

MATERIA MEDICA QUICK REFERENCE GUIDE

Alphabetical by Genus
 See Index of Scientific and Common names at end of the document
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<i>Acalypha spp</i>	
Yerba del Cancer	
Parts used	Leaf, plant
Taste-Action	Bitter astringent
Temperature	Cold
Humidity	Dry
Vital action	Vital stimulant, relaxant
Tissues affected	Mucous membranes, digestive tract
Clinical Actions	Topical: Most potent anti-biofilm effect

<i>Achillea millefolium</i>	
Yarrow	
Parts used	Plant
Taste-Action	Bitter, pungent, astringent
Temperature	complex temperature with cooling bitter principles and warming aromatics (more cool than warm)
Humidity	dry
Vital action	Stimulant astringent/tonic
Tissues affected	skin, mucous membranes, digestive glands, liver, urinary tract, circulatory system
Clinical Actions	Topical: disinfectant, anti biofilm Internal: bitter tonic (cold), diaphoretic (hot), diuretic (cold), hemostat

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Actea racemosa, Cimicifuga racemosa, Macrotys

Black Cohosh

Parts used	Root
Taste-Action	Bitter, pungent, sweet
Temperature	Cool
Humidity	Dry
Vital action	Vital stimulant, relaxant
Tissues affected	Nerves, smooth and skeletal muscle, mucous membranes, lungs and bronchial tract, serous membranes, brain
Clinical Actions	Internal: nervine tonic, antispasmodic, expectorant, antiseptic.

Aesculus hippocastanum

Horse chestnut

Parts used	Seed
Taste-Action	Bitter, pungent
Temperature	Slightly cool
Humidity	Slightly dry
Vital action	Tonic/astringent
Tissues affected	Venous system, portal venous system, capillaries
Clinical Actions	Internal: astringent and tonic to venous system and capillary networks

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<i>Agrimonia eupatorium</i>	
Agrimony	
Parts used	Aerial parts
Taste-Action	Astringent, somewhat bitter
Temperature	Warm
Humidity	Dry
Vital action	Vital stimulant, slightly diffusive, astringent
Tissues affected	Mucous membranes, liver, urinary tract
Clinical Actions	Topical: Internal: warming astringent/tonic, anti-inflammatory

<i>Allium sativum</i>	
Garlic	
Parts used	bulb
Taste-Action	pungent
Temperature	very hot
Humidity	very dry
Vital action	stimulant, diffusive, mild relaxant
Tissues affected	mucous membranes, circulation, lungs, nerves, muscles, immune cells
Clinical Actions	Topical: antiseptic Internal: immune-enhancing alterative, stimulating expectorant, diaphoretic, emmenagogue, antispasmodic

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Aloe vera	
Aloe	
Parts used	Gel from leaves
Taste-Action	bitter
Temperature	cold
Humidity	moist
Vital action	
Tissues affected	Skin, mucous membranes
Clinical Actions	Topical: demulcent, emollient, wound-healing, anti-inflammatory, antibacterial, antifungal Internal: laxative

Althaea officinalis	
Marshmallow	
Parts used	Root, leaf
Taste-Action	Sweet, slight bitter
Temperature	Cool
Humidity	Moist
Vital action	Relaxant
Tissues affected	Mucous membranes, immune system, nervous system
Clinical Actions	Topical: demulcent, anti-inflammatory, vulnerary Internal: demulcent tonic, anti-inflammatory, immune modulating, nervine, galactagogue

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Anemopsis californica	
Yerba Mansa	
Parts used	Root
Taste-Action	Bitter, acrid, astringent
Temperature	Warm
Humidity	Very dry
Vital action	Strong vital stimulant, tonic/astringent
Tissues affected	Mucous membranes, lymphatics, capillaries,
Clinical Actions	Topical: disinfectant, astringent Internal: astringent, mucous membrane tonic-astringent, diaphoretic, emmenagogue, warming alterative, blood-moving antiinflammatory

Anemone pulsatilla, Pulsatilla patens	
Pasque flower	
Parts used	Fresh flower upper parts
Taste-Action	Bitter, pungent
Temperature	Cool
Humidity	Neutral
Vital action	Strong vital stimulant, relaxant
Tissues affected	Nervous
Clinical Actions	Internal:sedative

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Angelica archangelica	
Angelica	
Parts used	Root, aerial parts, seeds
Taste-Action	Acrid, bitter
Temperature	Warm
Humidity	Dry
Vital action	Vital stimulant, relaxant, diffusive
Tissues affected	Circulatory, muscles
Clinical Actions	Topical: Internal: circulatory stimulant, antispasmodic, diaphoretic, emmenagogue, expectorant

Angelica sinensis	
Dong quai, <i>dang gui</i>	
Parts used	Prepared root
Taste-Action	Pungent, sweet, bitter
Temperature	Warm
Humidity	Dry
Vital action	Vital stimulant, relaxant, diffusive, blood tonic
Tissues affected	Circulatory, muscles
Clinical Actions	Topical: Internal: circulatory stimulant, blood tonic, antispasmodic, emmenagogue

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<i>Anthemis nobilis</i>	
Chamomile, Roman	
Parts used	Leaf and flower
Taste-Action	Bitter, sweet, somewhat aromatic
Temperature	Mixed slightly warm/cool
Humidity	dry
Vital action	Vital stimulant, mixed tonic/relaxant
Tissues affected	Digestive glands, nerves, capillaries, muscles
Clinical Actions	Topical: anti-inflammatory wash Internal: bitter tonic, carminative, nervine, sedative, antispasmodic, diaphoretic, emmenagogue, antiinflammatory

<i>Arctostaphylos uva ursi</i>	
Uva ursi, bearberry	
Parts used	leaf
Taste-Action	Bitter astringent
Temperature	Cold
Humidity	Dry
Vital action	Vital stimulant, tonic, astringent
Tissues affected	Mucous membranes, digestive tract, urinary tract
Clinical Actions	Topical: powerful antiseptic Internal: urinary tract antiseptic, tonic/astringent to gut and pelvis, genitourinary organs

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Arnica spp	
Arnica	
Parts used	Flowering tops
Taste-Action	Pungent and sweet
Temperature	Warm
Humidity	Dry
Vital action	Strong vital stimulant
Tissues affected	Circulation, nerves
Clinical Actions	Topical: anodyne Internal:

Artemisia spp.	
mugwort, wormwood	
Parts used	Leaf
Taste-Action	Bitter, pungent
Temperature	Complex temperature with cooling bitter principles and warming aromatics (more warm than cool)
Humidity	Dry
Vital action	Strong vital stimulant, tonic/astringent
Tissues affected	Mucous membranes, circulatory, digestive secreting glands
Clinical Actions	Topical: disinfectant, antibiofilm Internal: bitter tonic, warming alterative, diaphoretic (hot), Diuretic(cold), emmenagogue

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<i>Asclepias tuberosa</i>	
Pleurisy root	
Parts used	Root
Taste-Action	Bitter, acrid
Temperature	Cold
Humidity	Dry
Vital action	Strong relaxant
Tissues affected	Mucous membranes, serous membranes, capillaries, nerves
Clinical Actions	Topical: Internal: relaxant expectorant, relaxant diaphoretic, sedative

