sweet, pungent	very bitter, somewhat aromatic
<b>Tissues</b>	nervous, circulatory, digestive, muscles	nervous, digestive
<b>Clinical actions</b>	cerebral stimulant, sedative, hypnotic, antispasmodic, carminative	sedative, hypnotic, nervine, bitter alterative tonic

## Pairing to emphasize an action or tissue

- ▶ The first herb has multiple actions or potential tissue targets
- ▶ The second reinforces one of the actions or tissue targets
- ▶ The reinforced effect of the first herb is increased while its ***other effects are decreased.***

## *Agrimonia spp*

Warming astringent to mucous membranes

Upper GI	Filipendula and or Cardamom for dyspepsia (BHP)
GI	With Rubus and Yarrow for diarrhea Rheum for gastroenteritis (BHP)  with Artemisia for leaky gut (Ross)
Respiratory tract	Marrubium for excessive mucous  Lycopus for bloody sputum
Liver	Taraxacum and/or Mahonia
Urinary tract	Capsella (Priest); with Capsella and Zea for enuresis (BHP)
Uterus.	Rubus for leucorrhea (Lyle)

# Pairing with *Actaea racemosa*

Nervine which may affect different tissues

Nerves	with Zanthoxylum for neuralgia, sciatica, or tinnitus with Stachys for deficiency type headache with Scutellaria for convulsions
Depression	with Hypericum and Myrrh for nervous depression
Cough reflex	with Lobelia in syrup for dry spasmodic cough (Cook) with Lobelia, Inula, and Glycyrrhiza (Cook)
Muscles	with Phytolacca for rheumatic muscular pains with Eupatorium perfoliatum for aching muscles in fever
Uterus.	with Caulophyllum for atonic uterus with Viburnum opulus and Dioscorea for dysmenorrhea

# More pairing to direct action

- ▶ Grindelia with Euphrasia to direct to sinuses
- ▶ Grindelia with Osha to direct to bronchial tract
- ▶ Grindelia with Elecampane to direct to intestine/lung
  
- ▶ Eupatorium perfoliatum and Mahonia for the liver
- ▶ Eupatorium with Verbascum for the lungs
- ▶ Eupatorium with Taraxacum leaf for urinary tract

# Gentiana

- ▶ Mix with Ginger in equal parts, or 2:1, for a simple pair for weak digestion.
- ▶ Combine with Citrus peel and Coriandrum for a stronger bitter tonic effect focused on the upper to increase appetite, digestive power, and assimilation.
- ▶ Combine with Eupatorium perfoliatum and a small amount of Capsicum for more effect on the secreting glands of the intestine and liver.
- ▶ Combine with Eupatorium perfoliatum and a stronger laxative, such as Rheum, Aloe, or Cassia senna for more directed effects to the lower bowel.
- ▶ Combine with Hydrastis and Collinsonia to tonify the portal venous system, as indicated by hemorrhoids or varicosities.

# Pairing to balance energetics

- ▶ Gentiana (cold and dry) with Zingiber (warm and dry)
- ▶ Valeriana (warm and dry) and Humulus (cold and dry)
- ▶ Ligusticum warm and dry with Glycyrrhiza (neutral and moist)
- ▶ Mentha (warm/cool and dry) with Althaea (cool, moist)

# Steering to specific tissues

- ▶ A diffusive to bring effects outward toward skin.
- ▶ *Turnera* to bring effects toward the pelvis
- ▶ *Ligusticum porteri* to steer effects toward the lungs
- ▶ *Centella* or *Ocimum* to steer effects to the head
- ▶ *Crataegus* to steer effects toward the heart.
- ▶ *Actaea* to steer energy upward, or to head.



	<b><i>Actaea</i></b>	<b><i>Caulophyllum</i></b>
<b>Temperature</b>	cool	warm
<b>Humidity</b>	dry	dry
<b>Tone</b>	relaxant	relaxant
<b>Taste/action</b>	bitter, sweet, pungent	bitter, slightly pungent, sweet
<b>Tissues</b>	nerves, smooth and skeletal muscle, uterus mucous membranes, lungs, bronchial tract	nerves, smooth and skeletal muscle, uterus, mucous membranes
<b>Clinical actions</b>	antispasmodic, nervine tonic, expectorant, antidepressant, cough relaxant	antispasmodic, uterine tonic, cough relaxant

