

HERBAL MEDICATION

A Clinical and Dispensary Handbook

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Foreword

This handbook is issued with the needs of clinical students and newly qualified practitioners in mind. It presumes an adequate knowledge of pre-clinical sciences as well as a sound basis of naturopathic and physiomedical philosophy. As such, it is a handbook in the true sense of the term, not aiming to provide the completeness and depth of a textbook, but giving in the first part a concise review of the principles of physiomedical treatment, and in the second and third parts an immediately available reference for clinical prescribing and dispensing.

The objective in physiomedical treatment is the state of the individual patient. The presenting syndrome is no more than a pointer to the physiological imbalances existing at deeper levels, and serves but to focus the personal evaluation. The pursuit of mere symptom relief and clinical expediency, to the negligence of the deeper considerations, paves the way to chronic disease. To restore equilibrium on all levels within the individual organism is to achieve health.

This publication provides an opportunity to express thanks and appreciation to Albert Orbell, FNIMH, whose basic clinical training so soundly inculcated these therapeutic principles.

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A. W. and L. R. Priest

Part 2

**MATERIA
MEDICA**

Classification of Materia Medica

The fundamental basis of physiomedical classification is in accordance with the principle:

Stimulate – Relax – Contract

-whereas the secondary or subsidiary basis of classification is in terms of the local or regional action. Thus, diuretics are agents having a specific action on the renal function, diaphoretics on the sudoriferous function, hepatics on the liver, etc. This classification is largely derived empirically.

As stated in Part 1: Introduction, the physiomedical assessment must establish the need for relaxation or contraction, either generally or locally, in conjunction with whatever degree of stimulation is required, but it is also apparent that there may be different and even conflicting requirements for specific organs and systems within the same syndrome.

The schedules of materia medica given in the following pages are arranged to give this information, so that any agent may be selected which will provide just that influence which is required to meet the case, and in the intensity preferred. The first three schedules-Stimulants, Relaxants, Astringents-give those agents commonly used for their general systemic effects. The remaining schedules divide the materia medica according to the secondary classification into tonics, diuretics, diaphoretics, nervines, organ remedies, etc., and give under the heading: Special Characteristics the relevant information as to stimulating, relaxing or astringing (contracting) properties.

It will become evident from a study of the schedules that not only is the type of action available, but also the intensity of action. Intensity of action may be partly met by variation of the dosage, but this does not altogether meet the case. The choice of agent must be made not only with respect to its specific action, but also with regard to the intensity required at the time. For example, in selecting a suitable expectorant to dislodge accumulated mucus from the bronchi one is aware that *Sanguinaria canadensis* is very powerful for the purpose, yet its power would be quite contraindicated in pulmonary tuberculosis where its use might provoke a dangerous haemoptysis. In such a condition, the expectorant value of *Inula helenium* or *Symphytum officinale* would be preferred, since these agents also provide an auxiliary influence more suited to the overall syndrome.

The information contained in the schedules is largely derived from the classical works of Beach, Cook, Thurston, and Lyle. These works are at present out of print and generally unavailable. The information given has been further cross-checked against more recent publications, especially:

Naturae Medicina and Naturopathic Dispensatory
A. W. Kuts-Cheraux, B.S., M. D., N. D., Editor-in-Chief
Published by American Naturopathic Physicians and Surgeons
Association Des Moines, Iowa, U.S.A. 1953

Homoeopathic Materia Medica

William Boericke, M.D.

Published by Boericke and Runyon, Boericke and Tafel, Inc.

Philadelphia, U.S.A. 1927

These volumes will provide that expansion of detailed information necessary for the study of each individual patient.

The range of dosage for each herb, as given in most of the relevant publications, provides only a very approximate guide to the use of the herb as a single agent. The art of prescribing herbal medicines in combination is one requiring considerable experience of clinical practice. The best suggestion to make for the benefit of the clinical student is that each prescription should be checked to ensure that the maximum dose for each of the more powerful herbal medicines has not been exceeded. The letter placed against the name of the agent in the index is to provide such guidance, thus:

A - the maximum individual dose of the fluid extract (1:1) is 60 minims/4 mls.

B - the maximum dose of the fluid extract (1:1) is 30 minims/2 mls.

C - the maximum dose of the fluid extract (1:1) is 15 m./1 ml.

X - special care is needed to check the appropriate level for the specific preparation being used.

-such limits to apply whether given in combination or as single agents.

Materia Medica Schedules

GENERAL STIMULANTS

<i>Special Characteristics</i>	<i>Auxiliary</i>	<i>Individual Indications</i>	<i>Combinations and Technique</i>
Capsicum minimum			
<ul style="list-style-type: none"> • Vaso-motor and neural stimulant. • Stimulates the heart and increases arterial force and frequency. • Centrifugal action extending to capillaries. Indicated where reaction is tardy and there is general lethargy. • Increases secretory and motor activity of gastro-intestinal system. • Rubefacient and vaso-dilator (topical). 	Antiseptic Tonic	<ul style="list-style-type: none"> • Colds, chills, congestion—very sensitive to cold and damp. • Cold extremities with cyanosis. • Rheumatism, lumbago, neuralgia. • Shock of injury, cold sweats— • Nervous depression— • Delirium tremens— • Uterine and ovarian congestion— • Sprains, bruises, joint pains— 	<ul style="list-style-type: none"> • Generally give small frequent doses for cumulative reaction. • With Cinnam. and Caryoph. • In very small doses + nervines. • With nervines. • Lobelia renders more diffusive. • As liniment with Lobelia
Myrica cerifera			
<ul style="list-style-type: none"> • Positive diffusive stimulant – arouses circulation and eliminative organs. • Indicated for a soft, compressible pulse and peripheral laxity. • For heavy catarrhal states of mucous membranes—removes thick, viscid secretions from gastro-intestinal tract. • Positive influence upon the uterus and the venous system. 	Astringent Deobstruent Tonic	<ul style="list-style-type: none"> • Colds and acute febrile reactions • Scrofulous, tuberculous tendency. • Prolapsus uteri, menorrhagia. • Leucorrhoea, atonic vaginitis— • Gastro-intestinal cararrh. • Nasal polypi— 	<ul style="list-style-type: none"> • As Ess. Myrica comp. to generate heat and induce perspiration. • As douche. • Powdered herb as snuff
Xanthoxylum americanum			
<ul style="list-style-type: none"> • Positive diffusive stimulant—induces free arterial/capillary circulation, restores vascular tone. • General stimulant for relaxed and feeble conditions and atonic digestive states. • Excellent stimulant tonic and alterative for convalescence and the elderly. 	Alterative Diaphoretic Tonic	<ul style="list-style-type: none"> • Chronic rheumatic conditions— • Neurasthenia—poor assimilation. • Gastric distension, eructations and flatulence. • Loss of sensitivity in injured nerves. 	<ul style="list-style-type: none"> • With Phytolacca.
Zingiber officinale			
<ul style="list-style-type: none"> • Diffusive stimulant for simple atony of alimentary organs and circulation. • Gentle diffusive effects suitable for children and the elderly. 	Carminative Expectorant	<ul style="list-style-type: none"> • Colds and chills— • Flatulence and internal congestion, painful alimentary spasms. • Diarrhoea from over-relaxation 	<ul style="list-style-type: none"> • As initial stimulant diaphoretic.