<i>Arctium lappa</i>	
Burdock	
Parts used	Root, seed
Taste-Action	Bitter, sweet
Temperature	Cool
Humidity	Dry (may promote sebaceous secretions)
Vital action	Vital stimulant, tonic-astringent, diffusive
Tissues affected	Mucous membranes, serous membranes, lymphatic tissue, gastrointestinal and hepatic secreting glands, microbiome
Clinical Actions	Topical: Internal: alterative, lymphatic, bitter tonic, mild hepatic stimulant, diaphoretic, diuretic

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<i>Asparagus recemosus, cochinsinensis</i>	
Asparagus, Shatavari, Tian Men Dong	
Parts used	Root
Taste-Action	Sweet, bitter
Temperature	Cold
Humidity	Moist
Vital action	Vital stimulant, relaxant, Yin Tonic
Tissues affected	Mucous membranes, endocrine system, immunity
Clinical Actions	Topical: Internal: demulcent, reproductive tonic, nutritive

<i>Astragalus membranaceus</i>	
Astragalus, Huang Chi	
Parts used	Root
Taste-Action	Sweet
Temperature	Slightly warm
Humidity	Dry
Vital action	Vital stimulant, tonic/astringent
Tissues affected	Endocrine, digestive, immune, lungs, blood
Clinical Actions	Topical: Antiinflammatory Internal: chi tonic, blood tonic, immune stimulant, astringent to gut and sweating.

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Avena sativa, milky	
Oat, milky	
Parts used	Fresh seeds for tincture in their "milky" stage
Taste-Action	Sweet
Temperature	Somewhat cool
Humidity	Neutral
Vital action	Vital stimulant, relaxant (milky oat tincture) slight tonic (tea of straw)
Tissues affected	nerves
Clinical Actions	Topical: Oatmeal bath for itching Internal: nutritive, stimulant, sedative, nervine tonic

Avena sativa plant	
Oat Straw	
Parts used	Seed fresh in milky stage
Taste-Action	Sweet
Temperature	Somewhat cool
Humidity	Neutral
Vital action	Vital stimulant, tonic
Tissues affected	Nerves
Clinical Actions	Internal: nervine tonic

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<i>Baptisia tinctoria</i>	
Wild indigo	
Parts used	Whole plant with root
Taste-Action	Bitter, pungent, astringent
Temperature	Cold
Humidity	Slightly dry
Vital action	Strong vital stimulant
Tissues affected	Skin, digestive and hepatic secreting glands, immune system, lymphatics
Clinical Actions	Topical: disinfectant, anti-biofilm Internal: immune enhancing alterative, immune stimulant.

<i>Barosma betulina</i>	
Buchu	
Parts used	Leaf
Taste-Action	Pungent, bitter
Temperature	warm
Humidity	Dry
Vital action	Vital stimulant, relaxant, diffusive
Tissues affected	Mucous membranes, urinary tract, digestive and pelvic organs
Clinical Actions	Topical: Internal: strong stimulating diuretic, urinary tract disinfectant, carminative, diuretic, diaphoretic, nervine

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<i>Berberis aquifolium, spp. (Mahonia spp.)</i>	
Oregon grape root	
Parts used	Root, root bark
Taste-Action	Bitter
Temperature	Cold
Humidity	Dry
Vital action	Vital stimulant, tonic/astringent
Tissues affected	Gastrointestinal and hepatic secreting glands, mucous membranes.
Clinical Actions	Topical: Internal: digestive and liver alterative, bitter tonic, cholagogue.

<i>Berberis vulgaris</i>	
Barberry	
Parts used	Root
Taste-Action	Bitter, astringent
Temperature	Cold
Humidity	Dry
Vital action	Vital stimulant, tonic
Tissues affected	Secreting glands of the digestive tract, liver, bowel
Clinical Actions	Topical: antiseptic Internal: bitter tonic, cholagogue, laxative

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Boswellia	
Frankinsence, Olibanum	
Parts used	resin
Taste-Action	Bitter, acrid
Temperature	warm
Humidity	dry
Vital action	Strong vital stimulant
Tissues affected	Mucous membranes, capillaries, immune, lymphatics
Clinical Actions	<p>Topical: antiseptic, antiinflammatory</p> <p>Internal: immune alterative, blood moving antiinflammatory</p>

#Bursera	
Elephant tree, Copal	
Parts used	resin
Taste-Action	Bitter, acrid
Temperature	warm
Humidity	dry
Vital action	Strong vital stimulant
Tissues affected	Mucous membranes, capillaries, immune, lymphatics
Clinical Actions	<p>Topical: antiseptic, antiinflammatory</p> <p>Internal: immune alterative, blood moving antiinflammatory</p>

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<i>Calendula off.</i>	
Pot marigold, Marigold	
Parts used	leaf and flower
Taste-Action	bitter
Temperature	Complex temperature with cooling bitter and diffusive components and warming resins and oils with a net mild warming effect.
Humidity	Somewhat dry
Vital action	Diffusive, mild mixed relaxant and tonic effects, Vital stimulant
Tissues affected	Skin, digestive and hepatic glands, mucous membranes, urinary tract
Clinical Actions	Topical: vulnerary, antiseptic, anti-inflammatory Internal: mild bitter tonic; alterative through liver, lymphatic system, and bowel. mild antispasmodic, mild diaphoretic, mild emmenagogue, mild cholagogue, mild diuretic

<i>Capsella bursa-pastoris</i>	
Shepherd's Purse	
Parts used	Aerial parts
Taste-Action	Astringent, sweet-bland
Temperature	Somewhat cool
Humidity	Dry
Vital action	Stimulant, tonic
Tissues affected	Mucous membranes, capillaries, urinary tract
Clinical Actions	Topical: Internal: astringent, hemostatic, stimulant expectorant

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<i>Capsicum annuum, frutescens</i>	
Cayenne	
Parts used	Fruit
Taste-Action	Very pungent
Temperature	Very hot
Humidity	Very dry
Vital action	Powerful stimulant
Tissues affected	Circulatory, nerves
Clinical Actions	Topical: counterirritant anodyne Internal: circulatory stimulant, diaphoretic, carminative, emmenagogue

<i>Cassia angustifolia, spp</i>	
Senna	
Parts used	Leaf
Taste-Action	Bitter
Temperature	Cold
Humidity	Dry
Vital action	Vital stimulant, relaxant
Tissues affected	Digestive glands, mucous membranes
Clinical Actions	Topical: Internal: laxative, alterative, expectorant

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<i>Caulophyllum thalictroides</i>	
Blue Cohosh	
Parts used	Root
Taste-Action	Bitter, slightly pungent, sweet
Temperature	Warm
Humidity	Dry
Vital action	Vital stimulant, relaxant
Tissues affected	Nerves, smooth and skeletal muscle, mucous membranes, lungs and bronchial tract, cardiac muscle
Clinical Actions	Topical: Internal:nervine tonic, antispasmodic, uterine tonic

<i>Ceanothus spp</i>	
Red root	
Parts used	Root bark, bark
Taste-Action	Astringent, somewhat bitter
Temperature	Cool
Humidity	Dry
Vital action	Stimulant, tonic, astringent
Tissues affected	Lymphatics, capillaries, veins
Clinical Actions	Topical: astringent Internal: astringent, lymphatic and immune stimulant, alterative to liver, spleen, and portal venous system