Antispasmodic, menstrual pains, atonic uterus, obstetrics



	<i>Echinacea</i>	<i>Myrrh</i>
<b>Temperature</b>	cool	warm
<b>Humidity</b>	slightly dry	dry
<b>Tone</b>	slightly tonic	tonic/astringent
<b>Taste/action</b>	bitter, pungent,	bitter
<b>Tissues</b>	immune cells, lymphatics	mucous membranes, capillaries, immune cells, lymphatics
<b>Clinical actions</b>	immune enhancing alterative, topical vulnerary	disinfectant, immune alterative, blood mover

	<i>Echinacea</i>	<i>Ligusticum</i>
<b>Temperature</b>	cool	warm
<b>Humidity</b>	slightly dry	very dry
<b>Tone</b>	slightly tonic	relaxant, diffusive
<b>Taste/action</b>	bitter, pungent,	slightly bitter, pungent
<b>Tissues</b>	immune cells, lymphatics	circulatory, immune, muscles, affinity for respiratory system
<b>Clinical actions</b>	immune enhancing alterative, topical vulnerary	circulatory stimulant, antispasmodic, emmenagogue, expectorant, topical antiseptic



	<i>Echinacea</i>	<i>Ceanothus</i>
<b>Temperature</b>	cool	cool
<b>Humidity</b>	slightly dry	dry
<b>Tone</b>	slightly tonic	tonic/very astringent
<b>Taste/action</b>	bitter, pungent,	bitter, astringent
<b>Tissues</b>	immune cells, lymphatics	lymphatics, circulatory, venous
<b>Clinical actions</b>	immune enhancing alterative, topical vulnerary	lymphatic stimulant and astringent, alterative affecting liver/portal system and lymphatics

	<i>Echinacea</i>	<i>Eupatorium perfoliatum</i>
<b>Temperature</b>	cool	cold
<b>Humidity</b>	slightly dry	dry
<b>Tone</b>	slightly tonic	bitter tonic/relaxant diaphoretic
<b>Taste/action</b>	bitter, pungent,	bitter, pungent
<b>Tissues</b>	immune cells, lymphatics	mucous membranes, digestive glands, liver, immune system, circulation
<b>Clinical actions</b>	immune enhancing alterative, topical vulnerary	alterative, immune stimulant, immunomodulating, relaxant diaphoretic, emetic, laxative

	<i>Echinacea</i>	<i>Uva-ursi</i>
<b>Temperature</b>	cool	cold
<b>Humidity</b>	slightly dry	very dry
<b>Tone</b>	slightly tonic	tonic/astringent
<b>Taste/action</b>	bitter, pungent,	bitter. Astringent
<b>Tissues</b>	immune cells, lymphatics	urinary tract, digestive tract
<b>Clinical actions</b>	immune enhancing alterative, topical vulnerary	urinary antiseptic, astringent to pelvic and digestive tissues

	<i>Echinacea</i>	<i>Ligusticum</i>	<i>Eupatorium perfoliatum</i>	<i>Ceanothus</i>
<b>Temperature</b>	cool	warm	cold	cool
<b>Humidity</b>	slightly dry	very dry	dry	dry
<b>Tone</b>	slightly tonic	relaxant, diffusive	bitter tonic/relaxant diaphoretic	tonic/astringent
<b>Taste/action</b>	bitter, pungent,	slightly bitter, pungent	bitter, pungent	bitter, astringent
<b>Tissues</b>	immune cells, lymphatics	circulatory, immune, muscles	mucous membranes, digestive glands, liver, immune system, circulation	lymphatics, circulatory, venous
<b>Clinical actions</b>	immune enhancing alterative, topical vulnerary	circulatory stimulant, antispasmodic, emmenagogue, expectorant, topical antiseptic	alterative, immune stimulant, immunomodulating, relaxant diaphoretic, emetic, laxative	lymphatic stimulant and astringent, alterative affecting liver/porta system and lymphatics

Add Zingiber and Glycyrrhiza as correctives



	<i>Echinacea</i>	<i>Thuja</i>
<b>Temperature</b>	cool	warm
<b>Humidity</b>	slightly dry	dry
<b>Tone</b>	slightly tonic	tonic/astringent, diffusive
<b>Taste/action</b>	bitter, pungent,	bitter, acrid/pungent,
<b>Tissues</b>	immune cells, lymphatics	mucous membranes, serous membranes, GI secreting glands, circulatory, immune cells
<b>Clinical actions</b>	immune enhancing alterative, topical vulnerary	alterative, circulatory stimulant, immune stimulant, diaphoretic, emmenagogue.

