

HERBAL FORMULARIES FOR HEALTH PROFESSIONALS

VOLUMES 1–5

CUMULATIVE INDEX



DR. JILL STANSBURY, ND

Copyright © 2021 by Jill Stansbury.
All rights reserved.

Unless otherwise noted, all illustrations copyright © 2021 by Jill Stansbury.

No part of this book may be transmitted or reproduced in any form by any means without permission in writing from the publisher.

Editor: Fern Marshall Bradley
Indexer: Shana Milkie
Designer: Melissa Jacobson

ISBNs: volume 1, 978-1-60358-707-5; volume 2, 978-1-60358-798-3; volume 3, 978-1-60358-855-3; volume 4, 978-1-60358-856-0;
volume 5, 978-1-60358-857-7.

Library of Congress Cataloging-in-Publication Data

Names: Stansbury, Jill, author.

Title: Herbal formularies for health professionals. Volume I, Digestion and elimination, including the gastrointestinal system, liver and gallbladder, urinary system, and the skin / Dr. Jill Stansbury.

Other titles: Digestion and elimination, including the gastrointestinal system, liver and gallbladder, urinary system, and the skin

Description: White River Junction, Vermont : Chelsea Green Publishing, [2017] | Includes bibliographical references and index.

Identifiers: LCCN 2017044410 | ISBN 9781603587075 (hardcover) | ISBN 9781603587082 (ebook)

Subjects: | MESH: Formularies as Topic | Phytotherapy—methods | Digestive System Diseases—drug therapy | Urologic Diseases—drug therapy | Skin Diseases—drug therapy

Classification: LCC RM666.H33 | NLM QV 740.1 | DDC 615.3/21—dc23

LC record available at <https://lcn.loc.gov/2017044410>

Chelsea Green Publishing
85 North Main Street, Suite 120
White River Junction, Vermont USA

Somerset House
London, UK

www.chelseagreen.com

This cumulative index to *Herbal Formularies for Health Professionals* encompasses the content of the complete five-volume set:

VOLUME 1

Digestion and Elimination

VOLUME 2

Circulation and Respiration

VOLUME 3

Endocrinology

VOLUME 4

**Neurology, Psychiatry, and
Pain Management**

VOLUME 4

**Immunology, Orthopedics,
and Otolaryngology**

This comprehensive index allows users to find the full spectrum of information available on every herb and condition covered in these volumes.

— CUMULATIVE INDEX FOR —

Herbal Formularies for Health Professionals

VOLUMES 1–5

Note: Numerals in **bold** indicate the volume. Page numbers in *italics* refer to figures and illustrations. Page numbers followed by *t* refer to tables.

42 Cocktails (naturopathic formula), **1**:37
5 α -dihydrotestosterone (DHT), **1**:147, 212, 216
5 α -reductase, **1**:143–44
5 α -reductase inhibitors, **1**:144, 145, 161, 216, 218;
3:155, 161–62, 162*t*, 177

A

α 1-adrenoceptor antagonists, **1**:136, 137, 142
abdominal inflammation, topical protocols for,
4:170, 196
abdominal pain
Cinnamomum verum for, **5**:87
Perilla frutescens for, **5**:45
Rumex crispus for, **5**:140
Abies sibirica (Siberian fir), **1**:196
abscesses, skin
herbs for, **1**:176, 244, 246, 249
as symptom of healing crises, **1**:8
Acacia catechu (catechu, khadira), **5**:141
acai berry (*Euterpe oleracea*), **4**:50
Acanthopanax senticosus. *See* *Eleutherococcus*
senticosus (Siberian ginseng, eleuthero, ciwujia)
acanthosides. *See* eleutherosides
accentuated breath sounds, **2**:118
acemannan, **3**:110
acetylcholine, **4**:52, 53
acetylcholinesterase inhibitors, **4**:52
acetyl-L-carnitine, **4**:54, 119
Achillea millefolium (yarrow)
for COPD, **2**:148
for cystitis and pyelonephritis, **1**:116
for digestive pain, **1**:26
diuretic qualities, **1**:112
energy dispersant qualities, **3**:21*t*
for eye conditions, **5**:147*t*
formulas containing
acne, **1**:202
anorexia, **1**:37
autoimmune disorders, **5**:68, 122
bronchitis, **2**:133
colds, **5**:171
coughs, **2**:119

diarrhea, **1**:54
ear pain, **4**:175
epistaxis, **5**:174
erythema multiforme, **1**:220
folliculitis, **1**:193
fungal skin infections, **1**:195
gastrointestinal bleeding, **1**:67
gastrointestinal hypersensitivity, **5**:37
GERD, **1**:40, 41
hemoptysis, **2**:126
irritable bowel syndrome, **1**:32
malabsorption, **1**:73
male infertility, **3**:164
menorrhagia, **3**:118, 119, 120
menstrual cramps, **3**:124
nasal polyps, **5**:173
otitis media, **5**:160, 161
pemphigus support, **1**:221
peripheral vascular insufficiency, **2**:61
postpartum hemorrhage, **3**:133
premenstrual backache, **4**:196
premenstrual syndrome, **3**:128
pyelonephritis, **1**:119
Raynaud's syndrome, **2**:67
reactive arthritis, **5**:72
respiratory allergies, **5**:44
short menstrual cycles, **3**:118
skin infections, **1**:176, 177, 179, 180
skin lesions, **5**:55*t*
skin protection, **1**:228
skin trauma, **1**:174
spotting, **3**:122
stasis ulcers, **2**:60
ulcerated skin, **1**:231
uterine fibroids, **3**:151
vaginitis, **3**:106
venous congestion, **2**:76
wound healing, **1**:182
for fungal skin infections, **1**:195, 196
for hay fever, **5**:42
for *Helicobacter pylori* infections, **1**:43
for hematuria, **1**:115

for impetigo, **1**:179
for menorrhagia, **3**:115, 118, 119, 120, 165
for muscle pain and spasms, **5**:105
for otitis media, **5**:159
for pain, **4**:171*t*
for poor circulation, **2**:58, 63
for skin infections, **1**:176, 177, 179, 180
specific indications, **1**:81, 101, 156, 237–38;
2:89, 156; **3**:165; **4**:201; **5**:131, 192
for urinary conditions, **1**:114
uterine hemostatic properties, **3**:133
as uterine sedative, **3**:124
for uterine vascular congestion, **3**:128
for vaginitis, **3**:105
for vascular support, **2**:35
as warming stimulant, **3**:21*t*
for wound healing, **4**:192*t*
acid reflux. *See* gastroesophageal reflux
disorder (GERD)
acne
Achillea millefolium for, **1**:238
Arctium lappa for, **1**:81, 101, 202, 203, 239; **3**:166
Berberis aquifolium for, **1**:245
Centella asiatica for, **1**:240
Chelidonium majus for, **1**:240
Curcuma longa for, **1**:241
formulas for, **1**:27, 201–3
general protocol for, **1**:202
Glycyrrhiza glabra for, **1**:243
Helichrysum angustifolium for, **1**:244
herbal specifics for, **1**:26, 202*t*
Juglans spp. for, **1**:85, 244
Melaleuca alternifolia for, **1**:245
overview, **1**:170, 201
premenstrual, **3**:128, 129
Rosmarinus officinalis for, **1**:247
Rumex crispus for, **1**:247
Salix alba for, **1**:247
sample cases, **1**:16, 16; **2**:18, 18; **3**:18–19, 18;
4:20–21, 21; **5**:20–21, 21
Serenoa repens for, **1**:248
Syzygium aromaticum for, **1**:248

- acne (continued)
Taraxacum officinale for, 1:248
Veratrum viride for, 1:249
Vitex agnus-castus for, 1:249; 3:180
- acne rosacea
Arctostaphylos uva ursi for, 1:239
Atropa belladonna for, 1:239
Cannabis sativa for, 1:240
Crataegus spp. for, 1:241
 formulas for, 1:204–8
Hypericum perforatum for, 1:244
Syzygium aromaticum for, 1:248
- aconite. *See* *Aconitum* spp.
- aconitine, 4:138, 181
Aconitum brachypodum (aconite), 4:202
Aconitum carmichaelii (fu zhi), 2:89; 4:109, 138, 194
Aconitum napellus (aconite, wolfsbane), 4:181
 in calming formulas, 1:18; 2:20
 for dental procedures, 5:177
 for depression and anxiety, 4:101*t*
 formulas containing
 angina, 2:38
 coughs, 2:123
 depression and anxiety, 4:102
 dyspnea, 2:125
 ear pain, 4:174
 lung pain, 4:195
 metastatic pain, 4:195
 neuralgia, 4:35, 36, 180
 ovarian cysts, 3:144
 ovarian neuralgia, 4:196
 pancreatitis, 1:70
 panic disorder, 4:110
 restless legs syndrome, 4:33
 sciatica, 5:131
 shingles, 1:231
 sinus pain, 4:177
 trigeminal neuralgia, 4:39
 for muscle pain, 4:183*t*
 for neuralgia, 4:35, 74, 180*t*
 for pain, 4:17, 138, 156, 171*t*, 181, 202
 for peripheral neuropathy, 4:43*t*
 for pyelonephritis, 1:120*t*
 safety concerns, 1:18, 69, 156; 2:20; 3:20; 4:22, 35–36, 74, 101*t*, 102, 109, 110, 138–39, 177, 180, 181, 195, 201–2; 5:22, 131, 192
 serotonin-promoting qualities, 4:92
 specific indications, 1:156; 2:89, 156; 4:74, 138–39, 201–2; 5:131–32, 192
 for tempering adrenaline surges, 4:109
 for tongue conditions, 5:178*t*
 for trigeminal neuralgia, 4:37, 74
- Acorus calamus* (sweet flag, vacha), 1:37; 4:45, 74–75, 202
Acorus calamus var. *angustatus* (sweet flag, calamus), 4:68, 75
Actaea spp., for osteoporosis, 5:128
Actaea cimicifuga (shengma)
 for bone density, 5:126
 specific indications, 2:157
 for viral infections, 2:131
- Actaea heracleifolia*, 5:126
Actaea racemosa (black cohosh), 3:140
 anti-inflammatory qualities, 4:128; 5:97
 for anxiety, 4:17; 5:17
 for arthritis, 5:114
 breast cancer and, 3:156–57
 for breast conditions, 3:142
 for colds, 5:170*t*
 for dental conditions, 5:175
 for depression and anxiety, 4:92, 96, 101*t*
 dopaminergic qualities, 4:139
 for fibromyalgia, 5:110
 formulas containing
 adrenal disorders, 3:50
 alopecia, 1:216
 breast pain, 4:195
 coughs, 2:123
 depression and anxiety, 4:96, 98
 dyspnea, 2:125
 fibromyalgia, 5:110
 fracture-related pain, 4:184
 headaches, 4:164, 165
 hot flashes, 3:135
 hyperhidrosis, 1:226
 insomnia, 4:115, 116
 lymphatic pain and lymphedema, 4:201
 menopausal symptoms, 3:136, 138, 141; 4:100, 115
 menorrhagia, 3:119
 muscle aches with influenza, 4:186
 muscle pain, 4:183, 186; 5:106, 108, 109
 opiate withdrawal and musculoskeletal pain, 4:185
 Paget's disease, 5:130
 parturition, 3:132
 peripheral neuropathy, 4:46
 polycystic ovarian syndrome, 3:147
 polymyositis, 5:71
 premenstrual syndrome, 3:126, 127
 skeletal fractures and bone injuries, 5:101
 skin protection, 1:229
 tics and twitching, 5:106
 urinary conditions, 1:118
 withdrawal symptoms, 4:135, 136
 for fracture healing, 5:100
 for headaches, 4:158, 159
 for hyperventilation, 2:140
 for inflammatory bowel diseases, 5:79
 for insomnia, 4:114; 5:19
 for menopausal symptoms, 3:136*t*, 138*t*, 140, 156–57; 4:100
 for menorrhagia, 3:118
 for muscle pain, 4:183*t*, 202; 5:105
 for myositis conditions, 5:70
 nervine qualities, 4:91
 opiate agonist qualities, 4:134
 for pain, 4:154, 166*t*, 171*t*
 for peripheral neuropathy, 4:43*t*
 for poison ivy/oak dermatitis, 1:203, 237
 for premenstrual syndrome, 3:125
 for pyelonephritis, 1:120*t*
 for restless insomnia, 1:14; 2:16; 3:17; 4:20
 serotonin-promoting qualities, 4:92, 139
 specific indications, 1:238; 2:157; 3:165; 4:139, 202; 5:132
 for trigeminal neuralgia, 4:37
 as uterine sedative, 3:124
 as uterine tonic, 3:119
 for withdrawal symptoms, 4:128
- actions of herbs, categories of, 1:11–13; 2:13–16; 3:13–16; 4:16–17; 5:15–16, 26
 activated charcoal, 1:60, 170, 178
 acute bronchitis, 2:130
 See also bronchitis
 acute conditions, guidelines for, 1:18–19, 21; 2:20–21, 23; 3:20, 23; 4:9, 23; 5:9, 23
 See also specific conditions
 acute respiratory distress syndrome (ARDS)
 Borago officinalis for, 2:91
 Dracocephalum rupestre for, 2:163
 Matricaria chamomilla for, 2:171
 overview, 2:153–54
 Paeonia lactiflora for, 2:174
 Persicaria tinctoria for, 2:175
- Adam's needle and thread (*Yucca filamentosa*), 4:46
 adaptive immune response, 5:29
- adaptogens
 for adrenal disorders, 3:46, 48, 53
 for allergies, 5:28
 for breast conditions, 3:142
 for colds, 5:170*t*
 for depression and anxiety, 4:95
 for hypothalamic-pituitary-adrenal axis support, 3:102
 for insomnia, 4:114
 for low libido, 3:151
 for mood disorders, 4:90
 for muscle weakness, 5:110
 overview, 3:3
 for panic disorder, 4:109
 for PTSD, 4:111
 for stress, 4:112
 See also specific herbs
- addiction, 4:3–4
 See also drug addiction
- Addison's disease, 3:46, 50–51, 53
 See also adrenal insufficiency
- adenosine receptors, 4:120
- adhatoda (*Justicia adhatoda*), 2:169
Adhatoda vasica (Malabar nut), 5:33*t*
Adiantum capillus-veneris (maidenhair fern), 1:215
- Adjuvant herbs. *See* synergist herbs
- Adonis vernalis* (pheasant's eye)
 for angina, 2:38
 specific indications, 2:89