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<i>Centella asiatica</i>	
Gotu Kola	
Parts used	Aerial parts
Taste-Action	Sweet, slightly bitter
Temperature	Cool
Humidity	Dry
Vital action	Stimulant, tonic
Tissues affected	Nervous, connective
Clinical Actions	Topical: wound healing??? Internal: cerebral stimulant and tonic, wound healing

<i>Chimaphila umbellata</i>	
Pipsissewa	
Parts used	Leaf
Taste-Action	Bitter, astringent
Temperature	Cool
Humidity	Dry
Vital action	Stimulant, tonic-astringent
Tissues affected	Mucous membranes, circulation, lymphatics, gut, urinary tract.
Clinical Actions	Internal: urinary tract disinfectant, mild astringent to gut and pelvic tissues., general and lymphatic alterative, diuretic, antiinflammatory

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<i>Cinnamomum cassia, zeylanicum (verum)</i>	
Cinnamon	
Parts used	Bark
Taste-Action	Pungent, sweet
Temperature	Hot
Humidity	Dry
Vital action	Strong vital stimulant, astringent
Tissues affected	Circulatory, mucous membranes, digestive glands, endocrine (insulin)
Clinical Actions	Topical: Internal: carminative, warming tonic, circulatory stimulant, emmenagogue, anti-inflammatory, hypoglycemic

<i>Codonopsis pilosula</i>	
Codonopsis, Dang Shen	
Parts used	Root
Taste-Action	Sweet
Temperature	Neutral
Humidity	Moist
Vital action	Vital stimulant, tonic
Tissues affected	Endocrine, digestive
Clinical Actions	Internal: mild chi tonic

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<i>Collinsonia canadensis</i>	
Stone root	
Parts used	Fresh root or fresh whole plant
Taste-Action	Bitter, pungent
Temperature	Cool
Humidity	Dry
Vital action	Strong vital stimulant, tonic/astringent
Tissues affected	Mucous membranes, venous system, portal venous system, nervous system
Clinical Actions	Topical: for sprains, bruises, and swellings Internal: Tonic to membranes, veins, and nerves.

<i>Commiphora myrrha, Commiphora molmol</i>	
Myrrh	
Parts used	resin
Taste-Action	Bitter, acrid
Temperature	warm
Humidity	Dry
Vital action	Strong vital stimulant, tonic/astringent
Tissues affected	Mucous membranes, capillaries, immune cells, lymphatics
Clinical Actions	Topical: antiseptic, antiinflammatory Internal: immune alterative, blood moving antiinflammatory

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<i>Corydalis yanhusuo, C. aurea</i>	
Yan Hu Suo, Golden smoke	
Parts used	Root
Taste-Action	Spicy, bitter
Temperature	Warm
Humidity	Dry
Vital action	Strong vital stimulant, relaxant
Tissues affected	Nerves, blo
Clinical Actions	Internal: anodyne, antiinflammatory

<i>Crataegus oxycantha, spp.</i>	
Hawthorn	
Parts used	Fruit, flowers
Taste-Action	Sweet, sour
Temperature	Slightly warm
Humidity	Slightly damp
Vital action	Strong vital stimulant, tonic
Tissues affected	Cardiac muscle, arteries, nerves
Clinical Actions	Internal: cardiotonic, nervine tonic, hypotensive

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<i>Curcuma longa</i>	
Turmeric	
Parts used	Root
Taste-Action	Bitter, pungent
Temperature	Warm/hot
Humidity	Very dry
Vital action	Vital stimulant, tonic, astringent, diffusive
Tissues affected	Mucous membranes, gastrointestinal glands, liver, circulation
Clinical Actions	Topical: Internal: warming tonic, anti-inflammatory, digestive bitter and carminative, hepatoprotectant

<i>Dioscorea villosa</i>	
Wild yam	
Parts used	Root
Taste-Action	Sweet, pungent, bitter
Temperature	Slightly cool
Humidity	Dry
Vital action	relaxant
Tissues affected	Smooth muscle
Clinical Actions	Internal: strong antispasmodic

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Echinacea angustifolia, purpurea, spp.	
Purple coneflower	
Parts used	Root; root with flowering tops
Taste-Action	bitter, pungent
Temperature	cool
Humidity	slightly dry
Vital action	stimulant
Tissues affected	Immune cells, lymphatics, skin
Clinical Actions	Topical: disinfectant, vulnerary Internal: immune enhancing alterative

<i>Eleutherococcus senticosus, Acanthopanax senticosus</i>	
Siberian ginseng	
Parts used	root
Taste-Action	Sweet, slightly pungent
Temperature	Slightly warm
Humidity	Slightly dry
Vital action	Powerful vital stimulant, tonic
Tissues affected	Endocrine, nervous, immune
Clinical Actions	Internal: stimulant adaptogen

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<i>Equisetum arvense, spp</i>	
Horsetail	
Parts used	Aerial parts
Taste-Action	Astringent, bitter, sweet
Temperature	Cool
Humidity	Dry
Vital action	Tonic
Tissues affected	Urinary tract, gut
Clinical Actions	Topical: Internal: mild diuretic, nutritive

<i>Eschscholtzia californica, mexicana</i>	
California poppy	
Parts used	Fresh flowering top, fresh whole flowering plant with root.
Taste-Action	Bitter
Temperature	Cool
Humidity	Slightly dry
Vital action	Vital stimulant, relaxant
Tissues affected	Nerves, vessels.
Clinical Actions	Internal: anodyne, sedative, antispasmodic, antitussive

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<i>Eugenia caryophyllata, Syzygium aromaticum</i>	
Clove	
Parts used	Flower buds
Taste-Action	Pungent
Temperature	Very hot
Humidity	Very dry
Vital action	Vital stimulant, diffusive
Tissues affected	
Clinical Actions	<p>Topical: Anesthetic for exposed nerves in teeth</p> <p>Internal: circulatory stimulant, diaphoretic, warming tonic to the interior, aphrodisiac.</p>

<i>Eupatorium perfoliatum</i>	
Boneset	
Parts used	Leaf
Taste-Action	Bitter, pungent
Temperature	Cold
Humidity	Dry
Vital action	Vital stimulant, bitter tonic
Tissues affected	Mucous membranes, digestive glands, liver, immune cells
Clinical Actions	<p>Topical:</p> <p>Internal: alterative, relaxant diaphoretic, relaxant diuretic, immune-stimulant, anti-inflammatory, emetic, laxative</p>

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<i>Eupatorium purpureum, maculatum</i>	
Queen of the Meadow	
Parts used	Root
Taste-Action	Bitter
Temperature	Cool
Humidity	Dry
Vital action	Mild stimulant, relaxant
Tissues affected	Urinary tract
Clinical Actions	Topical: Internal:relaxant diuretic

<i>Filipendula ulmaria</i>	
Meadowsweet	
Parts used	Leaf
Taste-Action	Bitter, astringent
Temperature	Cool
Humidity	Dry
Vital action	Tonic/astringent
Tissues affected	Gastrointestinal glands, liver
Clinical Actions	Topical: Internal: bitter tonic, astringent, diaphoretic, diuretic, anti-inflammatory