	<i>Echinacea</i>	<i>Mahonia</i>	<i>Thuja</i>
<b>Temperature</b>	cool	cold	warm
<b>Humidity</b>	slightly dry	dry	dry
<b>Tone</b>	slightly tonic	tonic/astringent	tonic/astringent, diffusive
<b>Taste/action</b>	bitter, pungent,	bitter	bitter, acrid/pungent,
<b>Tissues</b>	immune cells, lymphatics	GI glands, liver, mucous membranes,	mucous membranes, serous membranes, GI secreting glands, circulatory, immune cells
<b>Clinical actions</b>	immune enhancing alterative, topical vulnerary	bitter tonic, liver alterative, cholagogue, immune stimulant	alterative, circulatory stimulant, immune stimulant, diaphoretic, emmenagogue.

	<i>Taraxacum</i>	<i>Mahonia</i>
<b>Temperature</b>	cold	cold
<b>Humidity</b>	dry	dry
<b>Tone</b>	bitter tonic	tonic/astringent
<b>Taste/action</b>	bitter, somewhat sweet	bitter
<b>Tissues</b>	GI glands, liver	GI glands, liver, mucous membranes
<b>Clinical actions</b>	bitter tonic, liver alterative, cholagogue, diuretic, nutritive	bitter tonic, liver alterative, cholagogue

	<i>Taraxacum</i>	<i>Mahonia</i>	<i>Rumex</i>
<b>Temperature</b>	cold	cold	cool
<b>Humidity</b>	dry	dry	dry
<b>Tone</b>	bitter tonic	tonic/astringent	tonic/astringent
<b>Taste/action</b>	bitter, somewhat sweet	bitter	bitter
<b>Tissues</b>	GI glands, liver	GI glands, liver, mucous membranes	skin, blood, GI glands, liver, mucous membranes
<b>Clinical actions</b>	bitter tonic, liver alterative, cholagogue, diuretic, nutritive	bitter tonic, liver alterative, cholagogue	alterative to liver and bowel, bitter tonic, cholagogue, laxative

	<i>Taraxacum</i>	<i>Mahonia</i>	<i>Curcuma</i>	<i>Glycyrrhiza</i>
<b>Temperature</b>	cold	cold	hot	neutral
<b>Humidity</b>	dry	dry	dry	moist
<b>Tone</b>	bitter tonic	tonic/astringent	astringent, diffusive	tonic
<b>Taste/action</b>	bitter, somewhat sweet	bitter	pungent, bitter	sweet
<b>Tissues</b>	GI glands, liver	GI glands, liver, mucous membranes,	GI glands, liver, mucous membranes	mucous membranes, endocrine
<b>Clinical actions</b>	bitter tonic, liver alterative, cholagogue, diuretic, nutritive	bitter tonic, liver alterative, cholagogue,	Bitter tonic, carminative, astringent, anti-inflammatory	demulcent, anti-inflammatory, hepatoprotectant

	<i>Hydrastis</i>	<i>Myrrh</i>
<b>Temperature</b>	cold	warm
<b>Humidity</b>	dry	dry
<b>Tone</b>	tonic/astringent	tonic/astringent
<b>Taste/action</b>	bitter	bitter
<b>Tissues</b>	mucous membranes, venous system	mucous membranes, capillaries, immune cells, lymphatics
<b>Clinical actions</b>	antiseptic, bitter tonic, alterative, venous tonic	antiseptic, immune alterative, blood mover

	<i>Hydrastis</i>	<i>Filipendula</i>	<i>Matricaria</i>
<b>Temperature</b>	cold	cool	slightly warm/cool
<b>Humidity</b>	dry	dry	dry
<b>Tone</b>	tonic/astringent	tonic/astringent	tonic/relaxant
<b>Taste/action</b>	bitter	bitter, sweet, aromatic	bitter, sweet, slightly aromatic
<b>Tissues</b>	mucous membranes, venous system	digestive, circulation	digestive, circulation, nerves, muscles
<b>Clinical actions</b>	antiseptic, bitter tonic, alterative, venous tonic	diaphoretic, diuretic, astringent, anti-inflammatory	bitter tonic, carminative, nervine, sedative, diaphoretic, emmenagogue