GENERAL RELAXANTS

<i>Special Characteristics</i>	<i>Auxiliary</i>	<i>Individual Indications</i>	<i>Combinations and Technique</i>
Lobelia inflata			
<ul style="list-style-type: none"> • General systemic relaxant with diffusive stimulation - best where arterial action is strong. Equalises circulation and relieves vascular tension. • Vaso-motor stimulant-increases the activity of vegetative processes. • Influences glandular system and respiratory tubuli. • <i>Contra-indicated</i> in nervous prostration, shock and paralysis. Of brief continuance in asthenic conditions. 	Stimulant Diaphoretic Expectorant Emetic	<ul style="list-style-type: none"> • Dislocations, trauma, hernias— • Spasmodic and membranous croup, pertussis, bronchial asthma, bronchitis, pleurisy— • Hepatitis, jaundice, nausea, hepatic congestion— • Convulsions— • High blood pressure, intestinal obstruction, neurasthenia— • Sprains, boils, swollen joints 	<ul style="list-style-type: none"> • To relax tension and spasm, add more or less stimulation. • As Syr. Lobel. acet. • As emetic. • With Caulophyllum. • As enema: Lobelia 1. Nepeta 2. Zingiber 1. Pinus can. 2. (4 dr. powder to 3 pints water) • As local plaster with Capsicum.
Cypripedium pubescens			
<ul style="list-style-type: none"> • Relaxant for all states of nervous tension-esp. from physical conditions. • Allays pain and induces sleep. • Special influence on the autonomic N.S. • Nervous irritability from functional pelvic disturbances and menopause. • Neuromuscular tremors and twitchings. 	Antispasmodic Tonic	<ul style="list-style-type: none"> • Acute hysteria, emot. tension— • Anxiety states with insomnia— • Nervous headache, neuralgia, nervous irritation/debility— • Nymphomania, seminal emissions— • Dysmenorrhoea— • Nervous palpitation / tachycardia— 	<ul style="list-style-type: none"> • As rectal injection with Lobelia. • With Humulus for depression. • With Scutellaria and tonics. • With Salix nigra. • With Cimicifuga + Zingiber. • With Cereus.
Dioscorea villosa			
<ul style="list-style-type: none"> • Autonomic nerve relaxant, especially for gastro-intestinal conditions, vegetative neuroses and hyperaesthesiae. • Rheumatic syndromes arising from hepatic and intestinal dysfunction. 	Antispasmodic Antibilious Diaphoretic	<ul style="list-style-type: none"> • Bilious colic, flatulence, gastrointestinal irritation. • Neuralgic conditions. • Dysmenorrhoea, uterine pains— • Nervousness, restlessness and pains of pregnancy— 	<ul style="list-style-type: none"> • With Valeriana + Cimicifuga. • With Viburnum opul. + Mitchella.
Asclepias tuberosa			
<ul style="list-style-type: none"> • Peripheral and capillary relaxant-influences a flow towards the surface. • Autonomic stimulant: slows heartbeat, increases volume and frequency of respiration. • Influences skin, mucous and serous structures. 	Expectorant Antispasmodic	<ul style="list-style-type: none"> • Catarrhal complaints from cold and damp; hard, dry cough. • Bronchitis, pleurisy, peritonitis. • Pneumonia— • Influenza— • Intercostal rheumatism— • Eruptive diseases— 	<ul style="list-style-type: none"> • With Lobelia + Zingiber. • With Dioscorea + Zingiber. • With Solidago + Zingiber. • With Ballota nig. • Generally in hot infusion.

GENERAL ASTRINGENTS

<i>Special Characteristics</i>	<i>Auxiliary</i>	<i>Individual Indications</i>	<i>Combinations and Technique</i>
Euphrasia officinalis			
<ul style="list-style-type: none"> Mild stimulating, astringent. Vaso-constrictor to vessels of nasal and conjunctival mucous membranes. Specific for congestive conditions of the eyes with profuse lachrymation. Scrofulous eyes in children. 	Tonic	<ul style="list-style-type: none"> Catarrhal blepharitis, rhinitis, sinusitis and conjunctivitis— Hay fever, acute coryza, irritable sneezing and lachrymation. Rheumatic choroiditis and corneal opacity— 	<ul style="list-style-type: none"> Local bathing/douching with a weak decoction. Locally, with Hydrastis.
Geranium maculatum			
<ul style="list-style-type: none"> Positive tonic astringent for treatment of discharges due to over- relaxation. Excessive mucous discharges, passive haemorrhages and ulceration of the alimentary mucous membranes. Pulmonary and urogenital haemorrhages. 	Styptic Tonic	<ul style="list-style-type: none"> Catarrhal gastritis, summer diarrhoea, chronic dysentery — Menorrhagia, metrorrhagia, post-partum haemorrhage, leucorrhoea, due to atonic conditions— Bleeding wounds, teeth sockets— 	<ul style="list-style-type: none"> With Hydrastis. Oral and local. Powdered root as local styptic.
Hamamelis virginiana			
<ul style="list-style-type: none"> Mild, diffusive, cleansing astringent. Passive haemorrhages of pulmonary, gastro-intestinal and genital organs. Bruised soreness of affected parts, especially from relaxed conditions. Venous congestion, atony or laxity. 	Sedative Tonic	<ul style="list-style-type: none"> Diarrhoea and dysentery— Protruding, bleeding haemorrhoids— Vulval bruising after childbirth— Vaginal laxity with tenderness— Inflamed sore throat— Varicose veins— Sore and bloodshot eyes— 	<ul style="list-style-type: none"> With Ulmus fulva. With Calendula or Stellaria. Locally as compresses or cream with Calendula. As spray, with Tr. Phytolacca fr. Oral and local. With Calendula.
Rubus idaeus			
<ul style="list-style-type: none"> Mild, soothing, astringent tonic-allays nausea, sustains the nerves and tones the mucous membranes. Preparatory parturient (contra-indicated where there is a history of precipitate labours). 	Stimulant	<ul style="list-style-type: none"> Acute and chronic dysentery — Summer diarrhoea in children. Uterine haemorrhage, menorrhagia— Leucorrhoea— Ophthalmia— Sore throat and hoarseness — 	<ul style="list-style-type: none"> Oral and rectal injection. With Myrica or Hydrastis. As douche of the weak decoction. As lotion with Hamamelis. As gargle with dilute Acetum.
Salvia officinalis			
<ul style="list-style-type: none"> Carminative, stimulating astringent-especially suitable for weak, pale, atonic patients. Cold preparations check excessive perspiration from circulatory debility. 	Stimulant Carminative	<ul style="list-style-type: none"> Gastric debility and flatulence. Night sweats. Sore, ulcerated throat— 	<ul style="list-style-type: none"> As gargle with Tr. Myrrh., or honey and raspberry vinegar.

ALTERATIVES

<i>Special Characteristics</i>	<i>Auxiliary</i>	<i>Individual Indications</i>	<i>Combinations and Technique</i>
Arctium lappa			
<ul style="list-style-type: none"> • General alterative: influences skin, kidneys, mucous and serous membranes, to remove accumulated waste products. • Specific for eruptions on the head, face and neck, and for acute irritable and inflammatory conditions. 	Diuretic Diaphoretic Demulcent	<ul style="list-style-type: none"> • Eczema, psoriasis, dermatitis— • Boils, carbuncles, styes, sores. • Rheumatism, gout and sciatica. • Vaginal tissue laxity. 	<ul style="list-style-type: none"> • Oral and topical-with Rumex cr. • Generally prefer the seeds for skin diseases and scrofulous conditions. Combine with: Zingiber-for diffusive effects; Hydrastis-for tonic effects.
Baptisia tinctoria			
<ul style="list-style-type: none"> • Stimulating, antiseptic alterative: specific for septic conditions with ulceration and tissue degeneration. • Influences the glandular system and both sides of metabolism. • Suitable for asthenic conditions. 	Antiseptic Discutient	<ul style="list-style-type: none"> • Ulcerative colitis, amoebic dysentery, intestinal toxæmia. • Tonsillitis and quinsy— • Erosion of cervix— • Surface ulceration— • After typhoid inoculations. 	<ul style="list-style-type: none"> • With Myrrha for offensive secretions and putrescence. • As gargle with Phytolacca Eruct. • As local tampon with Calendula. • As poultice with Ulmus fulva.
Echinacea angustifolia			
<ul style="list-style-type: none"> • Stimulating alterative: promotes suppuration and increases natural resistance to infections. • Specific for endotoxaemia, exotoxaemia, toxæmic and cancerous cachexia, and malignant degeneration of acute toxic conditions. 	Antiseptic Antibiotic Antitoxin	<ul style="list-style-type: none"> • Septic infections, septicaemia. • Furunculosis, carbuncles— • Ulcerative pharyngitis, tonsillitis and stomatitis— • Eczema from blood conditions— • Gastric and duodenal ulcers — • Enteritis— 	<ul style="list-style-type: none"> • Oral, and local poultices. • As gargle or spray • With Baptisia + Hydrastis. • As antiseptic, with Hydrastis. • To control putrefactive changes.
Fucus vesiculosus			
<ul style="list-style-type: none"> • Gently stimulating alterative: suited to cold, torpid and fatty conditions. • Influences mucous and serous membranes, lymphatics and thyroid gland. • Improves nutrition in supplying trace elements, iodine and minerals. 	Diuretic Deobstruent	<ul style="list-style-type: none"> • Hypothyroid obesity, myxoedema. • Plethoric dropsy (fluid imbalance). • Rheumatism and arthritis (associated with emotional shock or thyroid disturbance)- 	<ul style="list-style-type: none"> • Commence with small dose and gradually increase.