- adrenal disorders
Avena sativa for, 3:55
Eleutherococcus senticosus for, 3:57, 93
Eschscholzia californica for, 3:57
 formulas for, 3:46–50
Ganoderma lucidum for, 3:58
Glycyrrhiza glabra for, 3:170
Humulus lupulus for, 3:171
Hypericum perforatum for, 3:59, 171
 overview, 3:25, 46–48
Panax ginseng for, 3:61, 96
Rhodiola rosea for, 3:176
Smilax ornata for, 3:98, 177
Vitex agnus-castus for, 3:63
Withania somnifera for, 3:63
 See also specific disorders
- adrenal dominance, 3:46
 adrenaline, 3:46
 adrenal insufficiency
Glycyrrhiza glabra for, 3:53
 mechanisms of action for, 3:49
 overview, 3:46–48
Panax ginseng for, 3:61
 See also Addison's disease
- adrenal-supporting herbs
Dioscorea villosa as, 5:113, 136
Eleutherococcus senticosus as, 5:136
Glycyrrhiza glabra as, 5:90, 106, 111
 for lupus, 5:77
 for muscle weakness, 5:106t, 110–11, 111t
Smilax ornata as, 5:94
Withania somnifera as, 5:110
- adrenal virilism, 3:50
 aescin, 4:202
Aesculus hippocastanum (horse chestnut), 2:79
 alterative qualities, 1:27
 antispasmodic qualities, 1:135, 138t
 for digestive pain, 1:26
 formulas containing
 cardiopulmonary disease, 2:85
 endometriosis, 3:149
 esophageal disorders, 1:45
 hemorrhoids, 1:50; 4:198
 hyperlipidemia, 2:37
 muscle pain, 5:109
 pain, 4:172
 premenstrual backache, 4:196
 premenstrual syndrome, 3:128
 skin trauma, 1:174
 telangiectasias, 2:66
 throbbing pain, 4:200
 urinary colic, 1:139, 142
 urinary lithiasis, 1:140
 varicosities, 2:74, 75
 venous congestion, 2:76
 for hypertension, 2:44
 for menstrual cramps, 3:124
 for pain, 4:154, 166t, 170, 171t
 for renal failure, 1:154t
 for skin fissures, 1:235
 specific indications, 1:81, 101, 156; 2:89; 4:202; 5:132
 for uterine vascular congestion, 3:128
 for varicosities, 2:74
 for vascular pain, 4:200t
 for wound healing, 4:192t
- African geranium (*Pelargonium sidoides*), 2:131, 175
 African locust bean. See *Parkia biglobosa* (African locust bean)
 African plum tree. See *Prunus africana* (African plum tree)
 Agar-Agar “Jell-O” Squares, 3:85–86
Agaricus spp. (white button mushroom), 5:125
Agaricus bisporus (white button mushroom), 1:146, 149; 3:120
Agathosma betulina (buchu)
 formulas containing
 cystitis, 1:114
 prostatic diseases, 1:147
 pyelonephritis, 1:120
 irritant diuretic qualities, 1:109
 specific indications, 1:156
 for urinary conditions, 1:108, 114, 115, 116, 156
- Agave* spp., 5:128
 age spots, 1:222, 224, 246
 aging
 macular degeneration with, 5:158
 osteoporosis with, 5:124
Reynoutria multiflora for, 2:102
Schisandra chinensis for, 5:112, 141
Withania somnifera for, 5:143
 See also elderly
- Agrimonia* spp.
 astringent qualities, 1:51, 52
 for IBD, 5:81
 for overactive bladder, 1:129
- Agrimonia eupatoria* (agrimony)
 astringent qualities, 1:54
 for benign prostatic hypertrophy, 1:147
 formulas containing
 benign prostatic hypertrophy, 3:164
 bladder cancer, 1:134
 gastritis and gastroenteritis, 1:62
 SIBO, 1:76
 urinary conditions, 1:115
 for fungal skin infections, 1:196, 197
 for pain, 4:166t
 specific indications, 1:156; 4:202–3
 for thick and cloudy urine, 1:116, 139
- Agrimonia pilosa* (agrimony)
 for benign prostatic hypertrophy, 1:147
 for bladder cancer, 1:132, 134
- agrimony. See *Agrimonia* spp.
Agropyron spp. See *Elymus repens* (couch grass)
 Agua de Manzana (Apple Water), 3:87–88
 airway disorders, allergic
Angelica sinensis for, 5:85
Astragalus membranaceus for, 5:86
Cordyceps sinensis for, 5:88
Cornus officinalis for, 5:88
Ephedra sinica for, 5:89
 formulas for, 5:44–49
Ganoderma lucidum for, 5:90
Lobelia inflata for, 5:92
 See also hay fever
- airway inflammation
Ammi visnaga for, 2:146
Eucalyptus globulus for, 2:112
 herbs for, 2:144t, 149t
Inula helenium for, 2:168
Neopicrorhiza scrophulariiflora for, 2:154
Ocimum sanctum for, 2:173
Ophiopogon japonicus for, 2:174
Picrorhiza kurroa for, 2:176
Rheum palmatum for, 2:178
 rhonchi from, 2:118, 120
Scutellaria baicalensis for, 2:150
 stimulating expectorants for, 2:131
Syzygium aromaticum for, 2:181
Tylophora asthmatica for, 2:183
 See also allergic rhinosinusitis; asthma; bronchitis; chronic obstructive pulmonary disorder (COPD); emphysema
- Ajuga forrestii* (ajuga), 5:80
 alafe chai (*Hypericum scabrum*), 4:71
Albizia julibrissin (silk tree, mimosa)
 for depression and anxiety, 4:101t, 103t
 for menopausal symptoms, 3:138t
 nervine qualities, 4:91
 serotonin-promoting qualities, 4:92
 specific indications, 2:157; 4:139
- Albizia lebbek* (siris, lebbek tree)
 antiallergic qualities, 5:33t
 bronchodilating properties, 2:108t
 mast-cell stabilizing effects, 2:144t; 5:31t
 for menopausal symptoms, 3:138t
 specific indications, 2:157
- albuminuria, 1:113, 153, 154t, 159, 165
Alcea rosea (hollyhock)
 aromatase inhibitors in, 1:146
 minerals in, 5:100t
 specific indications, 1:156
 for urinary lithiasis, 1:142
- Alchemilla vulgaris* (lady's mantle), 3:118, 120, 133
 alcohol abstinence
 formula for, 4:132
Pueraria montana var. *lobata* for, 4:150
- alcohol withdrawal seizures
 formulas for, 4:71, 132
 herbs for, 4:128
- alder. See *Alnus serrulata* (alder)
 alder buckthorn. See *Rhamnus frangula* (alder buckthorn)
 alfalfa. See *Medicago sativa* (alfalfa)
 alginates, 1:39, 42; 4:47
Alisma orientale. See *Alisma plantago-aquatica* (Asian Water Plantain)
Alisma plantago-aquatica (Asian water plantain)
 specific indications, 2:90
 for strokes, 2:65