	<i>Mentha</i>	<i>Matricaria</i>
<b>Temperature</b>	warm/cooling diaphoretic	slightly warm/cool
<b>Humidity</b>	dry	dry
<b>Tone</b>	relaxant, diffusive	tonic/relaxant
<b>Taste/action</b>	pungent	bitter, sweet, slightly aromatic
<b>Tissues</b>	mucous membranes, circulation, digestion	digestive, circulation, nerves, muscles
<b>Clinical actions</b>	cooling diaphoretic, carminative, antispasmodic, emmenagogue, anti-inflammatory	bitter tonic, carminative, nervine, sedative, diaphoretic, emmenagogue, anti-inflammatory

	<i>Mentha</i>	<i>Matricaria</i>	<i>Foeniculum</i>
<b>Temperature</b>	warm/cooling diaphoretic	slightly warm/cool	warm
<b>Humidity</b>	dry	dry	dry
<b>Tone</b>	relaxant, diffusive	tonic/relaxant	relaxant, diffusive
<b>Taste/action</b>	pungent	bitter, sweet, slightly aromatic	sweet, pungent
<b>Tissues</b>	mucous membranes, circulation, digestion	digestive, circulation, nerves, muscles	muscles, digestive glands
<b>Clinical actions</b>	cooling diaphoretic, carminative, antispasmodic, emmenagogue, anti- inflammatory	bitter tonic, carminative, nervine, sedative, diaphoretic, emmenagogue	carminative, antispasmodic

	<i>Mentha</i>	<i>Matricaria</i>	<i>Foeniculum</i>	<i>Glycyrrhiza</i>
<b>Temperature</b>	warm/cooling diaphoretic	slightly warm/cool	warm	neutral
<b>Humidity</b>	dry	dry	dry	moist
<b>Tone</b>	relaxant, diffusive	tonic/relaxant	relaxant, diffusive	tonic
<b>Taste/action</b>	pungent	bitter, sweet, slightly aromatic	sweet, pungent	sweet
<b>Tissues</b>	mucous membranes, circulation, digestion	digestive, circulation, nerves, muscles	muscles, digestive glands	mucous membranes, endocrine
<b>Clinical actions</b>	cooling diaphoretic, carminative, antispasmodic, emmenagogue, anti-inflammatory	bitter tonic, carminative, nervine, sedative, diaphoretic, emmenagogue	carminative, antispasmodic	demulcent, anti- inflammatory



	<i>Scutellaria</i>	<i>Passiflora</i>
<b>Temperature</b>	cool	cool
<b>Humidity</b>	dry	dry
<b>Tone</b>	relaxant	relaxant
<b>Taste/action</b>	bitter, slightly acrid	sweet, slightly bitter
<b>Tissues</b>	nervous, digestive, muscles	nerves
<b>Clinical actions</b>	nervine tonic, sedative, hypnotic, antispasmodic	nervine relaxant, sedative, hypnotic

	<i>Scutellaria</i>	<i>Passiflora</i>	<i>Hypericum</i>
<b>Temperature</b>	cool	cool	cool
<b>Humidity</b>	dry	dry	dry
<b>Tone</b>	relaxant	relaxant	astrigent
<b>Taste/action</b>	bitter, slightly acrid	sweet, slightly bitter	sweet, slightly bitter, slightly acrid
<b>Tissues</b>	nervous, digestive, muscles	nerves	nerves, liver
<b>Clinical actions</b>	nervine tonic, sedative, hypnotic, antispasmodic	nervine relaxant, sedative, hypnotic	mild liver alterative, nervine, mood elevator

	<i>Scutellaria</i>	<i>Passiflora</i>	<i>Melissa</i>
<b>Temperature</b>	cool	cool	Warm/cool
<b>Humidity</b>	dry	dry	dry
<b>Tone</b>	relaxant	relaxant	relaxant, diffusive
<b>Taste/action</b>	bitter, slightly acrid	sweet, slightly bitter	sweet, bitter, sour
<b>Tissues</b>	nervous, digestive, muscles	nerves	mucous membranes, nervous, circulation, digestion
<b>Clinical actions</b>	nervine tonic, sedative, hypnotic, antispasmodic	nervine relaxant, sedative, hypnotic	carminative, antispasmodic, relaxant diaphoretic, emmenagogue, mood-elevator