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<i>Foeniculum vulgare</i>	
Fennel	
Parts used	Seed
Taste-Action	Sweet, pungent
Temperature	Warm
Humidity	Dry
Vital action	Vital stimulant, relaxant, diffusive
Tissues affected	Smooth and skeletal muscles, digestive glands
Clinical Actions	Topical: Internal: carminative, antispasmodic, galactagogue

<i>Fucus, Nereocystis</i>	
Kelp, bladderwrack	
Parts used	Leaf and stem
Taste-Action	Salty
Temperature	Neutral
Humidity	Dry
Vital action	Tonic astringent
Tissues affected	Mucous membranes, connective tissue, thyroid gland
Clinical Actions	Topical: demulcent Internal: nutritive

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<i>Galium aparine</i>	
Cleavers	
Parts used	Aerial plants
Taste-Action	Somewhat bitter
Temperature	Cold
Humidity	Dry
Vital action	Stimulant, relaxant
Tissues affected	Urinary, lymphatics
Clinical Actions	Topical: Internal: diuretic, lymphatic stimulant

<i>Ganoderma lucidum</i>	
Reishi	
Parts used	Fruiting body
Taste-Action	Bitter, sweet
Temperature	Slightly warm
Humidity	Moist
Vital action	Stimulant
Tissues affected	Endocrine and immune
Clinical Actions	Internal: immune tonic, immune balancer

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<i>Gaultheria procumbens</i>	
Wintergreen	
Parts used	Leaf
Taste-Action	Aromatic, bitter
Temperature	Cool
Humidity	Dry
Vital action	Vital stimulant, relaxant, diffusive
Tissues affected	Vessels, nerves, urinary tract
Clinical Actions	Topical: Internal: anodyne, diuretic

<i>Gentiana luteum</i>	
Gentian	
Parts used	Root
Taste-Action	Bitter
Temperature	Cold
Humidity	Dry
Vital action	Vital stimulant, bitter tonic
Tissues affected	Gastrointestinal and hepatic glands
Clinical Actions	Topical: Internal: bitter tonic, cholagogue

<i>Geranium spp</i>	
Geranium, cranesbill	
Parts used	Root
Taste-Action	Astringent
Temperature	Somewhat cool
Humidity	Very dry
Vital action	Tonic, astringent
Tissues affected	Mucous membranes, vessels
Clinical Actions	Topical: Internal: astringent, hemostatic

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<i>Ginkgo biloba</i>	
Ginkgo	
Parts used	Leaf
Taste-Action	Bitter, sweet
Temperature	Cool
Humidity	Dry
Vital action	Tonic-astringent
Tissues affected	Circulatory
Clinical Actions	Topical: Internal: vasodilator

<i>Glycyrrhiza glabra</i>	
Licorice	
Parts used	Root
Taste-Action	Sweet
Temperature	Neutral
Humidity	Moistening
Vital action	Strong vital stimulant, chi tonic in higher doses
Tissues affected	Mucous membranes, endocrine system
Clinical Actions	Topical: Internal: demuculent, antiinflammatory, stimulating tonic

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<i>Grindelia spp</i>	
Gumweed	
Parts used	Flowers
Taste-Action	Bitter, pungent
Temperature	Warm
Humidity	Dry
Vital action	Vital stimulant, relaxant
Tissues affected	Skin, mucous membranes
Clinical Actions	Topical: antiinflammatory Internal: stimulating expectorant, antispasmodic

<i>Hamamelis virginiana</i>	
Witch hazel	
Parts used	Bark, leaf
Taste-Action	Astringent
Temperature	Complex temperature, near neutral
Humidity	Dry
Vital action	Tonic
Tissues affected	Mucous membranes
Clinical Actions	Topical: astringent Internal: astringent

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<i>Humulus lupulus</i>	
Hops	
Parts used	Strobiles
Taste-Action	Bitter, somewhat aromatic
Temperature	Cold
Humidity	Dry
Vital action	Stron vital stimulant, tonic astringent
Tissues affected	Nerves, digestive glands
Clinical Actions	Topical: Internal: sedative, hypnotic, nervine, bitter alterative tonic

<i>Hydrangea arborescens</i>	
Hydrangea, Seven Barks	
Parts used	Roots, rhizome
Taste-Action	Slightly pungent, sweet, slight bitter
Temperature	Neutral, slightly cool?
Humidity	Moist
Vital action	Vital stimulant, relaxant
Tissues affected	Mucous membranes, Urinary tract, bronchial tract, lower bowel
Clinical Actions	Topical: Internal: demulcent, mild expectorant, relaxant diuretic, urinary antispasmodic and anodyne

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<i>Hydrastis canadensis</i>	
Goldenseal	
Parts used	Root, leaves
Taste-Action	Bitter
Temperature	Cold
Humidity	Dry
Vital action	Strong vital stimulant, tonic/astringent
Tissues affected	Mucous membranes, venous system, secreting glands of GI and Liver
Clinical Actions	<p>Topical: powerful disinfectant; leaf has less concentration of alkaloids, but concentrated efflux pump inhibitors not present in root. Powerful topical astringent</p> <p>Internal: bitter tonic, liver alterative, venous tonic</p>

<i>Hydrastis canadensis leaf</i>	
Goldenseal	
Parts used	leaves
Taste-Action	Bitter
Temperature	Cold
Humidity	Dry
Vital action	Strong vital stimulant, tonic/astringent
Tissues affected	Mucous membranes, venous system, secreting glands of GI and Liver
Clinical Actions	<p>Topical: powerful disinfectant; leaf has less concentration of alkaloids, but concentrated efflux pump inhibitors not present in root. Powerful topical astringent</p> <p>Internal: bitter tonic, liver alterative, venous tonic</p>

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<i>Hypericum perforatum</i>	
St Johnswort	
Parts used	Flower and leaf
Taste-Action	Sweet, somewhat bitter, somewhat acrid
Temperature	Cool
Humidity	Dry
Vital action	Astringent
Tissues affected	Blood, liver, nerves
Clinical Actions	Topical: nervine anodyne anti-inflammatory vulnerary Internal: alterative, hepatic, nerveine

<i>Inula helenium</i>	
Elecampane	
Parts used	Root
Taste-Action	Bitter, pungent
Temperature	Warm
Humidity	Dry
Vital action	Vital stimulant, tonic/astringent, diffusive
Tissues affected	Mucous membranes, respiratory, digestive glands, urinary
Clinical Actions	Topical: Internal: stimulating expectorant, diaphoretic, diuretic

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<i>Iris versicolor</i>	
Iris, blue flag	
Parts used	Root, rhizome
Taste-Action	Bitter, somewhat pungent
Temperature	Cool
Humidity	Dry
Vital action	Stimulant, tonic
Tissues affected	Lymphatics, mucous membranes, liver
Clinical Actions	Topical: Internal: Alterative to digestive system, liver, and lymphatics

<i>Juniperus communis, spp.</i>	
Juniper	
Parts used	Fruit, needles
Taste-Action	Pungent, bitter, sweet
Temperature	warm
Humidity	Dry
Vital action	Vital stimulant, tonic
Tissues affected	Mucous membranes, circulatory, digestive, urinary tract, uterus
Clinical Actions	Topical: disinfectant Smudge: disinfectant Internal: warming alterative, blood moving circulatory stimulant, urinary tract disinfectant, strong diuretic, bitter and carminative, emmenagogue