- Alisma plantago-aquatica* subsp. *orientale*, 5:33t
- alkalinizing the urine, 1:114, 149–150
- alkylamides, 4:40
- allergens
common, 5:28, 47, 53
haptens vs., 5:52
- allergic (eosinophilic) esophagitis, 1:44, 45
- allergic airway disorders. *See* airway disorders, allergic
- allergic dermatitis
herbs for, 1:240, 242, 245
protocol options, 1:188
- allergic hypersensitivity. *See* hypersensitivity immune response
- allergic rhinitis
Allium cepa for, 5:85
Angelica sinensis for, 5:192
formulas for, 5:40, 42–43
overview, 5:171
Perilla frutescens for, 5:92
Petasites hybridus for, 5:41, 93
- allergic rhinosinusitis
Achillea millefolium for, 2:156
Allium cepa for, 2:157
Ammi visnaga for, 2:157
Angelica dahurica for, 2:158
Armoracia rusticana for, 2:159
Cnidium monnieri for, 2:161
Crataegus spp. for, 2:162
Curcuma longa for, 2:162
Eclipta prostrata for, 2:163
Ephedra sinica for, 2:163–64
Euphrasia officinalis for, 2:165
Foeniculum vulgare for, 2:166
formulas for, 2:127–130
Inula helenium for, 2:168
Juniperus communis for, 2:169
Ligusticum striatum for, 2:169
Linum usitatissimum for, 2:169
Magnolia officinalis for, 2:171
nebulized essential oils for, 2:137
Oenothera biennis for, 2:173
Ophiopogon japonicus for, 2:174
overview, 2:127–28
Pelargonium sidoides for, 2:175
Picrorhiza kurroa for, 2:176
Pinus pinaster for, 2:176
Rosmarinus officinalis for, 2:179
Scutellaria baicalensis for, 2:180
Tanacetum parthenium for, 2:182
Terminalia chebula for, 2:182
Thymus vulgaris for, 2:182
Tinospora cordifolia for, 2:182
- allergic skin conditions. *See* skin allergic conditions
- allergies
Alstonia scholaris for, 2:157
Andrographis paniculata for, 5:85
Angelica dahurica for, 2:158
Angelica sinensis for, 1:81, 238; 2:158; 3:90; 5:85, 132
Apis mellifica for, 5:85–86, 192
Apium graveolens for, 5:86, 133
Astragalus membranaceus for, 1:239; 3:84, 90; 5:86, 193
Avena sativa for, 5:86
Azadirachta indica for, 2:160
Bacopa monnieri for, 2:160
Camellia sinensis for, 2:160; 5:86–87
Centella asiatica for, 5:87
Cnidium monnieri for, 5:87, 135
Coleus forskohlii for, 2:177; 3:167; 5:88
Commiphora mukul for, 5:88
connection to skin health, 1:169
Cordyceps sinensis for, 5:88
Crataegus spp. for, 5:89, 136
Curcuma longa for, 5:89
definition of, 5:27
Eleutherococcus senticosus for, 5:89
Eugenia caryophyllata for, 5:89
Euphorbia spp. for, 2:165
Euphrasia officinalis for, 5:89, 196
factors contributing to, 5:30
Foeniculum vulgare for, 5:90
Ginkgo biloba for, 3:58, 94; 5:90
Glycyrrhiza glabra for, 5:90, 197
Grifola frondosa for, 5:91
guidelines for alleviating, 2:128
herbs for, 1:33; 5:31, 32, 33–34t
Hippophae rhamnoides for, 2:96
with irritable bowel syndrome, 1:33
leukotrienes, 5:35
Ligusticum striatum for, 2:169
Linum usitatissimum for, 2:169; 5:91
Magnolia officinalis for, 4:145
migraines and, 4:159
Oenothera biennis for, 5:92
overview, 5:27–28
pain from, 4:174
Perilla frutescens for, 2:175; 4:148; 5:45, 92
Petasites hybridus for, 2:175; 5:93
Petroselinum crispum for, 2:175
Picrorhiza kurroa for, 1:246; 2:176; 5:93
Pinus pinaster for, 2:176
Rehmannia glutinosa for, 5:93
role of mast cells and histamine, 5:31–32
Rosmarinus officinalis for, 2:179
Salvia miltiorrhiza for, 5:93
schizophrenia with, 4:125
Scutellaria baicalensis for, 1:247; 2:103, 180; 4:215; 5:93, 141
seasonal, 5:170
skin conditions, 5:34–35
Solidago canadensis for, 5:201
Tanacetum parthenium for, 1:248; 2:182; 4:216; 5:94, 142, 202
treating with botanicals, 5:32, 34
types of immune responses, 5:29
understanding allergic disorders, 5:28–31
- urinary, 1:109
- Urtica* spp. for, 5:94
- Vitis vinifera* for, 2:184
- Zingiber officinale* for, 2:184; 5:94
- See also* airway disorders, allergic; food allergies and sensitivities; gastrointestinal hypersensitivity; oral allergic reactivity; urinary tract reactivity; vascular reactivity
- Allium cepa* (onion)
allergies to, 5:43
for altered breath sounds, 2:118
antimicrobial qualities, 1:71
for atherosclerosis, 2:32
for burns, 1:173; 4:192–93
for colds, 5:170t
for CREST, 5:84
for digestive pain, 1:26
for ear pain, 4:175–76, 175t
for eye conditions, 5:148
fibrinolytic properties, 2:73
formulas containing, 1:181–82; 2:117
for headaches, 4:159
for heavy metal neuropathy, 4:51
for herpes simplex viral infections, 5:181
histamine-blocking qualities, 5:32t
for hypertension, 2:41
hypoglycemic effects, 3:73, 89
for interstitial cystitis, 1:123
lipid-lowering effects, 3:82
mast-cell stabilizing effects, 2:144t; 5:31t
as medicinal food, 3:69
for nasal polyps, 5:173
for oral allergic reactivity, 5:50
for otitis media, 5:159
PAF inhibiting properties, 2:77
for prostatitis, 1:151
for respiratory allergies, 5:40
for respiratory infections, 2:130
specific indications, 1:156, 238; 2:157; 3:89; 5:85
sulfur donating qualities, 2:143
for tuberculosis, 2:155
for varicosities, 2:81
for vascular support, 2:31, 34
for wound healing, 1:181
- Allium sativum* (garlic), 1:122; 2:34; 5:43
allergies to, 5:43
for altered breath sounds, 2:118
antimicrobial qualities, 1:56, 61, 71
antiparasitic qualities, 1:54
for arrhythmias, 2:55, 56
for atherosclerosis, 2:32
for bladder cancer, 1:132
for bladder mucosal lesions, 1:123
for cerebral vascular insufficiency, 2:62
for colds, 5:170t
for COPD, 2:148, 149t
for cor pulmonale, 2:155
for CREST, 5:84
for cystitis and pyelonephritis, 1:116

- Allium sativum* (garlic) (*continued*)
 for dermatologic conditions, 1:170
 for digestive pain, 1:26
 for eye conditions, 5:147, 148
 fibrinolytic properties, 2:73
 formulas containing
 adrenal disorders, 3:49
 anginal coronary spasm, 4:201
 arrhythmias, 2:53
 asthma, 2:147
 bladder cancer, 1:132, 134
 bronchitis, 2:132, 133
 cardiopulmonary disease, 2:85
 colds, 5:169, 170, 171
 COPD, 2:150, 151
 CREST, 5:84
 cystic fibrosis, 2:135
 dental conditions, 5:177
 depression and anxiety, 4:100
 diarrhea, 1:54, 55
 dry mouth, 5:185
 endocarditis, 2:72
 enteritis, 1:61
 esophageal disorders, 1:45, 46
 fungal skin infections, 1:195
 gastroenteritis, 1:61
 heavy metal detoxification, 4:51
 hyperlipidemia, 2:35, 36, 37, 47
 hypertension, 2:42, 44, 45, 46
 hypothyroidism, 3:36
 inflammatory bowel diseases, 5:80
 labyrinthitis, 5:162
 laryngitis, 5:190
 menopausal cardiac symptoms, 3:141
 metabolic conditions, 3:71
 otitis media, 5:160, 161
 peripheral vascular insufficiency, 2:58
 pharyngitis, 5:189
 phlebitis, 2:81
 pleurisy, 2:139
 pneumonia, 2:141, 142
 polycystic ovarian syndrome, 3:145
 prostatic diseases, 1:147
 prostatitis, 1:151
 renal failure, 1:155
 respiratory allergies, 5:43
 retinopathies, 5:157
 skin infections, 1:177, 178, 179, 180
 stomatitis and gingivitis, 5:182
 upper respiratory infections, 2:119
 venous congestion, 2:76
 vertigo, 5:168
 wound healing, 1:181
 for fungal skin infections, 1:195, 196, 197
 for hay fever, 5:17
 for headaches, 4:159
 for heavy metal neuropathy, 4:51
 for herpes simplex viral infections, 5:181
 for hyperlipidemia, 2:34, 35, 36, 37, 47
 for hypertension, 2:41, 44, 46
 hypoglycemic effects, 3:73
 immunomodulating qualities, 1:78
 for inflammatory bowel diseases, 5:79t
 for interstitial cystitis, 1:122, 123, 126
 lipid-lowering effects, 3:82
 as medicinal food, 3:69
 for nasal polyps, 5:173
 for neurological conditions, 4:28
 for opportunistic lung infections, 2:134
 for oral allergic reactivity, 5:50
 for otitis media, 5:159
 PAF inhibiting properties, 2:77
 pill form, 1:54
 for pleurisy, 2:138
 for polycystic ovarian syndrome, 3:145
 for poor circulation, 2:58
 preparation of cloves, 2:33
 for prostatitis, 1:151
 for pyelonephritis, 1:119
 for renal failure, 1:152
 for respiratory allergies, 5:40
 for respiratory infections, 2:121, 130
 for retinopathies, 5:156
 for scabies, 1:198
 for skin hypersensitivity, 1:232
 specific indications, 1:81, 156, 238; 2:90, 157; 3:90; 5:85, 192
 sulfur donating qualities, 2:143
 sulfur in, 1:122
 for throat pain, 5:191t
 for tongue conditions, 5:178t
 for tuberculosis, 2:155
 for vaginitis, 3:105
 for varicosities, 2:81
 for vascular infections, 2:72
 for vascular reactivity, 5:60
 for vascular support, 2:31, 34
 as warming stimulant, 3:21t
 for warts, 1:199
 for wound healing, 4:192t
 all-purpose vascular support, 2:27–31
 allyl isothiocyanate, 3:157
Alnus rubra (red alder)
 for dermatologic conditions, 1:171t
 for fungal skin infections, 1:197
 for hematuria, 1:115
 for poison ivy/oak dermatitis, 1:203
Alnus serrulata (alder), 1:237, 238
Aloe barbadensis (aloe), 3:110
 demulcent qualities, 1:19t; 3:21t
 as irritant laxative, 1:47
 specific indications, 4:75, 203; 5:132
 topical uses, 3:110
Aloe vera (aloe)
 for bowel reactivity, 5:39t
 for burning tongue syndrome, 5:182
 for burns, 1:172
 for contractures, 5:104
 demulcent qualities, 3:21t
 for dermatologic conditions, 1:171t, 191
 for dry mouth, 5:185
 for eye conditions, 5:147t
 formulas containing
 acne rosacea, 1:207
 angioedema, 5:57
 aphthous ulcers, 5:183
 burns, 1:172
 cold sores, 5:184
 dry mouth, 5:186
 esophageal disorders, 1:45
 eye drops, 5:149
 eye pain, 4:174
 genital herpes, 3:111
 GERD, 1:43
 headaches, 4:165
 Henoch-Schönlein purpura, 5:75
 herpetic neuralgia, 4:41
 inflammatory bowel diseases, 5:81
 itching skin, 1:186
 lichen planus, 1:212
 oral allergic reactivity, 5:52
 oral erythema multiforme, 5:187
 oral pain, 4:176
 shingles, 1:231; 4:182
 Sjögren's syndrome, 5:69
 skin fissures, 1:234
 skin lesions, 5:55t
 skin protection, 1:229
 stomatitis and gingivitis, 5:183
 vascular reactivity, 5:63
 for GERD, 1:39, 43
 glutamine in, 1:55
 for Henoch-Schönlein purpura, 5:75
 for herpetic neuralgia, 4:40
 immunomodulating qualities, 1:78
 for inflammatory bowel diseases, 1:34, 35
 for lymphatic tissue protection, 2:83
 for mouth conditions, 5:146
 mucous-enhancing qualities, 1:64
 for musculoskeletal trauma, 5:96
 for oral allergic reactivity, 5:50
 for pain, 4:154, 166t, 170t
 for skin allergic conditions, 5:54t
 for skin fissures, 1:234, 235
 in smoothies, 1:35
 specific indications, 1:81, 101, 238; 4:75, 203; 5:132, 192
 for stomatitis, 5:50, 179
 for tongue conditions, 5:178t
 for topical skin products, 1:228
 topical uses, 3:110
 for traveler's diarrhea prevention, 1:53
 for wound healing, 4:192t
 alopecia
 Camellia sinensis for, 1:216, 218, 240
 Capsicum annuum for, 1:240
 formulas for, 1:212–19
 Hypericum perforatum for, 1:244
 alopecia areata, 1:213, 215
 alpha-lipoic acid, 3:68; 4:154–55, 179