ALTERATIVES—continued

<i>Special Characteristics</i>	<i>Auxiliary</i>	<i>Individual Indications</i>	<i>Combinations and Technique</i>
Iris versicolor			
<ul style="list-style-type: none"> • Positive alterative for chronic, torpid conditions: influences glandular system, lymphatics, liver and gall ducts, and intestinal glands. • Specific for hepatic congestion due to venous or lymphatic stasis. 	Diuretic Cholagogue Stimulant	<ul style="list-style-type: none"> • Chronic hepatic and rheumatic conditions, toxic sciatica. • Scrofulous skin conditions, herpes, eczema, psoriasis. • Enlarged thyroid gland. • Uterine fibroids— 	<ul style="list-style-type: none"> • Iris is an excellent alterative addition to hepatic medicines. • With Hydrastis and Chelone.
Phytolacca decandra			
<ul style="list-style-type: none"> • Stimulating and relaxing alterative: promotes the removal of catabolic wastes and the products of fatty degeneration. • Specific for skeletal congestions, and for serous and glandular tissues. 	Emetic Cathartic	<ul style="list-style-type: none"> • Chronic rheumatism and arthritis, neuralgia and lumbago— • Tonsillitis and parotids— • Mastitis, mammary congestion— • Ovaritis, orchids. • Enlarged thyroid and lymphatics. 	<ul style="list-style-type: none"> • With Cimicifuga + Xanthoxylum. • Oral and gargle-with Myrrhae. • As poultice, liniment or plaster.
Polymnia uvedalia			
<ul style="list-style-type: none"> • Stimulating alterative with specific influence upon liver-spleen-lymphatic functions. 	Discutient	<ul style="list-style-type: none"> • Acute splenitis. • Benign indurated swellings of mammary glands or lymph nodes— 	<ul style="list-style-type: none"> • Oral, and local plasters.
Rumex crispus			
<ul style="list-style-type: none"> • General tonic alterative with special influence upon skin eruptions. • Natural source of iron salts. 	Tonic Laxative	<ul style="list-style-type: none"> • Simple deficiency anaemias. • Eczema, psoriasis, urticaria — • Prurigo. • Itching haemorrhoids— 	<ul style="list-style-type: none"> • With Syr. Taraxacum. • Oral, and local suppository.
Scrophularia nodosa			
<ul style="list-style-type: none"> • Gently stimulating and relaxing alterative with lower abdominal and pelvic emphasis. • Deobstruent to enlarged and engorged lymph glands. 	Diuretic Depurative Anodyne	<ul style="list-style-type: none"> • Chronic skin diseases, eczema and psoriasis. • Mammary tumours and nodosities, enlarged glands — • Haemorrhoids— 	<ul style="list-style-type: none"> • Combine with hepatics and stimulating diuretics. • With Phytolacca, Iris. • Local ointment of herb digested in a suitable base.

GENERAL TONICS

<i>Special Characteristics</i>	<i>Auxiliary</i>	<i>Individual Indications</i>	<i>Combinations and Technique</i>
Agrimonia eupatoria			
<ul style="list-style-type: none"> Gently stimulating tonic with gastro- intestinal emphasis: suitable for infants and the elderly. Influences mucous membranes, promotes assimilation, and restores debilitated conditions. 	Diuretic Astringent Deobstruent	<ul style="list-style-type: none"> General alimentary weakness, marasmus, hepatic atrophy. Enuresis (atonic), relaxed bowel, leucorrhoea (relaxed states), urinary incontinence. Rheumatism and arthritis— 	Combine according to location: <i>Intestinal:</i> with hepatics <i>Generative:</i> with uterine tonics <i>Bronchi:</i> with pectorals <i>Bladder:</i> with Capsella. <ul style="list-style-type: none"> With Chelone.
Betonica officinalis			
<ul style="list-style-type: none"> Gently stimulating tonic with emphasis upon the cerebral circulation. Especially indicated for neuralgic and ischaemic conditions affecting the head. 	Nervine Stomachic	<ul style="list-style-type: none"> Gastralgia, dyspepsia. Chronic rheumatism and sciatica— Phrenitis, ischaemic headache— Hysteria, pains in the head and face, neuralgias. Lack of concentration, forgetful— 	With Cimicifuga -E Scutellaria. With Cimicifuga for sclerotic changes. With Rosmarinus or Carduus.
Cola vera			
<ul style="list-style-type: none"> Cerebro-spinal stimulating tonic and trophorestorative: counters fatigue, increases respiration and stimulates voluntary muscles. Suitable for neuromuscular hypofunction arising from illness or depression. 	Nervine Cardiac Diuretic	<ul style="list-style-type: none"> Neurasthenic, melancholia. Chronic neuralgia— Convalescence— To sustain physical and mental exertions. 	Adjunctive to Betonica. With Pulsatilla. Use small doses for cumulative influence as restorative.
Hydrastis canadensis			
<ul style="list-style-type: none"> Mild, positive, permanently stimulating vaso-tonic with especial influence upon the portal system, entire venous system and right heart. Trophorestorative to mucous membranes when irritated, inflamed or ulcerated. 	Alterative Laxative Antiseptic	<ul style="list-style-type: none"> Catarrhal conditions of mucous membranes, especially gastric. Orificial soreness or discharge, conjunctivitis, keratitis, tonsillitis, pharyngitis, vaginitis, cervicitis (topical). 	Combine according to location: <i>Gastro-intestinal:</i> Juglans <i>Respiratory:</i> Symphytum <i>Renal:</i> Eupatoreum purpureum <i>Genital:</i> Mitchella <i>Portal:</i> with hepatics.
Populus tremuloides			
<ul style="list-style-type: none"> Bitter tonic for all general uses, Especially for post-febrile debility. Stimulates appetite and aids digestion. Suitable for the elderly. 	Diuretic	<ul style="list-style-type: none"> Dyspepsia, flatulence (debility). Uterine, vaginal, anal weakness— Diarrhoea, dysentery (atonic). Catarrh of the bladder 	With Capsella or Uva-ursi.

NERVINES

<i>Special Characteristics</i>	<i>Auxiliary</i>	<i>Individual Indications</i>	<i>Combinations and Technique</i>
Anemone pulsatilla			
<ul style="list-style-type: none"> Stimulating and relaxing nervine with especial reference to the organs of special sense. Stimulates gastro-intestinal and hepatic functions. 	Sedative Alterative Anodyne	<ul style="list-style-type: none"> Functional neuroses: heart and pelvic organs— Vasomotor instability, menopausal flushes, dysmenorrhoea— Amenorrhoea, leucorrhoea. Nervous exhaustion, neurasthenia. Neural irritation, head neuralgia. Catarrhal ophthalmic— Catarrhal otitis— 	<ul style="list-style-type: none"> With Cimicifuga/Aletris. With Viburnum opulus / prunus. With Euphrasia. With Verbascum.
Avena sativa			
<ul style="list-style-type: none"> Gently stimulating nervine tonic and cerebral trophorestorative, especially for weakly and anaemic conditions. Indicated for reflex nervous irritation from other disorders. 	Stimulant Nutrient	<ul style="list-style-type: none"> Irritation and depression with dysmenorrhoea— Hysteria, insomnia— Neurasthenia and neuroses — Nervous exhaustion and debility from chronic disease— 	<ul style="list-style-type: none"> With Aletris or Mitchella. Frequent doses at short intervals. With Scutellaria. With Turnera.
Cimicifuga racemosa			
<ul style="list-style-type: none"> Stimulating and relaxing diffusive nervine, meningeal relaxant and cerebrospinal trophorestorative. Influences autonomic activity: increase of secretory and peristaltic action. Trophorestorative to pelvic viscera. Especially indicated for spasmodic symptoms of toxic origin. 	Alterative Antispasmodic Sedative	<ul style="list-style-type: none"> Muscular and crampy pains. Intestinal spasticity, flatulence. Pertussis, asthma, chorea— Rheumatism, sciatica, neuralgia, rheumatoid arthritis— Atonic uterus, ovarian neuralgia, leucorrhoea, dysmenorrhoea— Tinnitus aurium— 	<ul style="list-style-type: none"> With Cypripedium or Caulophyllum. With Xanthoxylum. With Leonurus and Caulophyllum. With Cinchona or Xanthoxylum.
Humulus lupulus			
<ul style="list-style-type: none"> Stimulating and relaxing nervine cerebrospinal trophorestorative. Tonic relaxant to liver/gall ducts. Allays irritation and promotes sleep. 	Sedative Anodyne Anaphrodisiac	<ul style="list-style-type: none"> Hysteria, dysmenorrhoea— Nervous exhaustion— Pruritus, nymphomania— Facial and brachial neuralgia. Local inflammatory and irritable conditions— 	<ul style="list-style-type: none"> With Valeriana. With hepatic tonics. With Camphora as suppository. As poultice.
Hypericum perforatum			
<ul style="list-style-type: none"> Sedative nervine for muscular twitching and choreiform movements- especially indicated for nerve injuries to the extremities and teeth/gums. Promotes elimination of catabolic waste products. 	Sedative Alterative Vulnerary	<ul style="list-style-type: none"> Painful injuries to sacral spine and coccyx. Traumatic shock Haemorrhoids with pain/bleeding. Facial neuralgia after dental extractions, toothache— 	<ul style="list-style-type: none"> Massage face with diluted oil.