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<i>Lactuca spp</i>	
Wild lettuce	
Parts used	Leaf and stem, sap
Taste-Action	Bitter
Temperature	Cold
Humidity	Neutral
Vital action	Vital stimulant, relaxant
Tissues affected	nerves
Clinical Actions	Internal: mild sedative, anodyne, hypnotic

<i>Larrea tridentata</i>	
Chaparral, creosote bush	
Parts used	Leaf tips, new growth
Taste-Action	bitter
Temperature	cool
Humidity	dry
Vital action	strong stimulant
Tissues affected	Skin, immune cells, mucous membranes
Clinical Actions	Topical: disinfectant, anti-biofilm, anti-inflammatory Internal: bitter alterative, immune enhancing alterative

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<i>Lavandula vera</i>	
Lavendar	
Parts used	Aerial parts
Taste-Action	Pungent, somewhat bitter
Temperature	Warm, cooling diffusive
Humidity	Dry
Vital action	Vital stimulant, relaxant
Tissues affected	Nerves, digestive and hepatic glands, mucous membranes, circulation
Clinical Actions	Topical: Internal: sedative, carminative, emmenagogue, cerebral tonic, liver relaxant

<i>Lentinus edodes</i>	
Shiitake	
Parts used	Fruiting body
Taste-Action	Sweet
Temperature	Slightly warm
Humidity	Moist
Vital action	Stimulant
Tissues affected	Immune
Clinical Actions	Internal: immune stimulant, immune balancer, nutritive tonic

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<i>Leonurus cardiaca</i>	
Motherwort	
Parts used	Leaves
Taste-Action	Bitter, slightly pungent
Temperature	Cool
Humidity	Dry
Vital action	Vital stimulant, relaxant, diffusive
Tissues affected	Nerves, digestive glands, uterine and cardiac muscle
Clinical Actions	Internal: sedative, bitter tonic, diaphoretic, emmenagogue, antispasmodic, relaxant to heart muscle

<i>Ligusticum porteri</i>	
Osha	
Parts used	Root
Taste-Action	Pungent, slightly bitter
Temperature	Warm
Humidity	Dry
Vital action	Strong vital stimulant, relaxant, diffusive
Tissues affected	Circulation, muscles
Clinical Actions	Topical: Internal: circulatory stimulant, antispasmodic, emmenagogue, expectorant, diaphoretic

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<i>Lobelia inflata</i>	
Lobelia	
Parts used	Leaves and seeds
Taste-Action	Acrid, bitter
Temperature	Slightly warm/cool
Humidity	Slightly dry
Vital action	Strong vital stimulant, relaxant, diffusive
Tissues affected	Vessels, muscles, nerves
Clinical Actions	Topical: antispasmodic, anodyne Internal: antispasmodic, expectorant, diuretic, diaphoretic

<i>Lycopus virginicus</i>	
Bugleweed	
Parts used	Leaf
Taste-Action	Bitter, somewhat sweet, somewhat pungent
Temperature	Cool
Humidity	Dry
Vital action	Vital stimulant, relaxant, diffusive, astringent
Tissues affected	Mucous membranes, vessels, nerves, cardiovascular
Clinical Actions	Topical: Internal: sedative, cardiorelaxant, hemostatic, bitter tonic, diaphoretic, diuretic

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<i>Marrubium vulgare</i>	
Horehound	
Parts used	Aerial parts
Taste-Action	Bitter, slightly pungent
Temperature	Cool
Humidity	Dry
Vital action	Vital stimulant, relaxant (astringent)
Tissues affected	Mucous membranes, digestive glands, circulation
Clinical Actions	Topical: Internal: stimulant expectorant, bitter tonic, diaphoretic, diuretic, emmenagogue

<i>Matricaria recutita</i>	
Chamomile	
Parts used	Leaf and flower
Taste-Action	Bitter, sweet, somewhat aromatic
Temperature	Mixed slightly warm/cool
Humidity	dry
Vital action	Vital stimulant, mixed tonic/relaxant
Tissues affected	Digestive glands, nerves, capillaries, muscles
Clinical Actions	Topical: anti-inflammatory wash Internal: bitter tonic, carminative, nervine, sedative, antispasmodic, diaphoretic, emmenagogue, antiinflammatory

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<i>Melissa officinalis</i>	
Lemon Balm	
Parts used	Leaf
Taste-Action	Sour, sweet, bitter
Temperature	Cooling diaphoretic
Humidity	Dry
Vital action	Vital stimulant, relaxant, diffusive
Tissues affected	Mucous membranes, circulation, digestion, nervous system
Clinical Actions	Topical: antipruritic Internal: relaxant diaphoretic, carminative, carminative, antispasmodic, emmenagogue

<i>Mentha arvensis</i>	
Field mint, corn mint, Poleo mint	
Parts used	Leaf
Taste-Action	Pungent
Temperature	Cooling diaphoretic
Humidity	Somewhat dry
Vital action	Vital stimulant, relaxant, diffusive
Tissues affected	Mucous membranes, circulation, digestion
Clinical Actions	Topical: antipruritic Internal: relaxant diaphoretic, carminative, carminative, antispasmodic, emmenagogue

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<i>Mentha piperita</i>	
Peppermint	
Parts used	Leaf
Taste-Action	Pungent
Temperature	Cooling diaphoretic
Humidity	Somewhat dry
Vital action	Vital stimulant, relaxant, diffusive
Tissues affected	Mucous membranes, circulation, digestion
Clinical Actions	Topical: antipruritic Internal: relaxant diaphoretic, carminative, carminative, antispasmodic, emmenagogue

<i>Mentha pulegium</i>	
Pennyroyal (European)	
Parts used	Leaf
Taste-Action	Pungent
Temperature	Cooling diaphoretic
Humidity	Somewhat dry
Vital action	Vital stimulant, relaxant, diffusive
Tissues affected	Mucous membranes, circulation, digestion
Clinical Actions	Topical: antipruritic Internal: relaxant diaphoretic, carminative, carminative, antispasmodic, emmenagogue

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<i>Mentha spicata</i>	
Spearmint	
Parts used	Leaf
Taste-Action	Pungent
Temperature	Cooling diaphoretic
Humidity	Somewhat dry
Vital action	Vital stimulant, relaxant, diffusive
Tissues affected	Mucous membranes, circulation, digestion
Clinical Actions	Topical: antipruritic Internal: relaxant diaphoretic, carminative, carminative, antispasmodic, emmenagogue

<i>Monarda spp</i>	
Bee balm, horsemint, wild oregano	
Parts used	Leaf
Taste-Action	Pungent, bitter
Temperature	Cooling diaphoretic
Humidity	Dry
Vital action	Vital stimulant, relaxant, diffusive
Tissues affected	Mucous membranes, circulation, digestion
Clinical Actions	Topical: antiviral to herpesvirus Internal: relaxant diaphoretic, carminative, carminative, antispasmodic, emmenagogue

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<i>Myrica cerifera</i>	
Bayberry	
Parts used	Bark
Taste-Action	Acrid, astringent
Temperature	Warm
Humidity	Very dry
Vital action	Vital stimulant, astringent , relaxant, diffusive
Tissues affected	Mucous membranes, gut, lymphatics, circulation
Clinical Actions	Topical: disinfectant, astringent Internal: astringent tonic, diaphoretic,