- Alpinia galangal* (Thai galangal)
 formulas containing
 fracture-related pain, 4:185
 tuberculosis, 2:156
 for neurogenic bladder, 1:127
 specific indications, 3:165; 4:203
- Alpinia officinarum*, 5:80
- Astonia scholaris* (dita wood), 2:108t, 157
- alteratives
 for acne, 1:201
 for allergies, 5:32, 34
 for colds, 5:170t
 for constipation, 1:46, 48
 contraindications, 1:26, 31
 cooling remedies, 1:19t; 2:21t; 3:21t; 4:24t; 5:24t
 for depression and anxiety, 4:95–96
 for dermatologic conditions, 1:169
 for ear conditions, 5:159
 formula basics, 1:25, 90
 for gastroenteritis, 1:59
 for GERD, 1:39
 for halitosis, 1:50
 for hypertension and hyperlipidemia, 2:35
 importance of, 1:26
 for liver support, 1:89–90
 for malabsorption, 1:73
 for muscle pain, 5:105, 106t
 for otitis media, 5:159
 overview, 1:27; 3:3
 for poor circulation, 2:63
 for premenstrual syndrome, 3:125
 for reproductive endocrine conditions, 3:101–2
 role in formulas, 5:14, 16, 17
 role in treating respiratory conditions, 2:10
 for upper respiratory infections, 5:170t
See also specific herbs
- altered breathing, 2:114–123
- Althaea officinalis* (marshmallow)
 for allergic pain in the gut, 5:39t
 antispasmodic qualities, 1:138t
 for bursitis and tendinitis, 5:102
 for cystitis and pyelonephritis, 1:116
 demulcent qualities, 1:24, 51; 5:34
 for dermatitis, 1:189
 for dry mouth, 5:185
 for dysuria, 1:116
 for enuresis, 1:131
 for eye conditions, 5:149t
 for eye injuries, 5:154
 formulas containing
 anorexia, 1:36, 38
 bladder pain, 4:199
 conjunctivitis, 5:150
 cystitis, 1:114; 4:199
 dry mouth, 5:186
 enuresis, 1:131
 GERD, 1:42
 interstitial cystitis, 1:123, 124
 neurogenic bladder, 1:127
 oral allergic reactivity, 5:51
 overactive bladder, 1:130
 Paget's disease, 5:130
 pyelonephritis, 1:119, 120
 scratchy throat, 5:191
 Sjögren's syndrome, 5:69
 tea for nursing mothers, 3:134
 throat pain, 4:178
 ulcers, 1:66
 urinary colic, 1:138
 urinary conditions, 1:111, 115
 urinary tract infections, 3:136
 vaginitis, 3:106, 107
 for GERD, 1:39, 42
 for hot symptoms, 1:13
 for interstitial cystitis, 1:126
 for malabsorption, 1:73
 mucous-enhancing qualities, 1:64
 for oral allergic reactivity, 5:50
 osmotic diuretic qualities, 1:109
 for pain, 4:154
 for prostatitis, 1:151
 for pyelonephritis, 1:119, 120
 for pyuria, 1:115
 specific indications, 1:156; 2:157
 for stomatitis, 5:50, 179
 for urinary conditions, 1:108, 111, 114–15, 136
- alveolar osteitis, *Aloe vera* for, 5:132
- Alzheimer's disease
Bacopa monnieri for, 4:76
 bee-venom therapy for, 4:75
 caffeine for, 4:120
Crocus sativus for, 4:78
Erigeron breviscapus for, 4:79
Huperzia serrata for, 4:81
Leonurus cardiaca for, 4:145
 memory improvement formula for, 4:56
 molecular strategies, 4:29
 overview, 4:28, 52
Panax ginseng for, 4:84
Salvia miltiorrhiza for, 4:151
Valeriana officinalis for, 4:87
See also dementia
- amala. *See Phyllanthus emblica* (amla, amalaki, Indian gooseberry)
- Amanita muscaria* (fly agaric mushroom)
 formulas containing, 4:35, 182
 for muscle pain, 4:183t
 for peripheral neuropathy, 4:43t
 specific indications, 4:203
- amenorrhea
Avena sativa for, 3:166
Commiphora mukul for, 3:168
Corydalis yanhusuo for, 3:168
 formulas for, 3:122–23
Glycyrrhiza glabra for, 3:170
 herbs for, 3:115, 122
Leonurus cardiaca for, 3:172
Matricaria chamomilla for, 3:173
Petroselinum crispum for, 3:174
 types and causes of, 3:116
- Verbena* spp. for, 3:179
Viburnum spp. for, 3:180
Vitex agnus-castus for, 3:180
- American Association of Naturopathic Physicians, 5:1
 American Institute for Homeopathy, 5:2
 American linden, American basswood (*Tilia americana*), 4:86–87
 American Medical Association (AMA), 5:2, 3
 American wild mint (*Mentha canadensis*), 5:80
 amino acids, 4:50, 51, 118
 amiodarone, 3:41
 amla. *See Phyllanthus emblica* (amla, amalaki, Indian gooseberry)
- Ammi visnaga* (khella, bishop's weed), 2:146
 for airway inflammation, 2:146
 for allergies, 5:62, 62
 for altered breath sounds, 2:118
 for angina, 2:38
 antispasmodic qualities, 1:135, 138t
 for enuresis, 1:131
 formulas containing
 allergic airway disorders, 5:49
 asthma, 2:145, 146, 147
 cardiopulmonary disease, 2:85
 coughs, 2:119
 dyspnea, 2:125
 hyperthyroidism, 3:44
 lower urinary epithelial dysfunction, 1:125
 overactive bladder, 1:129
 pigmentation disorders, 1:226
 renal colic, 4:199
 respiratory allergies, 5:43
 urinary colic, 1:139
 urinary tract reactivity, 5:57
 for hyperlipidemia, 2:34
 for hypertension, 2:46
 for interstitial cystitis, 1:123
 for itching skin, 1:187
 khellin in, 3:41; 5:46
 as mast cell stabilizer, 2:144t
 mast-cell stabilizing effects, 5:31t
 for multiple sclerosis, 5:82
 for overactive bladder, 1:129
 photosensitizing qualities, 1:225, 238
 for skin allergic conditions, 5:54t
 specific indications, 1:156–57, 238; 2:90, 157–58; 5:85
 for urinary colic, 1:139
 for urinary tract reactivity, 5:58
 for vascular support, 2:29
- amoebic dysentery, 1:54, 81, 102
- amphetamine cessation
Cannabis sativa for, 4:140
 formula for, 4:135
Lobelia inflata for, 4:133–34
- amrita. *See Tinospora cordifolia* (guduchi, amrita)
- Amur cork tree. *See Phellodendron amurense* (Amur cork tree)
- amyloidosis, *Colchicum autumnale* for, 5:73, 88

- anabasine, 4:83
- anal fissures
Atropa belladonna for, 1:82
Collinsonia canadensis for, 1:83
 herbs for, 1:235
Hydrastis canadensis for, 1:85, 235, 244
- Ananas comosus* (pineapple)
 anti-inflammatory qualities, 4:75; 5:97
 bromelain from, 4:195; 5:108
 fibrinolytic properties, 2:73
 in juice cleanses, 5:117
 for peripheral neuropathy, 4:43t
 specific indications, 2:158; 5:132
 for varicosities, 2:81
 for vascular support, 2:31
- anatabine, 4:83
- Anderson, Paul, 5:5
- androgenetic alopecia (AGA), 1:212–13, 217–18
- androgen-promoting herbs, for low libido, 3:152–53
- androgen receptors, 3:154–55
- Andrographis paniculata* (king of bitters)
 for bladder cancer, 1:132
 for COPD, 2:149t
 for cystitis and pyelonephritis, 1:116
 for eye conditions, 5:147
 formulas containing
 autoimmune disorders, 5:68, 122
 Bell's palsy, 4:37
 bladder cancer, 1:134
 COPD, 2:150, 151
 cor pulmonale, 2:155
 cystitis, 1:114
 diabetes, 3:71
 enteritis, 1:61
 fungal skin infections, 1:195
 gastrointestinal hypersensitivity, 5:37
 genital herpes, 3:110
 herpetic neuralgia, 4:40
 inflammatory bowel diseases, 1:35; 5:80
 multiple sclerosis, 5:83
 pelvic inflammatory disease, 3:108, 109
 prostatitis, 1:151
 PTSD, 4:113
 pyelonephritis, 1:120
 skin infections, 1:178
 thyroiditis, 3:30
 for hepatitis, 1:94t
 for human papillomavirus, 3:113
 for hypertension, 2:42
 immune modulating properties, 2:23
 for inflammatory bowel diseases, 1:34; 5:79t
 for lithotripsy recovery, 1:138, 157
 for liver support, 1:89
 for multiple sclerosis, 5:82
 for otitis media, 5:159
 for pelvic inflammatory disease, 3:108
 for sinusitis, 5:171
 specific indications, 1:101, 157, 238; 2:158; 3:54, 90; 5:85, 132
- for thyroiditis, 3:31
 for urinary conditions, 1:114
 for vascular infections, 2:72
- andropause, *Lepidium meyenii* for, 4:145
- anemarrhena. *See Anemarrhena asphodeloides* (zhi mu)
- Anemarrhena asphodeloides* (zhi mu), 1:34; 5:32t
- anemia
Arctium lappa for, 2:90
Camellia sinensis for, 2:91
 dyspnea with, 2:124
 formulas for, 2:68–70
Mentha pulegium for, 2:99
 overview, 2:68
Paeonia spp. for, 1:86, 105
Stellaria media for, 2:104
Terminalia arjuna for, 2:104
- Anemone pratensis* (small pasque flower, true meadow anemone, mall meadow anemone), 4:199
- Anemone pulsatilla* (pulsatilla, pasque flower)
 for depression and anxiety, 4:101t
 formulas containing
 eye pain, 4:174
 panic disorder, 4:109
 for pain, 4:154
 for panic disorder, 4:109
 specific indications, 4:139, 203
 as uterine sedative, 3:124
- anemonin, 4:139
- Anemopsis californica* (yerba mansa), 2:158; 4:176
- Anethum graveolens* (dill), 2:29
- Angelica* spp.
 for atherosclerosis, 2:32
 for enuresis, 1:131
 for erectile dysfunction, 3:15, 16, 161
 for hormonal support, 3:137
 for hypertension, 2:46
 for overactive bladder, 1:128, 129
 for renal failure, 1:152
 for urinary conditions, 1:115
 for vascular support, 2:29
- Angelica archangelica* (garden angelica)
 for epilepsy and seizure disorders, 4:67
 formulas containing
 anorexia, 1:37
 arrhythmias, 2:56
 dyspepsia, 1:29–30
 gastroparesis, 1:77
 irritable bowel syndrome, 1:31
 venous congestion, 2:80
- Angelica dahurica* (bai zhi), 2:144t, 158
- Angelica sinensis* (dong quai), 2:59; 4:173; 5:61
 for allergies, 1:33; 5:33t, 39t, 62
 antifibrotic qualities, 1:91
 antispasmodic qualities, 1:135, 138t
 for arrhythmias, 2:55
- Astragalus membranaceus* combined with, 5:86
- for atherosclerosis, 2:32
 for autoimmune disorders, 5:65
 for Behçet's disease, 5:74
 blood moving qualities, 5:61, 85
 cardiovascular benefits, 2:59
 for congestive heart failure, 2:48t
 for cystic fibrosis, 2:135
 for depression, 4:103t
 for dermatologic conditions, 1:169, 238
 for digestive pain, 1:26
 for epilepsy and seizure disorders, 4:67
 for eye conditions, 5:149t
 flavonoids in, 2:33
 formulas containing
 acne rosacea, 1:205
 alcohol abstinence, 4:132
 allergic airway disorders, 5:49
 alopecia, 1:218
 amenorrhea, 3:122, 123
 angina, 2:38, 39
 arthritic pain, 4:185
 arthritis, 5:122
 asthma, 2:145
 autoimmune disorders, 5:66
 biliousness, 4:105
 chest pain, 4:193
 congestive heart failure, 2:50
 contact dermatitis, 5:54
 coronary artery disease, 2:40
 dementia, 4:57
 dermatitis, 1:183, 184, 192
 endocarditis, 2:72
 endometriosis, 3:149
 enuresis, 1:131
 esophageal disorders, 1:45
 food allergies, 5:40
 fracture-related pain, 4:184
 frostbite, 1:237
 gastrointestinal hypersensitivity, 5:39
 goiter, 3:33
 gout, 5:123, 124
 headaches, 4:164, 165
 hepatitis, 1:92, 95
 hormone-related infertility, 3:130
 hyperhidrosis, 1:226
 hyperlipidemia, 2:37
 hypertension, 2:44, 45
 hyperthyroidism, 3:44
 inflammatory bowel diseases, 5:80
 insomnia, 4:115
 irritable bowel syndrome, 1:33
 itching skin, 1:186
 lower urinary epithelial dysfunction, 1:125
 lupus, 5:77, 78
 macular degeneration, 5:158
 menopausal symptoms, 3:139
 menopause-related hypertension, 3:141
 menorrhagia, 3:119
 menstrual cramps, 3:117, 124
 multiple sclerosis, 5:83