		<ul style="list-style-type: none"> • Neurasthenia, chorea, depression. 	
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NERVINES—continued...

<i>Special Characteristics</i>	<i>Auxiliary</i>	<i>Individual Indications</i>	<i>Combinations and Technique</i>
Matricaria chamomilla			
<ul style="list-style-type: none"> • Stimulating nervine: indicated for conditions of neural irritability with sthenic background. 	Carminative Antispasmodic	<ul style="list-style-type: none"> • Flatulence, colic; abdominal distension and spasms. • Premenstrual irritability and if spasmodic dysmenorrhoea. • Infantile convulsions from colic, teething, earache, etc. 	
Passiflora incarnata			
<ul style="list-style-type: none"> • Relaxing nervine, cerebral vasorelaxant-relieves cerebral irritation. • Indicated for conditions of agitation and exhaustion with muscular twitching. 	Antispasmodic Sedative Anodyne	<ul style="list-style-type: none"> • Mild convulsive or tremulous states-unrest and agitation. • Restlessness and wakefulness in infants and the elderly— • Childhood convulsions, spasms and teething. 	<ul style="list-style-type: none"> • With Humulus.
Scutellaria lateriflora			
<ul style="list-style-type: none"> • Diffusive, stimulating and relaxing nervine-cerebral vasodilator and trophorestorative. • Indicated for- nervous irritation of the cerebrospinal nervous system. 	Sedative Antispasmodic	<ul style="list-style-type: none"> • Functional nervous exhaustion, postfebrile nervous weakness. • Chorea, hysteria, agitation and epileptiform convulsions— • Insomnia, nightmares, restless sleep— 	<ul style="list-style-type: none"> • With Pulsatilla or Cimicifuga. • With Passiflora.
Turnera diffusa			
<ul style="list-style-type: none"> • Stimulating tonic nervine and spinal trophorestorative with especial influence upon the generative system. 	Tonic Aphrodisiac	<ul style="list-style-type: none"> • Frigidity, impotence, senile decline. • To establish normal menstruation at puberty. • Anxiety neurosis— 	<ul style="list-style-type: none"> • With Scutellaria.
Valeriana officinalis			
<ul style="list-style-type: none"> • Soothing, diffusive, relaxing and stimulating nervine. • Indicated for the relief of nervous irritation, and to support atonic and functional nervous disorders. 	Sedative Antispasmodic	<ul style="list-style-type: none"> • Nervous excitability— • Nervous insomnia— • Nervous palpitation— • Flatulent colic, abdominal cramp, gastrodynia, diarrhoea— • Menopausal dysfunction, retarded and scanty menstruation— • Nervousness of children, chorea. 	<ul style="list-style-type: none"> • With Passiflora. • With Humulus. • With Convallaria. • With Dioscorea and Zingiber. • With Pulsatilla.
Verbena officinalis			
<ul style="list-style-type: none"> • Relaxing and stimulating nervine with especial influence on hepatic and renal autonomic function. • Indicated for catarrhal conditions of gastro-intestinal and auxiliary organs. 	Alterative Tonic Antispasmodic	<ul style="list-style-type: none"> • Nervous depression and weakness convalescence and debility. • Acute spasms of bronchitis and pertussis. • Amenorrhoea, dysmenorrhoea and difficult menstruation. 	

NERVINES—continued...

<i>Special Characteristics</i>	<i>Auxiliary</i>	<i>Individual Indications</i>	<i>Combinations and Technique</i>
Viburnum opulus			
<ul style="list-style-type: none"> • Relaxing and stimulating nerve, cerebrospinal vaso-stimulant. • Restores sympathetic / parasympathetic balance-has a specific action to relieve voluntary and involuntary muscular spasms. 	Antispasmodic Tonic	<ul style="list-style-type: none"> • Colicky pains and spasms of tubular organs: gastro-intestinal and genito-urinary— • Atonic conditions of pelvic organs: menses scanty and delayed. 	<ul style="list-style-type: none"> • With Dioscorea.
Viscum album			
<ul style="list-style-type: none"> • Stimulating and relaxing nerve. • Motor and vasomotor relaxant to gastro-intestinal and genito-urinary functions from parasympathetic action. 	Antispasmodic	<ul style="list-style-type: none"> • Metrorrhagia, post-partum haemorrhage, endometritis. • Congestive headache, hypertension and cardiac hypertrophy— • Rheumatic and gouty syndromes, neuralgia and sciatica. 	<ul style="list-style-type: none"> • With Crataegus and Tilia.

DIURETICS

<i>Special Characteristics</i>	<i>Auxiliary</i>	<i>Individual Indications</i>	<i>Combinations and Technique</i>
Barosma betulina			
<ul style="list-style-type: none"> • Diffusive, stimulating and toning • Diuretic for chronic atonic conditions. • Increases excretion of water, removes uric acid debris, and is cleansing and toning to the mucous membrane. • Soothing to the pelvic nerves. 	Tonic Carminative Antiseptic	<ul style="list-style-type: none"> • Dropsical conditions, gravel— • Chronic atonic conditions— • Mucopurulent discharges, gleet, cystitis, urethritis— • Vesico-renal irritations in the elderly. • Pelvic congestion— 	<ul style="list-style-type: none"> • With Juniperus for greater stimulation. • With Althaea as demulcent. • With uterine tonics.
Eupatorium purpureum			
<ul style="list-style-type: none"> • Relaxing, mildly stimulating diuretic and pelvic visceral tonic. • Increases excretion of solids and prevents precipitation of urates. • Indicated for atonic conditions with dysuria. 	Emmenagogue	<ul style="list-style-type: none"> • Strangury, stricture, inability to micturate, chronic cystitis. • Urinary calculi— • Gout, lumbago, rheumatism— • Uterine and vaginal irritation, general pelvic weakness— 	<ul style="list-style-type: none"> • Use strong decoction. • Excellent addition to alteratives. • With Mitchella.
Galium aparine			
<ul style="list-style-type: none"> • Soothing, relaxing and diffusive diuretic: increases aqueous excretion, corrects inability to pass normal catabolic wastes, and relieves irritation. • Preferred diuretic for exanthemas. 	Aperient	<ul style="list-style-type: none"> • Dropsy, renal obstructions— • Bladder stone, gravel, calculi. • Scalding micturition, dysuria, irritable bladder, cystitis— • Enuresis in children— • Skin eruptions, eczema, psoriasis. 	<ul style="list-style-type: none"> • With Barosma or Uva-ursi. • With Althaea as demulcent • With Rhus aromatica.
Juniperus communis			
<ul style="list-style-type: none"> • Stimulating diuretic: indicated for renal torpidity and scanty secretion of urine in the elderly. • Produces renal vaso-dilatation. • <i>Contra-indicated</i>: in acute/chronic nephritis and pregnancy. 	Stimulant Carminative Antiseptic	<ul style="list-style-type: none"> • Dropsy from renal suppression. • Cystic catarrh, renal congestion. • Atonic amenorrhoea, dysmenorrhoea from sluggish conditions. • Rheumatic pain in muscles and joints, gout, sciatica— 	<ul style="list-style-type: none"> • Use small dosages, and combine with Althaea, Uva-ursi, etc. to counter irritability. • Oral, and local liniment of oil.
Zea mays			
<ul style="list-style-type: none"> • Soothing and toning demulcent diuretic, suitable for conditions in children. • Frees the circulation of urea and relieves cystic irritation arising from excess of urates and phosphates. 	Demulcent Antiseptic	<ul style="list-style-type: none"> • Renal/cystic inflammatory states— • Enuresis— • Ammonia in the urine in infants. • Enlarged prostate with retention or suppression of urine. 	<ul style="list-style-type: none"> • Always with Althaea. • With Agrimonia + Capsella.