<i>Nepeta cataria</i>	
Catnip	
Parts used	Aerial parts
Taste-Action	Bitter, pungent
Temperature	Cool
Humidity	Somewhat dry
Vital action	Vital stimulant, relaxant
Tissues affected	Mucous membranes, nervous, digestive glands, circulation
Clinical Actions	Topical: Internal: nervine, sedative, hypnotic, relaxant diaphoretic, diuretic

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<i>Ocimum basilicum, sanctum, spp.</i>	
Basil, Holy Basil, Tulsi	
Parts used	Leaf
Taste-Action	Pungent, sweet, slightly bitter
Temperature	Warm
Humidity	Slightly dry
Vital action	Stimulant, relaxant, mild diffusive
Tissues affected	Nervous, membranes, endocrine
Clinical Actions	Topical: antiseptic, anti-biofilm Internal: nervine tonic, cordial/exhilarant, mild expectorant, mild carminative, emmenagogue

<i>Oenothera spp</i>	
Evening Primrose	
Parts used	Root, leaf, flowering tops
Taste-Action	Sweet, somewhat bitter
Temperature	Cool
Humidity	Moist
Vital action	Vital stimulant, relaxant
Tissues affected	Mucous membranes
Clinical Actions	Topical: Internal: demulcent, nutritive, anti-inflammatory

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<i>Olea europea</i>	
Olive	
Parts used	Leaf
Taste-Action	Bitter, sweet
Temperature	Cool
Humidity	Dry
Vital action	circulatory
Tissues affected	
Clinical Actions	Topical: Internal:

<i>Ophiopogon japonicus</i>	
Ophiopogon, mondo grass	
Parts used	Tubers, roots
Taste-Action	Sweet, somewhat bitter
Temperature	Cool
Humidity	Moist
Vital action	Vital stimulant, relaxant, Yin tonic
Tissues affected	Mucous membranes, spiritual heart
Clinical Actions	Topical: Internal: demulcent, nutritive, anti-inflammatory

<i>Paeonia officinalis</i>	
Peony root	
Parts used	root
Taste-Action	Bitter, sour
Temperature	cool
Humidity	Neutral
Vital action	Vital stimulant , relaxant
Tissues affected	Nerves, muscles, blood
Clinical Actions	Internal: antispasmodic, sedative, blood tonic

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<i>Panax ginseng</i>	
Chinese ginseng, Korean ginseng	
Parts used	Root (leaf)
Taste-Action	Sweet, slightly bitter
Temperature	Slightly warm
Humidity	Slightly moist
Vital action	Strong vital stimulant, tonic
Tissues affected	Endocrine, digestive, immune, respiratory, blood
Clinical Actions	Internal: tonic adaptogen, Chinese chi tonic, slightly demulcent.

<i>Panax quinquefolium</i>	
American ginseng	
Parts used	Root
Taste-Action	Sweet, bitter
Temperature	Cool
Humidity	Moist
Vital action	Strong vital stimulant
Tissues affected	Endocrine, immune, digestive, lungs
Clinical Actions	Internal: chinese chi and yin tonic, demulcent

<i>Passiflora incarnata</i>	
Passionflower	
Parts used	Flowering tops
Taste-Action	Sweet, slightly bitter
Temperature	Cool
Humidity	Dry
Vital action	Vital stimulant, relaxant
Tissues affected	nerves
Clinical Actions	Topical: Internal: nervine relaxant, sedative, hypnotic

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<i>Phytolacca decandra</i>	
Poke	
Parts used	Root
Taste-Action	Bitter
Temperature	Cold
Humidity	Dry
Vital action	Stimulant, tonic
Tissues affected	Lymphatics
Clinical Actions	Topical: Internal: lymphatic and immune stimulant

<i>Pimpinella anisum</i>	
Anise	
Parts used	Seed
Taste-Action	Pungent, sweet
Temperature	Warm
Humidity	Dry
Vital action	Vital stimulant, relaxant, diffusive
Tissues affected	Mucous membranes, pectoral, circulation, digestive
Clinical Actions	Internal: carminative, expectorant, nervine, circulatory relaxant, emmenagogue, galactagogue

<i>Piper methysticum</i>	
Kava	
Parts used	Rhizome
Taste-Action	Bitter, acrid
Temperature	Warm
Humidity	Dry
Vital action	Strong vital stimulant, relaxant
Tissues affected	Nerves, muscles
Clinical Actions	Topical: Internal: muscle relaxant, intoxicant, anxiolytic

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<i>Piscidia erythrina</i>	
Jamaica dogwood	
Parts used	Root bark
Taste-Action	Bitter
Temperature	Cold
Humidity	Dry
Vital action	Vital stimulant, relaxant
Tissues affected	Nerves, muscles
Clinical Actions	Topical: Anesthetic Internal: anodyne, sedative, antispasmodic

<i>Plantago spp.</i>	
Plantain	
Parts used	Leaf
Taste-Action	Bitter
Temperature	Cool
Humidity	Drying
Vital action	Mild relaxant, vital stimulant, mild astringent
Tissues affected	Skin, digestive glands, mucous membranes, urinary tract
Clinical Actions	Topical: wound healing, disinfectant, anti-inflammatory. Internal: Alterative to liver, gut, kidney

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<i>Polygonatum multiflorum</i>	
Solomon's Seal	
Parts used	Root
Taste-Action	Sweet, somewhat bitter
Temperature	Cool
Humidity	Moist
Vital action	Vital stimulant, relaxant, Yin tonic
Tissues affected	Mucous membranes, connective tissue
Clinical Actions	Topical: Internal: demulcent, mild expectorant, anti-inflammatory

<i>Polygonum multiflorum</i>	
He Shou Wu (Fo Ti)	
Parts used	Prepared root
Taste-Action	Sweet
Temperature	Somewhat warm
Humidity	Somewhat moist
Vital action	Vital stimulant
Tissues affected	Endocrine
Clinical Actions	Internal: reproductive tonic.

<i>Populus spp</i>	
Poplar	
Parts used	Bark
Taste-Action	Bitter, somewhat sweet
Temperature	Cool
Humidity	Dry
Vital action	Vital stimulant, tonic-astringent
Tissues affected	Gastrointestinal glands, circulation, urinary tract
Clinical Actions	Topical: Internal: bitter tonic, astringent

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<i>Quercus spp</i>	
Oak	
Parts used	Bark
Taste-Action	Astringent
Temperature	Somewhat cool
Humidity	Very dry
Vital action	Astringent, tonic
Tissues affected	Mucous membranes
Clinical Actions	Topical: astringent, antibiofilm Internal: astringent

<i>Rubus spp.</i>	
Raspberry, Thimbleberry	
Parts used	Leaf
Taste-Action	Slightly bitter, slightly sweet
Temperature	Slightly cooling
Humidity	Very dry
Vital action	Vital stimulant, tonic/astringent
Tissues affected	Mucous membrane, gastrointestinal, urinary tract, uterus, connective tissue
Clinical Actions	Topical: Astringent Internal: Nutritive, astringent

<i>Rhamnus frangula</i>	
Buckthorn	
Parts used	Dried root
Taste-Action	Bitter
Temperature	Cold
Humidity	Dry
Vital action	Vital stimulant, tonic
Tissues affected	Digestive glands, liver, smooth muscle
Clinical Actions	Topical: Internal: bitter tonic, cholagogue, stimulant laxative, venous tonic