	<i>Valeriana</i>	<i>Humulus</i>
<b>Temperature</b>	warm	cold
<b>Humidity</b>	dry	dry
<b>Tone</b>	relaxant, diffusive	tonic/astringent
<b>Taste/action</b>	bitter, sweet, pungent	very bitter, somewhat aromatic
<b>Tissues</b>	nervous, circulatory, digestive, muscles	nervous, digestive
<b>Clinical actions</b>	cerebral stimulant, sedative, hypnotic, antispasmodic, carminative	sedative, hypnotic, nervine, bitter alterative tonic



	<i>Piscidia</i>	<i>Eschscholtzia</i>
<b>Temperature</b>	cold	cool
<b>Humidity</b>	dry	slightly dry
<b>Tone</b>	relaxant	relaxant
<b>Taste/action</b>	bitter	bitter
<b>Tissues</b>	nerves, muscles, CNS	nerves, circulation
<b>Clinical actions</b>	anodyne, sedative, antispasmodic	anodyne, sedative, antispasmodic, antitussive

	<i>Piscidia</i>	<i>Eschscholtzia</i>	<i>Corydalis</i>
<b>Temperature</b>	cold	cool	somewhat warm
<b>Humidity</b>	dry	slightly dry	neutral
<b>Tone</b>	relaxant	relaxant	relaxant
<b>Taste/action</b>	bitter	bitter	bitter, acrid
<b>Tissues</b>	nerves, muscles, CNS	nerves, circulation	nervous, muscles
<b>Clinical actions</b>	anodyne, sedative, antispasmodic	anodyne, sedative, antispasmodic, antitussive	anodyne, antispasmodic, sedative



	<i>Viburnum opulus</i>	<i>Dioscorea</i>
<b>Temperature</b>	slightly cool	slightly cool
<b>Humidity</b>	slightly dry	slightly dry
<b>Tone</b>	relaxant	relaxant
<b>Taste/action</b>	somewhat bitter, slightly sweet	bitter, sweet, spicy
<b>Tissues</b>	smoothe and skeletal muscle	smoothe muscle
<b>Clinical actions</b>	antispasmodic	strong antispasmodic

	<i>Piscidia</i>	<i>Eschscholtzia</i>	<i>Corydalis</i>	<i>Viburnum opulus</i>	<i>Dioscorea</i>	<i>Scutellaria</i>
<b>Temperature</b>	cold	cool	warm	slightly cool	slightly cool	cool
<b>Humidity</b>	dry	slightly dry	neutral	slightly dry	slightly dry	dry
<b>Tone</b>	relaxant	relaxant	relaxant	relaxant	relaxant	relaxant
<b>Taste/action</b>	bitter	bitter	bitter, acrid	somewhat bitter, slightly sweet	bitter, sweet, spicy	bitter, slightly acid
<b>Tissues</b>	nerves, muscles, CNS	nerves, circulation	nervous, muscles	smoothe and skeletal muscle	smoothe muscle	nervous, digestive, muscles
<b>Clinical actions</b>	anodyne, sedative, antispasmodic	anodyne, sedative, antispasmodic, antitussive	anodyne, antispasmodic, sedative	antispasmodic	strong antispasmodic	nervine tonic, sedative, hypnotic, antispasmodic

	<i>Curcuma</i>	<i>Zingiber</i>	<i>Boswellia</i>
<b>Temperature</b>	hot	hot	hot
<b>Humidity</b>	dry	somewhat dry	dry
<b>Tone</b>	astringent, diffusive	diffusive	diffusive
<b>Taste/action</b>	pungent, bitter	pungent	pungent, bitter
<b>Tissues</b>	GI glands, liver, mucous membranes	circulation, digestive glands	circulation, digestive glands
<b>Clinical actions</b>	Bitter tonic, carminative, astringent, anti-inflammatory	circulatory stimulant, digestive stimulant, carminative, diaphoretic, emmenagogue, anti-inflammatory	circulatory stimulant, digestive stimulant, expectorant, emmenagogue, anti-inflammatory

	<i>Cinnamon</i>	<i>Zingiber</i>	<i>Foeniculum</i>
<b>Temperature</b>	hot	hot	warm
<b>Humidity</b>	dry	somewhat dry	dry
<b>Tone</b>	astringent	diffusive	relaxant, diffusive
<b>Taste/action</b>	pungent, sweet	pungent	sweet, pungent
<b>Tissues</b>	circulation, mucous membranes, digestion, endocrine (insulin)	circulation, digestive glands	muscles, digestive glands
<b>Clinical actions</b>	circulatory stimulant, carminative, warming tonic, emmenagogue, hypoglycemic	circulatory stimulant, digestive stimulant, carminative, diaphoretic, emmenagogue, anti-inflammatory	carminative, antispasmodic