DIAPHORETICS

<i>Special Characteristics</i>	<i>Auxiliary</i>	<i>Individual Indications</i>	<i>Combinations and Technique</i>
Achillea millefolium			
<ul style="list-style-type: none"> Mild, slow and stimulating diaphoretic: indicated for the first stage of acute febrile reactions. For atonic and relaxed tissues where there is free discharge or passive haemorrhage of bright red blood. Cold preparations stimulate the appetite and tone the digestive organs. 	Astringent Stimulant Tonic	<ul style="list-style-type: none"> Acute stage of colds, influenza and respiratory catarrhs— Chronic diarrhoea and dysentery— Epistaxis, intestinal haemorrhage and bleeding haemorrhoids. Uterine haemorrhage, profuse and protracted menstruation— Leucorrhoea, vaginal laxity— 	<ul style="list-style-type: none"> In hot infusion-with Sambucus and Mentha piperita. Cold preparations. With Capsella. With uterine tonics.
Eupatorium perfoliatum			
<ul style="list-style-type: none"> Stimulating, tonic and antispasmodic diaphoretic: indicated for influenza) epidemics and febrile conditions arising in marshy districts. Acts upon the gastro-hepatic organs and promotes secretion and excretion of bile. 	Stimulant Tonic Antispasmodic	<ul style="list-style-type: none"> Influenza) colds and fevers with night sweats and aching bones. Pulmonary inflammation / catarrh with cough and chest soreness— Post-influenza) gastric irritation with biliousness / constipation— Skin diseases and eruptive fevers of hepatic origin— 	<ul style="list-style-type: none"> With Achilles for first stage and Pulsatilla during third stage. With Asclepias and Inula. With Chelone and Syr. Juglans. With stimulants.
Nepeta cataria			
<ul style="list-style-type: none"> Relaxing and diffusive nervine: produces free perspiration without increasing internal heat. Influences the circulation, soothes the nervous system, relieves irritation. Especially suitable for conditions in infants and children. 	Diaphoretic Antispasmodic Carminative	<ul style="list-style-type: none"> Childhood fevers— Flatulent colic, abdominal cramp, colonic pain and invagination— Restlessness, nervous irritation— Functional menstrual disturbances, amenorrhoea and dysmenorrhoea. Convulsions, hysteria, insomnia. 	<ul style="list-style-type: none"> With Zingiber as required. Rectal injections of a weak infusion with Dioscorea. With Matricaria.
Sambucus nigra			
<ul style="list-style-type: none"> Mild diffusive and relaxing diaphoretic with alterative properties: indicated for children subject to frequent febrile reactions. Relaxing to the eliminative organs, soothing to the nervous system and gently laxative. 	Alterative Diuretic	<ul style="list-style-type: none"> Colds/fevers with dry, hot skin— Chronic nasal catarrh / sinusitis— Dry coryza, spasmodic croup— Weakening night sweats— Skin eruptions from metabolic disturbance, eczema, dermatitis— 	<ul style="list-style-type: none"> With Achilles and Pulsatilla. With Pulsatilla. With Trifoleum. With Salvia. Excellent addition to alteratives.

DEMULCENTS

<i>Special Characteristics</i>	<i>Auxiliary</i>	<i>Individual Indications</i>	<i>Combinations and Technique</i>
Althaea officinalis			
<ul style="list-style-type: none"> • Soothing demulcent: indicated for inflamed and irritated states of mucous membranes. • Particularly suitable for the elderly with chronic inflammatory conditions affecting the gastro-intestinal system or genito-urinary tract. 	Emollient Diuretic Expectorant	<ul style="list-style-type: none"> • Acute respiratory disease— • Gastro-enteritis, peptic ulcer, cystitis, urethritis— • Inflammation of mouth and throat— • Inflamed haemorrhoids, ophthalmia • Inflamed and gangrenous wounds— • Burns and scalds— • Bedsores— • Abscesses, boils, ulcers— 	<ul style="list-style-type: none"> • As demulcent syrup to support pectorals and expectorants. • Cold water infusion with aqueous Calendula / Hydrastis as a drink. • Infusion with Myrrh as gargle. • Compresses of decoction. • With Ulmus as poultice. • Burns and scalds— • Ointment (5% powder). • Poultice or ointment.
Symphytum officinale			
<ul style="list-style-type: none"> • Soothing demulcent: gently stimulating tonic to the mucous membrane, allays irritation and encourages cell growth (allantoin content). • Increases expectoration and tones the bronchi, especially suitable for conditions involving capillary haemorrhage or excessive mucus. 	Astringent	<ul style="list-style-type: none"> • Coughs and colds— • Gastric and duodenal ulcer — • Gastro-intestinal inflammation. • Haemoptysis, haematemesis— • Pruritus ani— • Chronic suppurative ulcerations— • Bruised and damaged joints and muscles, pulled tendons — • Delayed union of fractures — • Traumatic injury to the eye — 	<ul style="list-style-type: none"> • Valuable addition to cough syrups. • With aqueous Hydrastis. • With aqueous Calendula. • Local compresses. • Embrocation, poultice or ointment. • Infused oil of the leaves or plaster of the powdered root. • Local plaster. • Local compresses of decoction.
Ulmus fulva			
<ul style="list-style-type: none"> • The best demulcent for internal and external use: lubricates and soothes alimentary mucosa, relieves intestinal irritation, and quietens the nervous system. 	Emollient Pectoral Diuretic	<ul style="list-style-type: none"> • Acute gastric and duodenal ulcer, gastritis, gastric weakness— • Diarrhoea, dysentery, enteritis— • Inflammation of mouth and throat— • Vaginitis— • Burns, scalds, abrasions— • Haemorrhoids, orificial fissures— • Varicose ulcers— • Abscesses, boils, carbuncles — • Inflamed wounds and ulcers — • Swollen glands— 	<ul style="list-style-type: none"> • As gruel of the powdered bark. • Infusion as rectal injection. • Infusion as mouthwash or gargle. • Irrigation with infusion. • Dressing of paste with Ol. lini. • Compresses of mucilage. • Poultice until free of pus. • Poultice or ointment. • Poultice-with Althaea / Lobelia. • Poultice-with Phytolacca rad.

ORGAN REMEDIES: HEART

<i>Special Characteristics</i>	<i>Auxiliary</i>	<i>Individual Indications</i>	<i>Combinations and Technique</i>
Cactus grandiflorus			
<ul style="list-style-type: none"> Stimulating cardiac tonic and trophorestorative: elevates arterial tension and accelerates, increases and regulates the pulse. Stimulating to spinal nerves and motor centres. Principal action upon the circular muscle fibres of heart and arterioles. Indicated for conditions of dilatation and atony from muscular laxity. 	Tonic Diuretic	<ul style="list-style-type: none"> Incipient cardiac incompetence. Cardiac weakness with atheroma or arteriosclerosis— Low blood pressure and anaemia. Mural and aortic insufficiency. Dilatation, angina, oedema. Climacteric bradycardia and cardiac neurosis. Exophthalmic goitre with cardiac symptoms. 	<ul style="list-style-type: none"> With Crataegus.
Convallaria majalis			
<ul style="list-style-type: none"> Cardiac tonic and ganglionic trophorestorative: increases coronary circulation and myocardial action. Suitable for all cardiac disturbances, but especially indicated in conditions of incipient decompensation. 	Diuretic	<ul style="list-style-type: none"> Acute heart failure with oedema— Dyspnoea, orthopnoea, anasarca. Congestive heart failure— Cardiac asthma, anginal syndromes. Endocarditis— Mitral insufficiency, dilatation. 	<ul style="list-style-type: none"> Tinct. Convallaria flor. With Leonurus. With Echinacea and/or Phytolacca.
Crataegus oxycantha			
<ul style="list-style-type: none"> Cardiac tonic trophorestorative: increases and sustains action of heart and arterioles, with principal influence on the myocardium. Improves coronary circulation, restores myocardial reserve, and regulates disturbances of rhythm. 	Tonic Diuretic	<ul style="list-style-type: none"> Myocardial degeneration and/or coronary sclerosis in elderly— Hypertension— Cardiac weakness after infections. Acute myocardial insufficiency— Tachycardia, extra-systoles— Angina, palpitation, vertigo— Fatty degeneration, hypertrophy. 	<ul style="list-style-type: none"> With sufficient Cactus / Capsicum to sustain function. With Viscum-Tilia-Scutellaria. Following Digitalis therapy. With Convallaria/Pulsatilla. With Pulsatilla.