Angelica sinensis (dong quai) (continued)

- muscle pain, 5:109
 - neurogenic bladder, 1:127
 - oral allergic reactivity, 5:50
 - ovarian cysts, 3:144
 - overactive bladder, 1:130
 - pain, 4:172
 - pancreatitis, 1:70
 - Parkinson's disease, 4:61
 - pelvic inflammatory disease, 3:108
 - pemphigus support, 1:221
 - peripheral vascular insufficiency, 2:58, 61
 - phlebitis, 2:81
 - pigmentation disorders, 1:226
 - premenstrual symptoms, 3:126, 128, 129; 4:195, 196
 - psoriasis, 1:210, 211
 - Raynaud's syndrome, 2:67
 - renal failure, 1:154, 155
 - retinopathies, 5:157
 - schizophrenia, 4:125
 - skeletal fractures and bone injuries, 5:101
 - skin protection, 1:228
 - urinary conditions, 1:111, 112, 118
 - urinary lithiasis, 1:140
 - urinary tract reactivity, 5:57
 - vaginitis, 3:107
 - varicosities, 2:75
 - vascular damage, 3:74
 - vascular reactivity, 5:60, 62
 - vascular support, 2:27, 29, 30; 3:78
 - vasculitis, 2:82
 - venous congestion, 2:76
 - vertigo, 5:166
 - for fracture healing, 5:100
 - GABAergic qualities, 4:110
 - for gingivitis, 5:184, 185
 - for gout, 5:123
 - for headaches, 4:159, 173
 - for hepatitis, 1:90
 - for hormone-related infertility, 3:129, 131t
 - for hypertension, 2:42, 44, 45
 - for inflammatory bowel diseases, 5:79t
 - for itching skin, 1:185, 187
 - for neurogenic bladder, 1:126, 127
 - PAF inhibiting properties, 2:77
 - for pain, 4:154, 166t, 171t, 173
 - for poor circulation, 2:58
 - for premenstrual syndrome, 3:125
 - for renal failure, 1:153, 154t
 - for retinopathies, 5:156
 - for skin allergic conditions, 5:54t
 - for skin eruptions, 1:190
 - for skin infections, 1:183
 - specific indications, 1:81, 157, 238; 2:90, 158; 3:90, 165–66; 4:203; 5:85, 132–33, 192
 - for stasis ulcers, 2:60
 - for strokes, 2:65
 - for urinary tract reactivity, 5:58
 - as uterine sedative, 3:124
 - as uterine tonic, 3:119
 - for uterine vascular congestion, 3:128
 - for varicosities, 2:74, 81
 - for vascular headaches, 2:27
 - for vascular pain, 4:200t
 - for vascular reactivity, 5:60
 - for vascular support, 2:27, 29, 30
- Angell, Marcia, 5:1, 2
- angiitis. *See* vasculitis
- angina
- Alpinia galangal* for, 4:203
 - Ammi visnaga* for, 2:90
 - Angelica sinensis* for, 2:90
 - Ardisia japonica* for, 2:158
 - Arnica montana* for, 2:91
 - Asclepius tuberosa* for, 2:159
 - Bryonia dioica* for, 2:160
 - Cinnamomum camphora* for, 2:161
 - Eupatorium perfoliatum* for, 2:165
 - formulas for, 2:38–40
 - herbs for, 2:38; 4:200t
 - Iris versicolor* for, 2:168
 - Lobelia inflata* for, 2:98; 4:211
 - nitroglycerin patches for, 2:113
 - overview, 2:38
 - Petasites hybridus* for, 2:175
 - Pueraria montana* var. *lobata* for, 2:101
 - Terminalia arjuna* for, 2:104
 - Viscum album* for, 2:106
- angular coronary spasm, formula for, 4:201
- angioedema
- Astragalus membranaceus* for, 5:86
 - Eugenia caryophyllata* for, 5:89
 - formulas for, 5:57
 - overview, 5:56–57
 - Urtica* spp. for, 5:94
- angiotensin-converting enzyme (ACE), 1:41, 107
- angiotensin I and II, 1:107, 110, 152
- animal studies on herbal medicines, 3:1
- anise. *See* *Pimpinella anisum* (anise)
- an lu (*Artemisia keiskeana*), 2:144t
- anorexia
- formulas for, 1:36–39, 38
 - Gentiana lutea* for, 1:84
 - Hydrastis canadensis* for, 1:104
 - Morella cerifera* for, 1:86, 105
 - Rumex crispus* for, 1:105
 - Syzygium aromaticum* for, 1:248
 - Taraxacum officinale* for, 1:106
- anovulatory cycles, formula for, 3:123
- anthocyanidins, 3:72, 157
- anthocyanins, 4:28, 50
- Anthoxanthum odoratum* (sweet vernal grass), 2:79, 90
- antiallergy herbs
- actions of, 5:28, 32, 33–34t
 - for conjunctivitis, 5:149
 - for eye, ear, nose, mouth, and throat conditions, 5:145
 - for hay fever, 5:42, 159
 - for muscle pain, 5:106t
 - for nasal polyps, 5:172
 - for otitis externa, 5:162–63
 - for otitis media, 5:159
- See also* specific herbs
- anticoagulants, herbal, 2:73, 79, 80
- Antifungal House-Cleaning Spray, 5:36
- antihistamines
- botanical, 5:32, 32t
 - pharmaceutical, 5:31–32
 - Tripterygium* powder, 4:189
- anti-inflammatories
- for allergies, 5:33–34t
 - antispasmodic herbs vs., 5:97
 - for arthritis, 5:113–14, 117
 - for bowel reactivity, 5:37
 - for bursitis and tendinitis, 5:102
 - for conjunctivitis, 5:148, 149
 - for CREST, 5:84
 - for dental conditions, 5:176, 177
 - for diarrhea, 1:51
 - for epilepsy and seizure disorders, 4:67
 - for gastroenteritis, 1:59
 - for itching, 5:54
 - for mood disorders, 4:91
 - for multiple sclerosis, 5:83
 - for muscle pain, 5:106, 108, 109
 - for musculoskeletal and connective tissue, 5:96, 97, 121
 - for myositis, 5:70
 - for neuralgia, 4:34
 - for neurological conditions, 4:27, 28
 - for opiate addiction, 4:128
 - for osteitis deformans, 5:130
 - for otitis externa, 5:162
 - for otitis media, 5:161
 - overview, 1:12
 - for pain, 4:156
 - for pancreatic diseases, 1:68
 - for peripheral neuropathy, 4:43t
 - for trigeminal neuralgia, 4:37
 - for ulcers, 1:62–63
 - for vasculitis, 5:62
- See also* inflammation; specific herbs
- Anti-Inflammatory Smoothie, 4:173
- antimicrobials
- for diarrhea, 1:51, 52, 53, 54
 - for diverticulitis and diverticulosis, 1:71
 - for gastroenteritis, 1:59, 60, 61
 - in gastrointestinal formulas, 1:24, 39
 - for *Helicobacter pylori* infections, 1:43
 - liver and gallbladder formula basics, 1:91
 - for neurogenic bladder, 1:126
 - for pancreatic diseases, 1:68
 - seeds and spices, 1:56
 - for ulcers, 1:62
 - for urinary conditions, 1:108–9, 114, 116
 - warming and cooling, 1:19t; 2:21t; 3:21t; 4:23t, 24t; 5:23t, 24t
- See also* infections