	<i>Mentha</i>	<i>Achillea</i>
<b>Temperature</b>	warm/cooling diaphoretic	warm/cool
<b>Humidity</b>	dry	dry
<b>Tone</b>	relaxant, diffusive	tonic/astringent
<b>Taste/action</b>	pungent	bitter, acrid/pungent,
<b>Tissues</b>	mucous membranes, circulation, digestion	mucous membranes, digestive, liver, urinary, circulation
<b>Clinical actions</b>	cooling diaphoretic, carminative, antispasmodic, emmenagogue, anti- inflammatory	bitter tonic, diaphoretic, diuretic, hemostatic

	<i>Eupatorium</i>	<i>Sambucus</i>
<b>Temperature</b>	cold	cool
<b>Humidity</b>	dry	dry
<b>Tone</b>	bitter tonic/relaxant diaphoretic	relaxant, diffusive
<b>Taste/action</b>	bitter, pungent	bitter, slightly acrid
<b>Tissues</b>	mucous membranes, digestive glands, liver, immune system, circulation	mucous membranes, circulation, immune system
<b>Clinical actions</b>	alterative, immune stimulant, immunomodulating, relaxant diaphoretic, emetic, laxative	alterative, relaxant diaphoretic, diuretic, expectorant

	<i>Mentha</i>	<i>Achillea</i>	<i>Sambucus</i>
<b>Temperature</b>	warm/cooling diaphoretic	warm/cool	cool
<b>Humidity</b>	dry	dry	dry
<b>Tone</b>	relaxant, diffusive	tonic/astringent	relaxant, diffusive
<b>Taste/action</b>	pungent	bitter, acrid/pungent,	bitter, slightly acrid
<b>Tissues</b>	mucous membranes, circulation, digestion	mucous membranes, digestive, liver, urinary, circulation	mucous membranes, circulation, immune system
<b>Clinical actions</b>	cooling diaphoretic, carminative, antispasmodic, emmenagogue, anti- inflammatory	bitter tonic, diaphoretic, diuretic, hemostatic	alterative, relaxant diaphoretic, diuretic, expectorant



	<i>Althaea</i>	Honey
<b>Temperature</b>	cool	warm
<b>Humidity</b>	moist	moist
<b>Tone</b>	relaxant	relaxant
<b>Taste/action</b>	sweet (bitter)	sweet
<b>Tissues</b>	mucous membranes, immune	mucous membranes
<b>Clinical actions</b>	nutritive, demulcent, vulnerary, anti- inflammatory	demulcent, expectorant

	<i>Althaea</i>	Honey	Lobelia
<b>Temperature</b>	cool	warm	neutral
<b>Humidity</b>	moist	moist	slightly dry
<b>Tone</b>	relaxant	relaxant	relaxant, diffusive
<b>Taste/action</b>	sweet (bitter)	sweet	acid, bitter
<b>Tissues</b>	mucous membranes, immune	mucous membranes	circulatory, nerves, muscles, mucous membranes
<b>Clinical actions</b>	nutritive, demulcent, vulnerary, anti- inflammatory	demulcent, expectorant	antispasmodic, expectorant, diaphoretic

	<i>Althaea</i>	<i>Foeniculum</i>
<b>Temperature</b>	cool	warm
<b>Humidity</b>	moist	dry
<b>Tone</b>	relaxant	relaxant, diffusive
<b>Taste/action</b>	sweet (bitter)	sweet, pungent
<b>Tissues</b>	mucous membranes, immune	muscles, digestive glands
<b>Clinical actions</b>	nutritive, demulcent, vulnerary, anti- inflammatory	carminative, antispasmodic

	<i>Althaea</i>	<i>Filipendula</i>
<b>Temperature</b>	cool	cool
<b>Humidity</b>	moist	dry
<b>Tone</b>	relaxant	tonic/astringent
<b>Taste/action</b>	sweet (bitter)	bitter, sweet, aromatic
<b>Tissues</b>	mucous membranes, immune	digestive, circulation
<b>Clinical actions</b>	nutritive, demulcent, vulnerary, anti- inflammatory	diaphoretic, diuretic, astringent, anti-inflammatory