ORGAN REMEDIES: HEART – continued...

<i>Special Characteristics</i>	<i>Auxiliary</i>	<i>Individual Indications</i>	<i>Combinations and Technique</i>
Leonurus cardica			
<ul style="list-style-type: none"> • Diffusive, stimulating and relaxing, antispasmodic nervine: indicated for reflex conditions affecting cardiac function, and as a simple cardiac tonic. • Influences pre-menstrual nerve tension and muscular rigidity. 	Nervine Emmenagogue	<ul style="list-style-type: none"> • Anaemic nervousness and insomnia— • Chlorotic hysteria / palpitation— • Cardiac debility, tachycardia— • Cardiac and vegetative neuroses— • Hyperthyroid cardiac reactions— • Pre-menstrual tension, congestive amenorrhoea or dysmenorrhoea-- 	<ul style="list-style-type: none"> • With Senecio/Mitchella. • With alteratives. • With Aletris/Pulsatilla. • With Convallaria/Melissa. • With Lycopus. • With Caulophyllum / Zingiber.

ORGAN REMEDIES: PULMONARY

<i>Special Characteristics</i>	<i>Auxiliary</i>	<i>Individual Indications</i>	<i>Combinations and Technique</i>
Inula helenium			
<ul style="list-style-type: none"> Gently stimulating tonic expectorant for chronic catarrhal conditions: warming, strengthening and cleansing to pulmonary mucous membranes. Indicated for chronic pectoral states with excessive catarrhal expectoration and/or a tubercular diathesis. 	Diaphoretic Diuretic Alterative	<ul style="list-style-type: none"> Bronchial and gastric cararrh. Chronic bronchitis, tuberculosis— Pneumoconiosis, silicosis— Pertussis— Emphysematous conditions. Chronic cough in the elderly — 	<ul style="list-style-type: none"> With Symphytum. With demulcents. With Trifoleum. With Sticta.
Lycopus virginicus			
<ul style="list-style-type: none"> Aromatic and toning astringent, tonic and sedative, affecting the mucous membrane. Has a specific pulmonary influence, equalises the circulation and balances the autonomic nervous system. Vascular sedative and haemostatic. 	Astringent Tonic Sedative	<ul style="list-style-type: none"> Phthisis with free expectoration— Passive haemorrhages: epistaxis, haemoptysis, haematemesis. Chronic circulatory disorders with tachycardia — Hyperthyroid conditions, nervous tachycardia and palpitation. 	<ul style="list-style-type: none"> With Inula/Symphytum. With Convallaria.
Marrubium vulgare			
<ul style="list-style-type: none"> Gently diffusive tonic expectorant: relieves hyperaemia and congestion, decreases discharge where secretion is too free. 	Pectoral Diuretic Stomachic	<ul style="list-style-type: none"> Colds, bronchitis, catarrh— Asthma, with moist expectoration, aphonia and dyspnoea. Catarrhal dyspepsia— 	<ul style="list-style-type: none"> With Inula or Prunus. Cold infusion as a general tonic
Prunus serotina			
<ul style="list-style-type: none"> Mild, soothing, stimulating astringent: tonic expectorant for acute irritable coughs, quietens nervous irritability and relieves arterial excitement. Sedative for conditions of prolonged irritation. 	Astringent Expectorant Sedative	<ul style="list-style-type: none"> Chronic bronchitis with debility. Catarrhal dyspepsia, weak digestion in the elderly. Chronic diarrhoea— Weak throat— Ophthalmia— 	<ul style="list-style-type: none"> With Myrica as decoction. With Solidago as throat pastille. As lotion to soothe and tone.
Pulmonaria officinalis			
<ul style="list-style-type: none"> Demulcent pectoral tonic for general pulmonary conditions where a gentle tonic is required. 	Demulcent Tonic	<ul style="list-style-type: none"> Coughs, colds, influenza. Bronchial and catarrhal states. Inflammation of throat or lungs. 	

ORGAN REMEDIES: PULMONARY – continued...

<i>Special Characteristics</i>	<i>Auxiliary</i>	<i>Individual Indications</i>	<i>Combinations and Technique</i>
Solidago virgaurea			
<ul style="list-style-type: none"> Stimulating and slightly astringent tonic antiseptic to the mucous membrane. Specific for putrescent conditions. Suitable for bronchial disease in the elderly. Promotes renal excretion of fluid where micturition is scanty. 	Antiseptic Diaphoretic Diuretic	<ul style="list-style-type: none"> Influenza, repeated colds. Catarrhal bronchitis with purulent expectoration. Putrescent tonsillitis— Naso-pharyngeal catarrh with sneezing and excessive mucus. Acute/chronic nephritis with albuminuria/haematuria. 	<ul style="list-style-type: none"> Acetous infusion as gargle.
Sticta pulmonaria			
<ul style="list-style-type: none"> Pectoral astringent and tonic: relieves irritation and congestion of the neck and shoulders where there is pain, soreness and stiffness. Indicated for acute and sub-acute inflammatory conditions with bronchial irritation and dry, hacking cough. 	Astringent Expectorant	<ul style="list-style-type: none"> Acute coryza with profuse watery secretion. Sinusitis. Influenza, bronchial catarrh. Dry cough with wheezing/tightness. Croup, pertussis— Chronic asthma and hay fever. Haemoptysis— 	<ul style="list-style-type: none"> With Trifoleum. With Lycopus/Hydrastis.
Trifoleum pratense			
<ul style="list-style-type: none"> Mild, stimulating and relaxing alterative with a special affinity for the throat and salivary glands. Especially indicated for debilitated children with chronic bronchial or throat conditions. 	Antispasmodic Sedative Expectorant	<ul style="list-style-type: none"> Salivary gland congestion. Spasmodic or croupy coughs. Pertussis— Pharyngeal inflammation / infection. Chronic skin eruptions— 	<ul style="list-style-type: none"> With Syr. Lobel. acet. With Solidago as gargle. With Arctium red./Rumex.
Tussilago farfara			
<ul style="list-style-type: none"> Diffusive expectorant, sedative and demulcent: suitable for debilitated and chronic conditions, especially where there is a tubercular diathesis. 	Stimulant Relaxant	<ul style="list-style-type: none"> Chronic pulmonary conditions— Chronic emphysema and silicosis— Pertussis, asthma— 	<ul style="list-style-type: none"> With Inula/Verbascum. To ease persistent cough. Supportive as demulcent and expectorant.
Verbascum thapsus			
<ul style="list-style-type: none"> Demulcent and alterative: soothing, relaxing and stimulating in pulmonary conditions. Influences mucous, serous and glandular structures. 	Astringent Diuretic	<ul style="list-style-type: none"> Paroxysmal laryngeal cough — Irritable chronic bronchitis. Pleurisy with exudation. Hay fever, asthma— 	<ul style="list-style-type: none"> With Sambucus/Trifoleum. With Grindelia.