- antinuclear antibody tests, 5:64
- antioxidants
- in beets, 5:129
 - for bowel reactivity, 5:39t
 - Camellia sinensis* as, 5:86–87, 194
 - for cataracts, 5:152
 - Crataegus oxyacantha* as, 5:195
 - Curcuma longa* as, 5:89, 121, 195
 - Fucus vesiculosus* as, 5:90
 - for multiple sclerosis, 5:82, 83
 - for otitis media, 5:159
 - Pinus pinaster* as, 5:139
 - Schisandra chinensis* as, 5:112
 - Vaccinium myrtillus* as, 5:143, 203
- antipruritics, topical, 5:54
- See also itching skin
- antispasmodics
- anti-inflammatory herbs vs., 5:97
 - biliary, 1:90–91
 - as category of action, 1:11–12
 - for explosive diarrhea, 1:24, 56
 - gastrointestinal formula basics, 1:24–25
 - for muscle spasms and myalgia, 5:105, 106t, 109
 - for overactive bladder, 1:129
 - role in formulas, 5:16, 97
 - urinary, 1:135, 138t
 - See also specific herbs
- antitussives, herbal, 2:117
- See also coughs
- anuria
- definition of, 1:152
 - formulas for, 1:111, 155
 - Petroselinum crispum* for, 1:163
 - Solidago canadensis* for, 1:111, 165
- anxiety
- Aconitum napellus* for, 4:181
 - Actaea racemosa* for, 2:157; 3:165
 - actions of formulas for, 4:16
 - Albizia julibrissin* for, 4:139
 - Albizia lebeck* for, 2:157
 - Cannabis sativa* for, 4:140
 - definition of, 4:99
 - dual diagnosis, 4:3
 - with dyspnea, 2:125
 - Elaeocarpus serratus* for, 2:163
 - energetic considerations, 4:17
 - Eschscholzia californica* for, 2:95; 3:57, 169; 4:142
 - formula for, 3:48
 - Gelsemium sempervirens* for, 4:143, 209
 - Glycyrrhiza glabra* for, 4:143
 - herbal specifics for, 4:101t
 - Humulus lupulus* for, 3:171; 4:143, 209
 - Hypericum perforatum* for, 3:2, 171
 - hyperventilation with, 2:140
 - increasing use of psychiatric medications for, 4:2
 - Jasminum grandiflorum* for, 4:144
 - Lavandula* spp. for, 2:97; 4:82, 144
 - Leonurus cardiaca* for, 3:59, 172; 4:145
 - Lepidium meyenii* for, 4:145
 - Lycopus virginicus* for, 3:172
 - Magnolia officinalis* for, 4:145
 - Matricaria chamomilla* for, 3:173; 4:146, 211
 - Melissa officinalis* for, 2:99, 172; 3:60, 173; 4:82
 - menopause-related, 3:138–39
 - monoamine hypothesis, 4:3
 - Nelumbo nucifera* for, 4:147
 - Nepeta cataria* for, 2:173
 - Ocimum tenuiflorum* for, 4:148, 212
 - Panax ginseng* for, 4:148
 - Passiflora* spp. for, 2:175; 4:148
 - Piper methysticum* for, 3:175; 4:149, 213
 - potential ayahuasca benefits, 4:138
 - Rauvolfia serpentina* for, 4:150
 - Rhodiola rosea* for, 4:151
 - Schisandra chinensis* for, 4:151
 - Scutellaria lateriflora* for, 3:177; 4:151
 - Tilia × europaea* for, 2:105
 - tonics for, 3:48
 - Turnera diffusa* for, 3:179
 - Valeriana officinalis* for, 3:62; 4:152, 217
 - Verbena* spp. for, 3:179
 - Vitex agnus-castus* for, 3:63
 - Withania somnifera* for, 2:184; 3:63
 - working with anxious patients, 4:99
 - Ziziphus jujuba* for, 4:152
 - See also depression and anxiety; panic disorder
- apamin, 4:63, 75
- aphrodisiacs
- Eurycoma longifolia*, 3:169
 - “sexy” herbs, 3:152–53
 - tea and bath ritual, 3:153–54
 - tincture, 3:154
 - Turnera diffusa*, 3:153, 179
 - See also libido, low; sexual function
- aphthous ulcers
- Echinacea purpurea* for, 5:196
 - formulas for, 5:183, 184
 - Glycyrrhiza glabra* for, 5:90, 197
 - mouthwash for, 4:177
 - overview, 5:180
- Apiaceae herbs
- for allergies, 5:52, 62
 - antispasmodic qualities, 1:135
 - for arrhythmias, 2:56
 - for atherosclerosis, 2:32
 - coumarins in, 2:78
 - for hyperlipidemia, 2:34
 - PAF inhibiting properties, 2:77
 - photosensitizing qualities, 1:225
 - for psoriasis, 1:210
 - seeds from, 2:29
 - for urinary tract reactivity, 5:58
- apigenin, 2:113; 3:157; 5:77
- apiol, 4:75
- Apis mellifica* (honey bee)
- for bites and stings, 1:171t
 - for burns, 1:173t
 - for cramping pain in the bladder, 1:124
 - for dermatologic conditions, 1:171t, 191
 - for eye conditions, 5:147t
 - for eye injuries, 5:154
 - formulas containing, 4:188, 189; 5:57
 - for pain, 4:170t
 - for painful itching, 4:189t
 - for skin allergic conditions, 5:54t
 - specific indications, 4:75; 5:85–86, 192–93
 - venom of, specific indications, 1:157
- apitherapy, 4:63–64, 75; 5:86, 192–93
- Apitox, 5:86
- apitoxin, 5:86
- Apium graveolens* (celery)
- antimicrobial qualities, 1:53
 - antispasmodic qualities, 1:135, 138t
 - for arthritis, 5:114
 - bronchodilating qualities, 5:62
 - for connective tissue support, 5:105
 - for crawling and tingling sensations, 1:232
 - for depression and anxiety, 4:101t
 - for dermatitis, 1:188
 - for dermatologic conditions, 1:171t
 - diuretic qualities, 1:112; 3:21t; 5:123
 - formulas containing
 - arrhythmias, 2:56
 - arthritis, 5:119
 - asthma, 5:47
 - cerebral vascular insufficiency, 2:65
 - contact dermatitis, 5:55
 - gout, 5:124
 - hyperlipidemia, 2:35
 - hypertension, 2:42
 - interstitial cystitis, 1:124
 - muscle weakness, 5:111
 - osteoarthritis, 5:116
 - Paget’s disease, 5:130
 - skin pain, 4:190
 - urinary colic, 1:139, 142
 - urinary lithiasis, 1:140
 - urinary tract reactivity, 5:57, 59
 - for heavy metal neuropathy, 4:50
 - for hyperlipidemia, 2:34, 35
 - for hypertension, 2:42, 46
 - for itching skin, 1:185, 187
 - in juice cleanses, 5:117
 - for migraines, 4:173
 - for neuralgia, 4:34
 - for painful itching, 4:189t
 - for prostatitis, 1:151
 - for renal failure, 1:154t
 - for skin allergic conditions, 5:54t
 - for skin fissures, 1:235
 - for skin hypersensitivity, 1:232
 - for skin ulcers, 1:231
 - specific indications, 1:157, 238; 2:90, 158; 4:75–76; 5:86, 133
 - for urinary tract reactivity, 5:58
 - for vascular support, 2:29, 31

- Apocynum cannabinum* (dogbane)
 cardiac glycosides from, 2:49
 for congestive heart failure, 2:48
 formulas containing
 congestive heart failure, 2:50
 endocarditis, 2:72
 muscle pain, 5:109
 for pyelonephritis, 1:120t
 for renal failure, 1:154t
 specific indications, 1:157; 2:90
 for urinary retention, 1:142
 apomorphine, 4:129–130, 147–48
 aporphine alkaloids
 in *Actaea racemosa*, 4:100, 139
 in *Eschscholzia californica*, 4:79
 in *Nelumbo nucifera*, 4:129, 147
 in *Nymphaea nouchali* var. *caerulea*, 4:147–48
 appendicitis, 1:67–68, 84
 appetite, lack of. *See* anorexia
 appetite, observing, 1:9; 2:11; 3:11
 appetite stimulants
 Gentiana lutea, 1:84
 Rumex acetosella, 1:87
 Syzygium aromaticum, 1:88
 Zanthoxylum clava-herculis, 1:88
 apple. *See* *Malus domestica* (apple)
 apple pectin
 in Apple Pectin Truffles, 1:49
 fiber from, 1:76
 health benefits, 2:39
 hypolipidemic properties, 2:99
 for leaky gut, 1:79
 in smoothies, 1:35, 47
 Apple Water (Agua de Manzana), 3:87–88
 Arabian jasmine (*Jasminum sambac*), 3:153
Arachis hypogaea (peanut), 2:31
 arbutin
 in *Arctostaphylos uva ursi*, 1:114, 157, 207, 223
 in *Chimaphila umbellata*, 1:159
 for hyperpigmentation, 1:222
 arctic rose. *See* *Rhodiola rosea* (arctic rose)
Arctium lappa (burdock)
 for allergies, 5:34
 alterative qualities, 1:25, 27, 46, 47, 48, 90; 3:21t
 for anxiety, 4:17; 5:17
 for arthritis, 5:115
 for dermatologic conditions, 1:169
 for dysuria, 1:116
 for eye conditions, 5:147
 formulas containing
 acne, 1:202, 203
 arthritis, 5:120
 dermatitis, 1:184
 diabetes, 3:74
 eczema, 1:184
 hepatitis, 1:93
 hyperhidrosis, 1:227
 premenstrual acne, 3:129
 vascular support, 2:27
 for GERD, 1:39
 for halitosis, 1:50
 iron in, 2:70
 for liver support, 1:90
 for malabsorption, 1:73, 74
 for muscle pain and spasms, 5:105
 for pain, 4:166t
 for premenstrual syndrome, 3:125
 for renal failure, 1:154t
 for restless insomnia, 1:15; 2:17; 3:18; 4:20; 5:20
 specific indications, 1:81, 101, 157, 239; 2:90; 3:54, 90, 166
 for urinary lithiasis, 1:137
 for vascular support, 2:27, 35
Arctopus echinatus (flat thorn), 4:110
Arctostaphylos uva ursi (uva ursi), 4:154
 arbutin in, 1:222
 for cramping pain in the bladder, 1:124
 for cystitis and pyelonephritis, 1:116
 diuretic qualities, 1:112
 for dysuria, 1:116
 formulas containing
 acne rosacea, 1:207
 cystitis, 1:114
 neurogenic bladder, 1:127
 pigmentation disorders, 1:223
 prostatic diseases, 1:147
 pyelonephritis, 1:119
 urinary conditions, 1:116
 for prostatitis, 1:151
 for pyuria, 1:115
 specific indications, 1:157, 239
 for urinary conditions, 1:108, 114, 116
Ardisia japonica (marlberry)
 formulas containing, 2:153
 specific indications, 2:158
 ARDS. *See* acute respiratory distress syndrome (ARDS)
Argania spinosa (argan tree), 5:48, 133
 arjuna. *See* *Terminalia* spp.
Armilaria fungus (gastrodia mushroom), 2:95
Armoracia rusticana (horseradish)
 for altered breath sounds, 2:118
 for arthritis, 5:117
 for colds, 5:170t
 as counterirritant, 2:132
 for cystitis and pyelonephritis, 1:116
 formulas containing
 allergic rhinosinusitis, 2:128
 colds, 5:169, 171
 coughs, 2:117
 cystic fibrosis, 2:135
 dry mouth, 5:185
 emphysema, 2:137
 nasal polyps, 5:173
 respiratory allergies, 5:44
 sinusitis, 5:172
 sinus pain, 4:177
 stridor, 2:121
 for hay fever, 5:17, 42
 for nasal polyps, 5:173
 for nerve pain, 4:180t
 for peripheral neuropathy, 4:46
 for renal failure, 1:154t
 for sinusitis, 5:171
 specific indications, 1:158; 2:158–59; 5:193
 for thick and cloudy urine, 1:139
 for throat pain, 5:191t
 for urinary conditions, 1:114
 as warming stimulant, 3:21t
Arnica montana (leopard's bane)
 for angina, 2:38
 anti-inflammatory qualities, 5:97
 for bruising, 2:66
 for cramping pain in the bladder, 1:124
 for dental procedures, 5:146
 for depression and anxiety, 4:101t
 for dysuria, 1:116
 for eye conditions, 5:147t
 for eye injuries, 5:154
 formulas containing
 angina, 2:38
 bursitis and tendinitis, 5:103
 carpal tunnel syndrome, 4:48
 costochondritis, 2:123
 head injury-related seizures, 4:72
 muscle pain, 5:109
 musculoskeletal trauma, 5:96
 pain, 4:187
 sprains and strains, 4:186
 traumatic brain injury, 4:55
 for hematuria, 1:115
 for muscle pain, 4:183t, 204
 for musculoskeletal trauma, 5:96, 98
 for nerve pain, 4:180t
 for neuralgia, 4:34
 for pain, 4:154, 170t, 171t
 for peripheral neuropathy, 4:43t
 safety concerns, 4:204
 specific indications, 1:158, 239; 2:90–91; 4:76, 203–4; 5:133, 193
 for throat pain, 5:191t
 for wound healing, 4:192t
 aromatase inhibitors, 1:143, 146, 156, 158, 216; 3:120t
 aromatase promoters, 1:216
 aromatherapy
 for depression and anxiety, 4:102–4
 for epilepsy and seizure disorders, 4:66–67, 72–73
 arrhythmias
 Adonis vernalis for, 2:89
 Convallaria majalis for, 2:93
 Crataegus spp. for, 2:93
 Digitalis purpurea for, 2:94
 formulas for, 2:52–57; 3:140–41
 herbs for, 2:55, 56–57; 3:41
 Leonurus cardiaca for, 2:98; 3:139
 Lycopus virginicus for, 2:98; 3:172