	<i>Althaea</i>	<i>Ulmus</i>	<i>Glycyrrhiza</i>
<b>Temperature</b>	cool	cool	neutral
<b>Humidity</b>	moist	moist	moist
<b>Tone</b>	relaxant	relaxant	tonic
<b>Taste/action</b>	sweet (bitter)	sweet	sweet
<b>Tissues</b>	mucous membranes, immune	mucous membranes	mucous membranes, endocrine
<b>Clinical actions</b>	nutritive, demulcent, vulnerary, anti- inflammatory	nutritive, demulcent, vulnerary, anti- inflammatory	demulcent, anti- inflammatory

## Humoral properties of corrective media

ghee	warm 2	moist 2
honey	warm 2	moist 2
almond oil	warm 2	moist 1
salt water	warm 2	dry 2
wine	warm 2	dry 2
sugar	warm 1	moist 2
milk	warm 1	moist 1
olive oil	warm 1	moist 1
citrus juice	cold 1	moist 1
vinegar	cold 1	dry 1
warm water	cold 2	moist 2
yoghurt	cold 2	moist 2
cold water	cold 4	moist 4

*From Indusyunic Medicine*

# Humoral properties of alcohol

- ▶ Alcohol is hot and dry. Probably Hot 3 Dry 3 in the Unani system, but not mentioned medicinally in this Islamic based system.
- ▶ From Arabic *al-kuhl*, or *al-ghoul*, meaning can take the essential spirit, as in al-chemical extractions, sometimes used prior to distillation of essential oils.
- ▶ In China, when herbs are taken in alcohol form, the dose is typically ½ to one ounce, in a medium varying from 50 proof to pure grain alcohol.
- ▶ These forms are taken when the heating and blood moving properties of the alcohol is desired as part of the treatment

See: *Chinese Medicinal Wines* by Flaws

# Unani Corrigenents

from Latin *corrigerere* to set right, improve

<i>Achillea millefolium</i>	Pimpinella anisum
<i>Allium sativum</i>	fried in almond oil with coriander
<i>Althea officinalis</i>	honey and Foeniculum
<i>Berberis vulgaris</i>	sugar and cloves
<i>Cannabis sativa</i>	butter and ghee
<i>Capsicum spp</i>	milk, ghee
<i>Centella asiatica</i>	coriander
<i>Citrus spp.</i>	sugar and honey
<i>Commiphora myrrha</i>	honey and cold items
<i>Coptis spp.</i>	honey

<i>Coriandrum</i>	lemon and honey
<i>Curcuma longa</i>	citrus juice
<i>Foeniculum vulgare</i>	celery seed
<i>Glycyrrhiza glabra</i>	Rosa spp
<i>Juniperus communis</i>	honey and butter
<i>Lavandula</i>	lemon juice, sour articles
<i>Linum usitatissimum</i>	Coriander, caraway, and sugar with citrus juice
<i>Malva</i>	honey and fennel
<i>Matricaria</i>	honey
<i>Mentha</i>	honey, rose, violet

<i>Ocimum spp</i>	viola, sugar, lemon
<i>Paeonia</i>	rose petals with sugar, fresh milk
<i>Pimpinella anisum</i>	lime juice and fennel
<i>Plantago</i>	honey and lemon
<i>Rosa</i>	anise
<i>Salix</i>	Rosa spp
<i>Valeriana</i>	Rosa spp
<i>Viola</i>	Nymphaea and marjoram
<i>Zingiber</i>	almond oil, honey

# Using corrigents in formulation

## Herb

Curcuma

Glycyrrhiza

Plantago

## Formula

Plantago powder 4

Curcuma honey 3

Glycyrrhiza juice 2

Rosa 1

Pimpinella 1

## Corrigent

citrus juice

Rosa

Honey, lemon

Take as

in syrup of

and lemon

## Complex formula modified by corrigents

### **Herb**

Mentha

Matricaria

Foeniculum

Glycyrrhiza

Althaea

### **Corrigent**

honey, rose, Violet

honey

Celery Seed

Rosa

Fennel, honey

## Complex formula modified by corrigents

- Mentha 4
- Matricaria 4
- Foeniculum 4
- Glycyrrhiza 2
- Althaea 2
- Rosa 2
- Viola 2
- Celery 1
- Anise 1

Take as powder in honey. About  $\frac{1}{4}$  of the formula is composed of corrigents



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Notes and slides: <http://naimh.com/oakland>