ORGAN REMEDIES: GASTRO-INTESTINAL

<i>Special Characteristics</i>	<i>Auxiliary</i>	<i>Individual Indications</i>	<i>Combinations and Technique</i>
Alpinia officinarum			
<ul style="list-style-type: none"> Stimulating, aromatic alterative: indicated for atonic, depressed states of the digestive tract; prevents fermentation and relieves flatulence. 	Stimulant Carminative Diaphoretic	<ul style="list-style-type: none"> Flatulent dyspepsia— Suppressed menstruation— Lymphatic swellings— Uterine fibroids— 	<ul style="list-style-type: none"> With Dioscorea. With Matricaria/Zingiber. With Phytolacca/Trifoleum. Oral, local suppository.
Berberis aquifolium			
<ul style="list-style-type: none"> Mildly stimulating tonic hepatic and alterative: influences alimentary mucous membrane, stimulates glandular elements and improves nutrition. Promotes the elimination of catabolic residues and stimulates recuperation 	Alterative Tonic	<ul style="list-style-type: none"> Catarrhal disorders of stomach, intestines and urinary organs. Hepatic torpor, bilious headache. Eczema, herpes, psoriasis, acne, facial blotches and pimples— 	<ul style="list-style-type: none"> With Rumex/Arctium rad.
Cassia angustifolia			
<ul style="list-style-type: none"> Intestinal ganglionic vaso-relaxant. Specific influence upon lower bowel to restrict fluid reabsorption. Excites colicky contractions. 	Tonic Laxative Cathartic	<ul style="list-style-type: none"> To produce rapid catharsis — Tonsillitis, diphtheria, eruptive diseases (from constipation)— Remittent/intermittent fevers— Acute haemorrhoids: to ease liver and gall-bladder function— 	<ul style="list-style-type: none"> Single full dose. As first dose, and to abort development of condition. Regulate to keep bowel free Small doses every 3 hours.
Collinsonia canadensis			
<ul style="list-style-type: none"> Stimulates, cleanses and tones the alimentary mucous membrane—slightly astringent: suitable for catarrhal and atonic conditions. Vaso-contracting to the portal system; indicated for pelvic/rectal congestion secondary to portal back-pressure and venous stasis. 	Alterative Diuretic Tonic	<ul style="list-style-type: none"> Gastro-enteritis with diarrhoea— Haemorrhoids— Laryngeal inflammation / catarrh— Influenza, acute/chronic pleurisy, colds and fevers. Leucorrhoea— 	<ul style="list-style-type: none"> With Spiraea/Rubus idaeus. With Juglans/Leptandra. With Hydrastis/Myrrha. Oral. With Lamium album as local douche.
Gentiana lutea			
<ul style="list-style-type: none"> Intense, bitter, stimulating tonic: influences digestive organs, mucous membranes, and the portal circulation. Indicated for atonic and sub-acid states: slowly promotes peristalsis and facilitates assimilation. 	Cholagogue Anthelmintic Emmenagogue	<ul style="list-style-type: none"> Languid conditions and general debility, anorexia, alimentary insufficiency— Portal congestion— Biliousness and jaundice. 	<ul style="list-style-type: none"> Best in small doses combined with milder agents and carminatives. With Collinsonia/Hydrastis.

ORGAN REMEDIES: GASTRO-INTESTINAL – continued....

<i>Special Characteristics</i>	<i>Auxiliary</i>	<i>Individual Indications</i>	<i>Combinations and Technique</i>
Juglans cinerea			
<ul style="list-style-type: none"> Gently stimulating hepatic / cathartic: influences peristalsis and tones the alimentary mucous membrane. Specific action upon the lower bowel, relieves the portal system and decongests the liver. 	Hepatic Alterative Vermifuge	<ul style="list-style-type: none"> Chronic constipation, intestinal toxæmia— Diarrhoea and dysentery— Haemorrhoids, portal congestion— Pin/thread worms in children— Skin eruptions from faulty elimination— 	<ul style="list-style-type: none"> Aqueous extract-add Zingiber to prevent griping. Tincture-with Rhei co. With Collinsonia. With Chelone. With Taraxacum.
Rhamnus purshiana			
<ul style="list-style-type: none"> Very bitter tonic; slow, mild hepatic: influences stomach, liver, gall-ducts and bowel. Specifically indicated for inactivity of the lower bowel. 	Tonic Laxative	<ul style="list-style-type: none"> Chronic constipation— Haemorrhoids. Chronic dyspepsia with hepatic torpor or cirrhosis. Jaundice. 	<ul style="list-style-type: none"> With Syr. Juglans.
Rheum officinalis			
<ul style="list-style-type: none"> Mild stimulating tonic to alimentary mucous membrane, liver and gall-ducts-removes viscid mucus. (Small doses-tonic hepatic, large doses-cathartic.) 	Cathartic Astringent	<ul style="list-style-type: none"> Full catharsis— Diarrhoea and dysentery, summer diarrhoea— Functional dyspepsia— 	<ul style="list-style-type: none"> Add Dioscorea/Zingiber. As tonic hepatic to cleanse and tone the bowel. With Hydrastis/Leptandra.
Rosmarinus officinalis			
<ul style="list-style-type: none"> Diffusive stimulant and relaxing tonic with special influence upon stomach and cerebrum: soothes the nervous system, and is tonic to the vaso-motor function and peripheral circulation. Suitable tonic for the elderly. 	Nervine Astringent Diuretic	<ul style="list-style-type: none"> Atonic conditions of the stomach. Gastric headache. Adolescent hypotonia, asthenia with pallid complexion. Circulatory weakness following stress or illness. 	
Spiraea ulmaria			
<ul style="list-style-type: none"> Mild stimulating tonic astringent: relieves genito-urinary irritation. Restores normal balance to gastric secretory function. 	<ul style="list-style-type: none"> Stomachic Alterative Diuretic 	<ul style="list-style-type: none"> Summer diarrhoea in children. Diarrhoea, bowel disturbance. Dyspepsia with hyperchlorhydria— Eruclatations, oesophageal burning. Febrile conditions with excessive heat— 	<ul style="list-style-type: none"> With Agrimonia. Strong infusion-small cup every 2-3 hours.

ORGAN REMEDIES: LIVER, GALL-BLADDER, PANCREAS

<i>Special Characteristics</i>	<i>Auxiliary</i>	<i>Individual Indications</i>	<i>Combinations and Technique</i>
Berberis vulgaris			
<ul style="list-style-type: none"> Stimulating tonic hepatic: influences the mucosa generally, removing mucoid accumulations and controlling excess secretion. Improves appetite, digestion and assimilation. Indicated for gouty constitutions. 	Alterative Antiseptic Laxative	<ul style="list-style-type: none"> Biliary catarrh with constipation and jaundice. Gastritis, biliousness— Debility in convalescence— Ulcerative stomatitis— Eczema of the hands. 	<ul style="list-style-type: none"> Small doses-with Prunus/Populus. Small doses-with alteratives. Mouth wash of decoction.
Chelidonium majus			
<ul style="list-style-type: none"> Active cholagogue with influence upon the spleen: stimulates the pancreas, and affects mesentery and lymphatics. Indicated for lethargic states subject to weather changes. Spasmolytic to gall-ducts and bronchi. 	Alterative Diuretic Demulcent	<ul style="list-style-type: none"> Hepatitis, jaundice, gallstones—from obstructive pathology. Indigestion, spastic constipation. Intestinal putrefaction. Eczema and scrofulous diseases— Ophthalmia, conjunctivitis— 	<ul style="list-style-type: none"> Oral and local. Lotion of infusion.
Chelone glabra			
<ul style="list-style-type: none"> A mild hepatic influencing the mucous membranes: stimulates the appetite and tones the stomach. Suitable for children and the elderly. Indicated for gastro-intestinal disturbances after prolonged illness. 	Cholagogue Tonic Vermifuge	<ul style="list-style-type: none"> Atonic conditions, malaise and debility, convalescence— Dyspepsia, mal-assimilation— Round and thread worms— Colitis from hepatic dysfunction. Chronic jaundice. 	<ul style="list-style-type: none"> Use freely with more stimulating agents. With suitable alteratives. Frequent doses until purgation.
Chionanthes virginica			
<ul style="list-style-type: none"> Relaxing and stimulating hepatic and alterative: stimulates the discharge of bile, promotes digestion of fats. Corrects excessive discharge of mucus into the gastro-intestinal tract. 	Cholagogue Tonic Diuretic	<ul style="list-style-type: none"> Duodenal catarrh, hepatic torpor, catarrhal jaundice, gallstones— Alimentary glycosuria. Pancreatic disease and glandular disorders. Chronic disease of liver/spleen. 	<ul style="list-style-type: none"> With Berberis.
Leptandra virginica			
<ul style="list-style-type: none"> Mild relaxing hepatic for torpid and congestive conditions: influences liver tubuli to assist secretion of bile, cleanses the alimentary tract of viscid mucus, and stimulates peristalsis. 	Cholagogue Cathartic Antiseptic	<ul style="list-style-type: none"> Hepatitis, cholecystitis. Chronic hepatic torpor— Non-obstructive jaundice. Febrile states (to clear bowel)— Rectal prolapse / haemorrhoids— Skin eruptions— 	<ul style="list-style-type: none"> Combine with stimulating agents. With diffusives. With Collinsonia. With alteratives.