- arrhythmias (*continued*)
Melissa officinalis for, 3:60
 overview, 2:52–53
Rauvolfia serpentina for, 3:61
Viscum album for, 2:106
- Artemisia* spp.
 antimicrobial and astringent qualities, 1:51
 in Digestive Vinegar, 1:74
 in Fire Cider, 1:37
 formulas containing, 1:37
 for halitosis, 1:50
 for malabsorption, 1:73
 for urinary conditions, 1:114
- Artemisia abrotanum* (southernwood), 3:128
- Artemisia absinthium* (wormwood)
 antiparasitic qualities, 1:54
 for cystitis and pyelonephritis, 1:116
 as emmenagogue, 3:128
 for epilepsy and seizure disorders, 4:66
 formulas containing
 anorexia, 1:37, 38
 biliary insufficiency, 1:98
 diarrhea, 1:53, 55
 dyspepsia, 1:28–29
 gastritis and gastroenteritis, 1:61
 gastrointestinal bleeding, 1:67
Helicobacter pylori infections, 1:65
 inflammatory bowel diseases, 1:35; 5:80
 malabsorption, 1:73
 SIBO, 1:76
 for inflammatory bowel diseases, 1:34; 5:79t
 for malabsorption, 1:74
 safety concerns, 5:193
 for schistosomiasis, 1:119
 for smoking cessation, 4:133
 specific indications, 1:81; 5:193
 for tongue conditions, 5:178t
- Artemisia afra* (wild artemisia), 4:110
- Artemisia annua* (sweet Annie)
 antimicrobial qualities, 1:61
 antiparasitic qualities, 1:54
 artemisinin in, 2:159; 5:77
 for exophthalmia, 3:45
 formulas containing, 1:74, 154
 for hepatitis, 1:90
 specific indications, 1:81, 102; 2:159; 3:54
 for thyroiditis, 3:31
- Artemisia asiatica* (Indian wormwood), 5:32t
- Artemisia caeruleascens* (artemisia), 2:108t
- Artemisia capillaris* (capillary wormwood), 1:90, 92, 102
- Artemisia dracuncululus* (tarragon), 4:204
- Artemisia keiskeana* (an lu), 2:144t
- Artemisia scoparia* (redstem wormwood), 1:92
- Artemisia vulgaris* (mugwort)
 antimicrobial qualities, 1:61
 antiparasitic qualities, 1:54
 as emmenagogue, 3:128
 iron in, 2:70
 specific indications, 1:81, 102–3
- artemisinin
 in *Artemisia annua*, 2:159; 5:77
 artesunate from, 5:77
 immunomodulating qualities, 4:204
 inclusion in FDA's category 1 list, 5:4
 specific indications, 3:54
 for thyroiditis, 3:30
 for tuberculosis, 2:155, 156, 159
- arterial insufficiency. *See* vascular insufficiency
- arteritis. *See* vasculitis
- artesunate
 for hepatitis, 1:93
 for lupus nephritis, 5:77
 for tuberculosis, 2:155, 159
- arthralgia. *See* joint pain
- arthritis
Achillea millefolium for, 4:201
Aconitum napellus for, 4:202; 5:132
Ananas comosus for, 5:132
Andrographis paniculata for, 5:132
 apitherapy for, 5:192
Apium graveolens for, 5:133
Arctium lappa for, 5:133
Boswellia serrata for, 4:205; 5:86
Cannabis sativa for, 5:87
Capsicum annuum for, 5:134
Caulophyllum thalictroides for, 4:206
Centella asiatica for, 5:135
Cinnamomum verum for, 5:135
Colchicum autumnale for, 4:207
Commiphora mukul for, 5:135, 136
Conium maculatum for, 4:207
Curcuma longa for, 4:207; 5:121
Dioscorea villosa for, 4:207, 208
Eleutherococcus senticosus for, 5:89
 formulas for, 4:185–86; 5:114, 115–122
 guidelines for choosing herbs for, 5:114
Harpagophytum procumbens for, 4:209; 5:138
 herb baths for, 4:186–87
Mentha piperita for, 4:211
Mitragyna speciosa for, 4:211
Ocimum tenuiflorum for, 4:212
 overview, 5:113–15
Pinus pinaster for, 5:140
Salix alba for, 5:140
Schisandra chinensis for, 5:112, 141
Scutellaria baicalensis for, 4:215
Sesamum indicum for, 5:141
Strychnos nux-vomica for, 4:215
Tanacetum parthenium for, 4:86
Uncaria spp. for, 4:216
Urtica spp. for, 5:142
Viburnum opulus for, 4:217
Withania somnifera for, 4:218
Yucca schidigera for, 5:143
Zanthoxylum clava-herculis for, 5:143
Zingiber officinale for, 5:143
See also osteoarthritis; rheumatoid arthritis
- arthritis, reactive, 5:71–72
- Arthrospira maxima* (spirulina), 4:49
- artichoke. *See* *Cynara scolymus* (artichoke)
- art of herbal formulation, 1:7–21; 2:9–24; 3:9–24; 4:11–26; 5:11–26
 acne sample case, 1:16, 16; 2:18, 18; 3:18–19, 18; 4:20–21, 21; 5:20–21, 21
 asking the right questions, 1:7, 8–9; 2:9, 10–11; 3:9, 10–11; 4:11, 13–14; 5:11, 12–13
 components of a formula, 1:11; 2:13; 3:13; 4:15; 5:15
 importance of symptoms, 1:7–8; 2:9–10; 3:9–10; 4:11–12; 5:11–12
 insomnia sample case, 1:14–15, 14, 15; 2:16–17, 16, 17; 3:16–18, 16, 17; 4:18–20, 19; 5:18–20, 19
 mastering the actions of herbs, 1:11–14; 2:13–16; 3:13–16; 4:16–18; 5:15–17
 pharmacologic vs. physiologic therapy, 1:13; 2:15; 3:15; 4:18; 5:18
 rheumatoid arthritis sample case, 1:16–17, 17; 2:18–19, 19; 3:19–20, 19; 4:21–22, 22; 5:21–22, 21, 22
 supporting vitality vs. opposing disease, 1:12; 2:14; 3:14; 4:16; 5:16
 toxic herbs use, 1:18; 2:20; 3:20; 4:22–23; 5:22–23
 Triangle philosophy, 1:9–11, 9, 21; 2:11–13, 11, 23–24; 3:11–13, 12, 23–24; 4:14–16, 14, 26; 5:13–15, 14, 26
 types of herbal preparations, 1:19–21; 2:21–23; 3:22–23; 4:24–26; 5:24–26
 warming and cooling formulas, 1:18–19, 19t; 2:20–21, 21t; 3:20–21, 21t; 4:23–24, 23t, 24t; 5:23–24, 23t, 24t
- Arvisol, 4:205
- Asclepius tuberosa* (pleurisy root)
 for altered breath sounds, 2:118
 for bronchitis, 2:131
 for colds, 5:170t
 formulas containing
 chest pain, 4:193
 coughs, 2:117, 119, 121
 pleurisy, 2:139
 for pain, 4:166t
 for pleurisy, 2:138, 139
 specific indications, 1:81; 2:159
- Ascophyllum nodosum* (kelp), 1:42
- ashwagandha. *See* *Withania somnifera* (ashwagandha)
- Asian knotweed. *See* *Polygonum cuspidatum* (Japanese knotweed)
- Asian water plantain. *See* *Alisma plantago-aquatica* (Asian water plantain)
- Asiatic dogwood. *See* *Cornus officinalis* (Japanese cornel, shan zhu yu)
- asiaticoside, 5:125
- asparagine, 1:114–15, 158
- Asparagus* spp., 1:108, 115, 151
- Asparagus cochinchinensis* (Chinese asparagus), 5:49
- Asparagus officinalis* (asparagus), 1:158

- Asparagus racemosus* (shatavari)
for bursitis and tendinitis, 5:102
formulas containing
asthma, 5:49
depression and anxiety, 4:106
low libido, 3:154
urinary and prostatic pain, 4:196
urinary conditions, 1:115
urinary tract infections, 3:136
vaginitis, 3:107
for interstitial cystitis, 1:126
specific indications, 1:158; 3:166
- aspen. *See* *Populus* spp. (aspen)
- Aspidosperma quebracho* (quebracho), 2:131, 159
- Assistant herbs. *See* synergist herbs
- astaxanthin, 1:145
- asthma
- Actaea racemosa* for, 2:157
- Albizia lebbek* for, 2:157
- Ammi visnaga* for, 2:157, 158; 5:85
- Apium graveolens* for, 2:158
- Aspidosperma quebracho* for, 2:159
- Astragalus membranaceus* for, 2:159; 5:86
- Bacopa monnieri* for, 2:160
- Boswellia serrata* for, 5:86
- Cissampelos sympodialis* for, 2:161
- Cnidium monnieri* for, 2:161
- Coleus forskohlii* for, 2:177
- Cornus officinalis* for, 5:88
- Curcuma longa* for, 2:162
- Datura stramonium* for, 2:163
- Digitalis purpurea* for, 2:163
- dyspnea with, 2:124
- Eclipta prostrata* for, 2:144, 163
- Elaeocarpus serratus* for, 2:163
- Ephedra sinica* for, 2:163; 5:89
- Eriodictyon californicum* for, 2:164
- Eucalyptus globulus* for, 2:164
- Foeniculum vulgare* for, 2:165
- formulas for, 2:142–47; 4:193–94; 5:44–46
- Fucus vesiculosus* for, 5:90
- Ginkgo biloba* for, 5:90
- Grindelia* spp. for, 2:167; 5:91
- Hemidesmus indicus* for, 2:167
- herbs for, 1:33
- Inula helenium* for, 2:168
- Juniperus communis* for, 2:169
- Justicia adhatoda* for, 2:169
- link to rhinosinusitis, 5:29
- Lobelia inflata* for, 2:170; 5:92
- Marrubium vulgare* for, 2:171
- Medicago sativa* for, 2:171
- Mikania glomerata* for, 2:172
- Neopicrorhiza scrophulariiflora* for, 2:172
- Oenothera biennis* for, 2:173
- overview, 2:142–43
- Passiflora incarnata* for, 2:175
- Pelargonium sidoides* for, 2:175
- Perilla frutescens* for, 5:92
- Petasites* spp. for, 2:129, 175; 5:41, 93
- Phyllanthus emblica* for, 2:176
- Picrorhiza kurroa* for, 2:176
- Pinellia ternata* for, 2:176
- Pinus pinaster* for, 2:176
- Polygala* spp. for, 2:177
- Raphanus sativus* var. *niger* for, 2:178
- Rehmannia glutinosa* for, 5:93
- Rosmarinus officinalis* for, 2:179
- Saussurea costus* for, 2:179
- Scutellaria baicalensis* for, 2:180; 5:93
- Stemona* spp. for, 2:181
- Sticta pulmonaria* for, 2:181
- Tephrosia purpurea* for, 2:182
- Thymus vulgaris* for, 2:182
- Tylophora asthmatica* for, 2:183
- asthma weed. *See* *Euphorbia* spp.
- Astragalus membranaceus* (milk vetch, huang qi), 3:84
for allergies, 5:28
for arthritis, 5:115
for Behçet's disease, 5:74
for Bell's palsy, 4:36
for bladder cancer, 1:132
for bone density, 5:126
for bronchitis, 2:132
in Carob Milk, 3:89
for colds, 5:170t
for COPD, 2:148
for cystic fibrosis, 2:135
for digestive pain, 1:26
for eye conditions, 5:149t
- formulas containing
acne rosacea, 1:205
adrenal disorders, 3:49
allergic hypersensitivity, 5:35
arthritis, 5:120, 122
autoimmune disorders, 5:66, 67
Behçet's disease, 5:74
Bell's palsy, 4:37
bladder cancer, 1:134
childhood skin eruptions, 1:193
colds, 5:169
conjunctivitis, 5:148
COPD, 2:150, 153
cystic fibrosis, 2:135
depression and anxiety, 4:99
dermatitis, 1:190
diarrhea, 1:58
eczema, 1:184, 185
erythema nodosum, 1:221
esophageal disorders, 1:45
goiter, 3:34
Guillain-Barré syndrome, 4:49
headaches, 4:164
heart stress at high altitudes, 2:52
Henoch-Schönlein purpura, 5:75
hepatitis, 1:95
herpes lesions, 1:232
herpetic neuralgia, 4:40, 41
- hormone-related infertility, 3:130, 131
hyperlipidemia, 2:36
hyperthyroidism, 3:43
inflammatory bowel diseases, 1:34
insomnia, 4:116
leaky gut syndrome, 1:78
lichen planus, 1:211
lipid health, 2:33
lupus, 5:77, 78
macular degeneration, 5:158
metabolic conditions, 3:71
muscle weakness, 5:111
myositis conditions, 5:71
osteoporosis, 5:127
otitis media, 5:160, 161
Parkinson's disease, 4:61
pelvic inflammatory disease, 3:108
pemphigus support, 1:221
pneumonia, 2:142
prostate cancer, 1:149; 3:164
prostatitis, 1:151
PTSD, 4:113
reactive arthritis, 5:72
renal failure, 1:153, 155
retinopathies, 5:157
schizophrenia, 4:125
sore throat, 5:190
thyroiditis, 3:30
uterine fibroids, 3:150
vascular support, 2:29; 3:78
for glucose regulation, 3:84
for Henoch-Schönlein purpura, 5:75
for hepatitis, 1:90, 94t
for herpes simplex viral infections, 5:180
for herpetic neuralgia, 4:40
hypoglycemic effects, 3:73, 90
immunomodulating qualities, 1:78; 2:23; 5:32, 64
for inflammatory bowel diseases, 1:34
for insomnia, 1:14; 2:16; 3:16; 4:18, 23; 5:18, 23
for insulin resistance, 3:70
isoflavones in, 3:156
for leaky gut syndrome, 1:79
in Legume Truffle Superfood for Chemotherapy Patients, 3:159
for lipid health, 2:32
for myositis conditions, 5:70
for neuralgia, 4:34
for neurological conditions, 4:27
in oatmeal, 3:83, 84
for otitis externa, 5:163
for otitis media, 5:159
PAF inhibiting properties, 2:77
for pelvic inflammatory disease, 3:108
for peripheral neuropathy, 4:43t
for renal failure, 1:152, 153
in seaweed broth, 1:80
for skin eruptions, 1:194
in smoothies, 1:35
in soup, 1:35