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<i>Rhamnus purshiana</i>	
Cascara sagrada	
Parts used	Aged bark
Taste-Action	Very bitter
Temperature	Cold
Humidity	Dry
Vital action	Vital stimulant, tonic
Tissues affected	Digestive glands, liver, gall bladder, smooth muscle of the bowels
Clinical Actions	Topical: Internal: cholagogue, bitter tonic and stimulant laxative

<i>Rheum officinale</i>	
Rhubarb	
Parts used	Rhizome
Taste-Action	Bitter, astringent
Temperature	Cold
Humidity	Dry
Vital action	Vital stimulant, tonic-astringent
Tissues affected	Digestive glands, liver
Clinical Actions	Topical: Antiinflammatory (Unani) Internal: gastrointestinal alterative, stimulant laxative, astringent

<i>Rhodiola rosea</i>	
King's crown, rosy crown	
Parts used	Root
Taste-Action	Slightly bitter
Temperature	Warm
Humidity	Very dry
Vital action	Strong vital stimulant, astringent
Tissues affected	Endocrine, nervous
Clinical Actions	Internal: stimulant/adaptogen

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Rosa spp	
Rose	
Parts used	Flower, leaves
Taste-Action	Sweet, slightly bitter, slightly pungent, astringent
Temperature	Cool
Humidity	Moist (fresh) dry (dried)
Vital action	Vital stimulant, relaxant, astringent
Tissues affected	Mucous membranes, gastrointestinal glands, nervous, cardiac
Clinical Actions	Topical: Internal: cardi tonic, nervine tonic, intestinal tonic/astringent

Rosmarinus off	
Rosemary	
Parts used	Leaf
Taste-Action	Pungent, somewhat bitter
Temperature	Hot
Humidity	Dry
Vital action	Strong vital stimulant, relaxant, diffusive
Tissues affected	Mucous membranes, circulation, digestion, liver, nerves
Clinical Actions	Topical: antipruritic Internal: carminative, anodyne, antispasmodic, cerebral tonic, emmenagogue, liver relaxant

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<i>Rumex spp</i>	
Yellow dock, prairie dock, etc	
Parts used	Root
Taste-Action	Bitter
Temperature	Cool
Humidity	Dry
Vital action	Vital stimulant, tonic
Tissues affected	Gastrointestinal and hepatic secreting glands, mucous membranes, skin
Clinical Actions	Topical: Internal: alterative to liver and bowel, bitter tonic, cholagogue, mild stimulant laxative

<i>Salvia officinalis</i>	
Sage	
Parts used	Leaf
Taste-Action	Bitter, pungent, astringent
Temperature	Complex temperature with cooling bitter principles and warming aromatics (more warm than cool)
Humidity	Very dry
Vital action	Strong vital stimulant, tonic/astringent
Tissues affected	Mucous membranes, circulatory, digestive secreting glands
Clinical Actions	Topical: disinfectant, anti-biofilm Internal: bitter tonic, warming alterative, diaphoretic (hot), diuretic(cold), astringent to sweating (cold), anti-galactagogue, emmenagogue (hot)

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<i>Schisandra chinensis</i>	
Schisandra	
Parts used	Fruit
Taste-Action	Sour
Temperature	Warm
Humidity	Dry
Vital action	Powerful vital stimulant, tonic
Tissues affected	Nervous, endocrine
Clinical Actions	Internal: strong stimulant adaptogen

<i>Scutallaria lateriflora</i>	
Scullcap	
Parts used	Aerial parts
Taste-Action	Bitter, slightly acrid
Temperature	Cool
Humidity	Dry
Vital action	Vital stimulant, relaxant
Tissues affected	Nervous, digestive glands, muscles
Clinical Actions	Topical: Internal: nervine tonic, sedative, hypnotic, somewhat antispasmodic

<i>Serenoa serrulata</i>	
Saw Palmetto	
Parts used	Fruit
Taste-Action	Pungent, sweet
Temperature	Warm
Humidity	Dry
Vital action	Vital stimulant, tonic-astringent
Tissues affected	Mucous membranes, digestive glands, endocrine
Clinical Actions	Topical: Internal: expectorant, aperient, tonic-alterative, astringent to pelvic organs, may have estrogenic effects

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<i>Solidago spp</i>	
Goldenrod	
Parts used	Aerial part
Taste-Action	Bitter, slightly acrid
Temperature	Cool
Humidity	Dry
Vital action	Astringent, mild tonic
Tissues affected	Kidney and urinary tract
Clinical Actions	Topical: antiseptic, anti-biofilm Internal: strong diuretic, diaphoretic, antispasmodic, analgesic

<i>Stachys betonica</i>	
Wood Betony	
Parts used	Leaf
Taste-Action	Pungent, bitter
Temperature	Cool
Humidity	Dry
Vital action	Strong vital stimulant , tonic, diffusive
Tissues affected	Nerves, circulation, mucous membranes, respiration
Clinical Actions	Topical: Internal: nervine tonic, mild sedative, mucous membrane tonic, alterative, diaphoretic

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Symphytum officinalis, uplandicum, spp.	
Comfrey, Russian Comfrey	
Parts used	Leaf, root
Taste-Action	Sweet, slightly bitter
Temperature	cool
Humidity	Complex humidity, initially moistening with drying after-effect
Vital action	Tonic, vital stimulant
Tissues affected	Skin, mucous membranes, connective tissue
Clinical Actions	Topical: vulnerary, anti-inflammatory, demulcent Internal: demulcent, expectorant

<i>Tanacetum parthenium</i>	
Feverfew	
Parts used	Aerial parts
Taste-Action	Bitter, somewhat pungent
Temperature	Cool
Humidity	Dry
Vital action	Vital stimulant, relaxant, relaxes constrained liver chi
Tissues affected	Nerves, digestive glands, mucous membranes, circulation, liver
Clinical Actions	Topical: Internal: carminative, diaphoretic, emmenagogue, sedative, diaphoretic

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<i>Taraxacum officinale</i>	
Dandelion	
Parts used	Root, leaf, flower
Taste-Action	Bitter, somewhat sweet
Temperature	Cold
Humidity	Dry
Vital action	Vital stimulant, tonic astringent
Tissues affected	Gastrointestinal and hepatic secreting glands, microbiome
Clinical Actions	Topical: Internal: bitter tonic, liver alterative, cholagogue, cholaretic, mild laxative, mild diuretic.