ORGAN REMEDIES: KIDNEYS AND BLADDER

<i>Special Characteristics</i>	<i>Auxiliary</i>	<i>Individual Indications</i>	<i>Combinations and Technique</i>
Capsella bursa-pastoris			
<ul style="list-style-type: none"> Mildly relaxing and gently stimulating to the kidneys and urinary tract: relieves atonic and catarrhal conditions, and controls haemorrhages. Tonic to the pelvic organs. Especially indicated when the urine is heavy with phosphatic and 'brick-dust' sediments. 	<p>Diuretic Astringent</p>	<ul style="list-style-type: none"> Vesico-renal irritation from atonic states. Enuresis— Passive capillary haemorrhages, functional menorrhagia, bleeding fibroid tumours, metrorrhagia— Congestive leucorrhoea. Internal haemorrhage of lungs and bowels, recurrent epistaxis— Haemorrhoids— 	<ul style="list-style-type: none"> With Agrimonia. Fresh plant preparations are best for haemorrhages. With more powerful astringents when necessary.
Equisetum arvense			
<ul style="list-style-type: none"> Principal action on the bladder: increases connective tissue tone and resistance. Stimulating tonic diuretic, gradually increasing the flow of urine. Controls inflammatory conditions. Astringent in passive haemorrhages. 	<p>Diuretic Stimulant Tonic Astringent</p>	<ul style="list-style-type: none"> Acute cystitis with stricture and urethritis— Enuresis/incontinence in children and the elderly. Haematuria. Oedematous catarrhal congestion of pelvic organs and tissues. Renal calculi— Dropsy. Metabolic oedema of legs— Enlarged/inflamed prostate gland. 	<ul style="list-style-type: none"> With Zea mays or Triticum repens for demulcent support. Infusion of the green herb. Cold water infusion.
Rhus aromatica			
<ul style="list-style-type: none"> Stimulating, toning and astringent to genito-urinary and gastro-intestinal mucosa. Especially indicated for frequency of micturition due to atonic conditions. Influences renal tubular reabsorption. 	<p>Astringent Tonic</p>	<ul style="list-style-type: none"> Enuresis, polyuria, haematuria. Haemorrhagic tendencies at the menopause. Diarrhoea, dysentery, cholera infantum. Diabetes insipidus. 	<ul style="list-style-type: none"> For all uses, with: Geranium, to reinforce astringency; Capsicum/Xanthoxylum, for greater stimulation and quicker result.
Uva ursi			
<ul style="list-style-type: none"> Increases renal circulation and stimulates tubular function. Restores mucous membrane of urinary and genital structures, especially when pale, flabby and oedematous. Indicated for chronic conditions. 	<p>Astringent Tonic Antiseptic</p>	<ul style="list-style-type: none"> Chronic vesical irritation with pain and catarrhal discharge. Chronic urethritis. Cystitis, haematuria, enuresis— Atonic leucorrhoea, profuse menstruation, uterine prolapse, vaginal laxity— 	<ul style="list-style-type: none"> With Rhus aromatica. With Mitchella.

ORGAN REMEDIES: GENITAL

<i>Special Characteristics</i>	<i>Auxiliary</i>	<i>Individual Indications</i>	<i>Combinations and Technique</i>
Aletris farinosa			
<ul style="list-style-type: none"> Gently stimulating and toning: mainly influences female generative system. Indicated for dysfunctions arising from lack of tone and anaemia, especially at the menopause. Cerebrospinal trophorestorative (spinal). 	Tonic Stomachic	<ul style="list-style-type: none"> Amenorrhoea, dysmenorrhoea— Leucorrhoea (atonic-anaemic). Premature/profuse menstruation. Impotence and sterility— Parturient: prevents miscarriage— Dyspepsia of pregnancy— 	<ul style="list-style-type: none"> With Caulophyllum. Continue for some months. With Viburnum / Caulophyllum. Small doses 2-3 times daily.
Caulophyllum thalictroides			
<ul style="list-style-type: none"> Gently diffusive stimulating relaxant: uterine vaso-dilator, antispasmodic in all spastic and irritable states. Indicated for atonic conditions and for deficient contractions in parturition. Cerebrospinal trophorestorative (optic). 	Nervine Antispasmodic Diuretic	<ul style="list-style-type: none"> Metritis, endometritis, ovaritis. Dysmenorrhoeic colic. Urethritis, vaginitis, thrush— Restlessness during pregnancy— Menopausal pains and discomforts— Uterine sub-involution. 	<ul style="list-style-type: none"> Oral, and local douche. With Scutellaria. With Cimicifuga.
Helonias dioica			
<ul style="list-style-type: none"> Positively stimulating in depressed function of uterus and ovaries: tones pelvic tissues, promotes appetite and assimilation. Reproductive tonic for both sexes. Cerebrospinal trophorestorative (mental). 	Diuretic	<ul style="list-style-type: none"> Uterine stony/prolapse, vaginal laxity, menopausal debility— Leucorrhoea, menorrhagia, post-partum haemorrhage— Threatened miscarriage— Anorexia, anaemia, sterility. 	<ul style="list-style-type: none"> In general, give small doses 3-6 times daily. With Viburnum + Dioscorea. Small dose every 15-60 minutes.
Mitchella repens			
<ul style="list-style-type: none"> Moderately stimulating tonic for weak and feeble conditions: influences the pelvic organs, stomach, bowel, kidneys and nervous system. Indicated for female weakness: improves neuromuscular/vascular tone of uterus. 	Tonic Diuretic Astringent	<ul style="list-style-type: none"> Neurasthenia, irritability— Enlarged atonic uterus— To facilitate parturition— Uterine bleeding from weakness, post-partum haemorrhage. Spermatorrhoea. Leucorrhoea. 	<ul style="list-style-type: none"> With Avena sativa. With Aletris/Helonias. With Caulophyllum.
Nymphaea odorata			
<ul style="list-style-type: none"> Mild astringent tonic: reduces mucous discharge. Indicated for weakness of the pelvic organs. 	Demulcent Antiseptic	<ul style="list-style-type: none"> Acrid leucorrhoea, ulceration of the cervix, vaginal laxity— Cystic catarrh, prostatitis. Apthous sore mouth— Purulent ophthalmia— Diarrhoea, dysentery. 	<ul style="list-style-type: none"> Local douche or suppository. Decoction as mouthwash. Decoction as lotion/wash.

ORGAN REMEDIES: GENITAL – continued...

<i>Special Characteristics</i>	<i>Auxiliary</i>	<i>Individual Indications</i>	<i>Combinations and Technique</i>
Salix nigra			
<ul style="list-style-type: none"> Genito-urinary tonic: allays irritation and restores vigour to the generative organs of both sexes. Positive bitter tonic nervine. 	Nervine Astringent Anaphrodisiac	<ul style="list-style-type: none"> Cystitis, ovaritis, prostatitis Vaginitis, leucorrhoea— Proctitis— Spermatorrhoea, masturbation. 	<ul style="list-style-type: none"> As douche of decoction. As rectal injection of decoction.
Senecio aureus			
<ul style="list-style-type: none"> Specific tonic to the nervous and muscular structures of the uterus: relaxing and slowly stimulating in hyperaemic and atonic conditions. Uterine ganglionic vaso-relaxant. 	Diuretic Astringent Emmenagogue	<ul style="list-style-type: none"> Dysmenorrhoea (anaemic/tonic)— Menses retarded or suppressed— Menses premature or too profuse. Atonic leucorrhoea. Functional amenorrhoea (asthenia). Ovarian/tubal dysfunctions. Prostate enlargement (atonic). 	<ul style="list-style-type: none"> With Viburnum opul. / Caulophyllum. With more positive emmenagogues.
Serenoa serrulata			
<ul style="list-style-type: none"> Genito-urinary tonic alterative: influences glandular tissues and mucous membranes. Indicated for wasting diseases and conditions: promotes tissue nutrition. 	Diuretic Sedative	<ul style="list-style-type: none"> Atony of pelvic organs— Wasting of testes, impotence, undeveloped mammary glands. Enuresis/incontinence in children and the elderly. 	<ul style="list-style-type: none"> With Senecio.
Trillium pendulum			
<ul style="list-style-type: none"> Genito-urinary astringent tonic: General action on the mucous membrane and specific for pelvic organ weakness. Indicated for passive haemorrhages of uterine, gastric or rectal origin. 	Alterative Astringent	<ul style="list-style-type: none"> Leucorrhoea, prolapse, vaginal weakness. Uterine haemorrhage— Menopausal menorrhagia. Passive haemorrhage from fibroids. 	<ul style="list-style-type: none"> Local tampons of decoction.
Viburnum prunifolium			
<ul style="list-style-type: none"> Soothing, stimulating astringent tonic especially influencing the genito-urinary system. Indicated for spasms of tubular organs: stomach, intestines, bladder, uterus. 	Nervine Antispasmodic Astringent Diuretic	<ul style="list-style-type: none"> Uterine prolapse, vaginal laxity. Atonic amenorrhoea— Passive/menopausal menorrhagia. Morning sickness, false labour pains, threatened abortion. Excessive lochial discharge. 	<ul style="list-style-type: none"> With Senecio.