<i>Thuja occidentalis, plicata</i>	
White Cedar, Western Red Cedar	
Parts used	Needles
Taste-Action	Bitter, aromatic
Temperature	Complex temperature, warm
Humidity	Dry
Vital action	Vital stimulant, tonic/astringent/diffusive
Tissues affected	Mucous membranes, serous membranes, secreting glands of the GI tract, capillaries, immune cells
Clinical Actions	Topical: Antiseptic Internal: alterative, circulatory stimulant, immune stimulant, diaphoretic, emmenagogue

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<i>Thymus vulgaris</i>	
Thyme	
Parts used	Leaf
Taste-Action	Pungent, bitter
Temperature	Complex temperature, moderately warm/cool
Humidity	Somewhat dry
Vital action	Vital stimulant, relaxant, diffusive
Tissues affected	Mucous membranes, circulatory system
Clinical Actions	<p>Topical: Powerful antiseptic and antibiofilm effects</p> <p>Internal: cough relaxant, carminative, mild emmenagogue, diaphoretic</p>

<i>Trigonella foenum-gracium</i>	
Fenugreek	
Parts used	Seed
Taste-Action	Sweet, bitter, somewhat pungent
Temperature	Warm
Humidity	Dry
Vital action	Vital stimulant, relaxant
Tissues affected	Mucous membranes, digestive glands, muscles, endocrine (insulin)
Clinical Actions	<p>Topical:</p> <p>Internal: carminative, mucous membrane tonic, hypoglycemic</p>

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<i>Turnera aphrodisiaca</i>	
Damiana	
Parts used	Leaf
Taste-Action	Bitter, pungent
Temperature	Warm
Humidity	Dry
Vital action	Vital stimulant, tonic-astringent
Tissues affected	Nervous system, circulation, mucous membranes, digestive organs, lungs, pelvic organs
Clinical Actions	Topical: Internal: warming mild nervine tonic, mild circulatory stimulant, mild diffusive, mild cholagogue, mild diuretic, aphrodisiac, emmenagogue, stimulant, Yang Tonic

<i>Tussilago farfara</i>	
Coltsfoot, European	
Parts used	Leaf
Taste-Action	Somewhat bitter, sweet, somewhat pungent
Temperature	Cool [or neutral, Cook warming]?
Humidity	Dry
Vital action	Vital stimulant, relaxant, diffusive
Tissues affected	Mucous membranes.
Clinical Actions	Topical: antiinflammatory Internal:relaxant expectorant, demulcent, diaphoretic

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<i>Ulmus fulva, spp.</i>	
Slippery elm, other elm species	
Parts used	Bark
Taste-Action	Sweet, slight bitter
Temperature	Cool
Humidity	Moist
Vital action	Vital stimulant, relaxant
Tissues affected	Mucous membranes, nerves
Clinical Actions	Topical: demulcent Internal: Demulcent, nutritive

<i>Urtica dioica, urens, spp.</i>	
Stinging Nettle	
Parts used	Leaf and stem
Taste-Action	Slightly bitter, slightly sweet, slightly salty
Temperature	Cooling (neutral)
Humidity	Dry
Vital action	Vital stimulant, astringent/tonic
Tissues affected	Mucous membrane
Clinical Actions	Topical: Fresh for counterirritant effects Internal: Alterative, anti-inflammatory, nutritive, diuretic

<i>Vaccinium spp</i>	
Blueberry, Huckleberry, Bilberry	
Parts used	Leaf, fruit
Taste-Action	Bitter, astringent (fruit sweet/sour)
Temperature	Cool
Humidity	Dry (fruit moist)
Vital action	Tonic astringent
Tissues affected	Mucous membranes, gut, urinary tract, endocrine
Clinical Actions	Topical: Internal: diuretic, astringent to urinary tract and gut, urinary tract disinfectant, hypoglycemic, promotes insulin sensitivity

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<i>Valeriana officinalis</i>	
Valerian	
Parts used	Roots and rhizomes
Taste-Action	Bitter, sweet, pungent
Temperature	Warm
Humidity	Dry
Vital action	Strong vital stimulant , diffusive?
Tissues affected	Nerves, circulation, digestive glands, muscles
Clinical Actions	Internal: cerebral stimulant, sedative, hypnotic, antispasmodic, carminative

<i>Verbascum thapsus</i>	
Mullein	
Parts used	Leaf, root
Taste-Action	Bitter, pungent
Temperature	Cool
Humidity	Dry (flowers moist/complex)
Vital action	Vital stimulant, relaxant
Tissues affected	
Clinical Actions	Topical: Resolvent for swellings Internal: stimulating expectorant, relaxant for cough with mucous

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<i>Verbena spp</i>	
Vervain	
Parts used	Aerial parts
Taste-Action	Bitter, pungent
Temperature	Cool
Humidity	Dry
Vital action	Vital stimulant, relaxant
Tissues affected	Nerves, circulation, digestive glands
Clinical Actions	Topical: Internal: nervine, sedative, hypnotic, relaxant diaphoretic, diuretic

<i>Viburnum opulus</i>	
Cramp bark	
Parts used	Bark
Taste-Action	Somewhat bitter, slightly sweet
Temperature	Slightly cool
Humidity	Slightly dry
Vital action	Vital stimulant, relaxant
Tissues affected	Smooth and skeletal muscle
Clinical Actions	Topical: Internal: antispasmodic

<i>Viburnum prunifolium</i>	
Black Haw	
Parts used	Bark
Taste-Action	bitter
Temperature	Slightly cool
Humidity	Slightly dry
Vital action	Stimulant, tonic/astringent
Tissues affected	Smooth muscles
Clinical Actions	Internal: Complex action on smooth muscle, antispasmodic but generally tonic to the tissue. Mild diuretic secondary to systemic astringency

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<i>Viola odorata</i>	
Violet	
Parts used	Leaf, flower, root
Taste-Action	Sweet, bitter, somewhat pungent
Temperature	Cool (leaves) to cold (root)
Humidity	Moist (leaves)
Vital action	Vital stimulant, relaxant
Tissues affected	Mucous membranes
Clinical Actions	Topical: demulcent Internal: mild expectorant, demulcent, antiinflammatory, nutritive

<i>Viscum album</i>	
European Mistletoe	
Parts used	Aerial parts
Taste-Action	Bitter
Temperature	Cool
Humidity	Neutral
Vital action	Relaxant
Tissues affected	Circulatory system, nerves
Clinical Actions	Internal: hypotensive, cardiorelaxant

<i>Vitex agnus castus</i>	
Chaste tree	
Parts used	Fruit
Taste-Action	Pungent, bitter
Temperature	Somewhat warm
Humidity	Dry
Vital action	Vital Stimulant, tonic-astringent
Tissues affected	endocrine
Clinical Actions	Topical: antiseptic? Internal: anaphrodisiac, emmenagogue, stimulates dopamine, reduces progesterone

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<i>Withania somnifera</i>	
Ashwagandha, "Sleep cherry"	
Parts used	Root
Taste-Action	Bitter, sweet
Temperature	Warm
Humidity	Dry (but may aggravate dampness)
Vital action	Vital stimulant, tonic
Tissues affected	Endocrine
Clinical Actions	Internal: mild adaptogen, mild sedative, reproductive system restorative

<i>Zea mays</i>	
<i>Corn silk</i>	
Parts used	Silk
Taste-Action	Sweet, slightly bitter
Temperature	Cool
Humidity	Dry
Vital action	Stimulant, relaxant
Tissues affected	Mucous membranes, urinary tract
Clinical Actions	Internal: demulcent, relaxant diuretic, anti-inflammatory

<i>Zingiber off.</i>	
Ginger	
Parts used	Rhizome
Taste-Action	Pungent
Temperature	Very hot
Humidity	Somewhat dry
Vital action	Diffusive
Tissues affected	Circulatory, digestive glands
Clinical Actions	Topical: counterirritant Internal: circulatory stimulant, digestive stimulant, carminative, diaphoretic, emmenagogue

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