- Astragalus membranaceus* (milk vetch, huang qi) (*continued*)
 specific indications, 1:103, 239; 2:91, 159; 3:55, 90, 166; 5:86, 193
 for streptococcal infections, 1:180
 for strokes, 2:65
 for thyroiditis, 3:31, 32
 for traveler's diarrhea prevention, 1:53
 for warts, 1:199
 in Winter Tea for Metabolic Support, 3:86
 for wound healing, 1:181
- Astragalus* Oatmeal for Diabetes, 3:83–84
- astringents
 for bloody diarrhea, 1:32
 for cloudy urine or urinary stones, 1:139
 cooling remedies, 1:19t; 2:21t; 3:21t; 4:24t; 5:24t
 for diarrhea, 1:51, 52
 for eye injuries, 5:154
 for fungal skin infections, 1:196
 for the GI tract, 1:54
 for glossitis, 5:179
- atherosclerosis
Allium sativum for, 3:90
Cinnamomum spp. for, 2:92
Coptis chinensis for, 2:93
 coronary artery disease progression from, 2:38
 formulas for, 2:32–37
Gymnema sylvestre for, 2:96; 3:95
Hibiscus sabdariffa for, 2:96; 3:95
Olea europaea for, 2:99
 overview, 2:32, 61
Punica granatum for, 2:101
Tanacetum parthenium for, 2:104
Terminalia arjuna for, 2:104
Trifolium pratense for, 3:178
Trigonella foenum-graecum for, 3:99
- athlete's foot (*Tinea pedis*), 1:194–95, 238
- atooto (*Griffonia simplicifolia*), 4:92
- atopic dermatitis
 factors in, 5:34–35
Hamamelis virginiana for, 5:91
 herbs for, 5:31
Perilla frutescens for, 5:45, 92
 plant-based EFAs for, 5:48
 See also contact dermatitis; dermatitis
- atopy
Cnidium monnieri for, 5:87
Ganoderma lucidum for, 5:90
 genetic predisposition to, 5:30
Hamamelis virginiana for, 5:91
 immunoglobulin E release with, 5:28
Oenothera biennis for, 5:92
Rehmannia glutinosa for, 5:67
 See also allergies
- Atractylodes* spp., 1:90
- Atractylodes japonica* (okera, Eastern ukera, ukira), 4:61
- Atractylodes lancea* (atractylodes)
 formulas containing
 dementia, 4:57
 gastroparesis, 1:77, 78
 for vascular reactivity, 5:60
- Atractylodes macrocephala* (atractylodes, bai zhu)
 formulas containing
 biliousness, 4:105
 COPD, 2:150
 gastrointestinal hypersensitivity, 5:37
 insomnia, 4:116
 specific indications, 2:91
 for strokes, 2:65
- Atractylodes ovata* (white atractylodes), 1:92
- atratic acid, 1:145, 147
- atrial fibrillation
 formulas for, 2:53
 with hyperthyroidism, 3:40
Leonurus cardiaca for, 3:59
Rauwolfia serpentina for, 3:61
Valeriana officinalis for, 3:62
- Atrapa belladonna* (belladonna, deadly nightshade), 1:141; 2:152
 antispasmodic qualities, 1:135
 for burns, 1:173t
 in calming formulas, 1:18; 2:20
 for cramping pain in the bladder, 1:124
 for dental procedures, 5:177
 for dermatologic conditions, 1:191
 for epilepsy and seizure disorders, 4:68
 for erysipelas, 1:180
 formulas containing
 arthritis, 5:119
 biliary colic and pain, 4:198
 delirium tremens, 4:132
 dental conditions, 5:176
 diarrhea, 1:56, 57
 eye drops, 5:155
 headaches, 4:161, 164
 hypertension, 2:44
 interstitial cystitis, 1:124
 metastatic pain, 4:195
 overactive bladder, 1:129
 pain, 4:172
 Parkinson's disease, 4:63
 renal colic, 4:199
 throat pain, 4:178
 throbbing pain, 4:200
 urinary colic, 1:139, 142
 for headaches, 4:159
 for overactive bladder, 1:128
 for pain, 4:156, 170t, 171t
 for Parkinson's disease, 4:60
 safety concerns, 1:18, 82, 158, 180; 2:20, 44; 3:20; 4:22, 63, 76, 172, 178, 195, 199, 204; 5:22, 119, 133, 193
 scopolamine from, 5:167
 specific indications, 1:82, 158, 239; 2:159; 4:76, 204; 5:133, 193
 for streptococcal infections, 1:180
 for tongue conditions, 5:178t
 transdermal delivery of, 2:109
 tropane alkaloids from, 2:152
 for urinary colic, 1:137, 138t, 141
 for vascular pain, 4:200t
- atrophic vaginitis, 3:105, 107
- atropine
 for bronchospasms, 2:159, 167
 for lung conditions, 2:152
 specific indications, 4:76, 204
 transdermal delivery of, 2:109
 for urinary retention and bladder spasm, 1:128, 135, 136, 158
 for *Veratrum* overdose, 4:190
- attention deficit hyperactivity disorder (ADHD)
 adjunctive therapies for, 4:118
Celastrus paniculatus for, 4:141
 formulas for, 4:119–122
Ligusticum striatum for, 4:145
 overview, 4:117, 119
- autoimmune disorders
 alopecia from, 1:213, 215
Andrographis paniculata for, 5:85
Arctium lappa for, 5:133
Astragalus membranaceus for, 1:239; 5:86
 bladder reactivity, 5:57
Calendula officinalis for, 5:134
Celastrus aculeatus for, 5:87
Centella asiatica for, 1:82, 159; 5:87
Colchicum autumnale for, 5:88
Commiphora mukul for, 5:88
Commiphora myrrha for, 1:241; 5:88
Cordyceps sinensis for, 5:88
Curcuma longa for, 5:121, 136
 definition of, 5:27
Eleutherococcus senticosus for, 1:242; 5:89
Equisetum arvense for, 1:160
Eucalyptus globulus for, 1:242
 formulas for, 5:66–68, 122
Ganoderma lucidum for, 1:220
Glycyrrhiza glabra for, 1:243; 5:138
Harpagophytum procumbens for, 5:138
Hemidesmus indicus for, 4:81
 hygiene hypothesis considerations, 5:31
 immunomodulating herbs for, 5:64
 importance of reducing inflammation, 5:12
 neuropathy from, 4:34, 45, 48
 overview, 5:27–28, 63–65
Panax ginseng for, 1:246
 pemphigus association, 1:221
Pueraria spp. for, 1:164
Rehmannia glutinosa for, 5:93
 renal failure connection, 1:153, 154
Scutellaria baicalensis for, 5:141
Tanacetum parthenium for, 5:142
Tripterygium wilfordii for, 1:153; 4:216
Urtica spp. for, 5:142
Withania somnifera for, 5:143
 See also specific disorders
- autoimmune hepatitis, 1:95
- autoimmune nephritis, 1:154
- autoimmune thyroid diseases, 3:29
 See also Graves' disease; Hashimoto's disease

- autumn crocus. *See Colchicum autumnale* (autumn crocus)
- avaram senna. *See Cassia auriculata* (avaram senna)
- Avena sativa* (oats)
- adrenal-supporting qualities, 5:111t
 - for anxiety, 4:16, 17, 94; 5:17
 - for arthritis, 5:115
 - Astragalus* Oatmeal for Diabetes, 3:83–84
 - baths with, 5:54, 54t
 - as bulk laxative, 1:48
 - carminative qualities, 1:31
 - chromium in, 3:80t
 - for cramping pain in the bladder, 1:124
 - for depression, 4:94, 103t
 - for dermatitis, 1:189
 - for dermatologic conditions, 1:171t
 - for eczema and allergic dermatitis, 1:188
 - formulas containing
 - Addison's disease, 3:51
 - adrenal disorders, 3:48, 49
 - anorexia, 1:38
 - arthritis, 5:116
 - crankiness in children, 4:104
 - hypertension, 2:43
 - insomnia, 4:114
 - irritable bowel syndrome, 1:33
 - itching skin, 1:187
 - lipid health, 2:33
 - muscle pain, 5:107
 - muscle tension, 5:107
 - muscle weakness, 5:111
 - osteoporosis, 5:128
 - Parkinson's disease, 4:61, 63
 - premenstrual syndrome, 3:126
 - PTSD, 4:111, 113
 - withdrawal symptoms, 4:135
 - for hyperventilation, 2:140
 - for insomnia, 3:17, 18, 136t
 - for itching skin, 1:187
 - for menopausal symptoms, 3:136t, 138t
 - minerals in, 5:100t
 - nervine qualities, 1:51; 4:91
 - nourishing qualities, 1:37
 - for panic disorder, 4:109
 - for Parkinson's disease, 4:60
 - for pityriasis, 1:212
 - for poison ivy/oak dermatitis, 1:237
 - for restless insomnia, 1:14, 15; 2:16, 17; 4:19, 20; 5:19, 20
 - for schizophrenia, 4:123, 125
 - specific indications, 1:82, 158, 239; 2:91; 3:55, 90, 166; 4:140; 5:86, 133–34
 - for withdrawal symptoms, 4:128
 - for wound healing, 1:181
- Avicennia marina* (white mangrove), 1:218; 3:162
- ayahuasca, 4:4, 5, 137–38
- Ayurveda, doshas system, 1:12; 2:14; 3:14; 4:17; 5:17
- Azadirachta indica* (neem)
- antiparasitic qualities, 1:54
- formulas containing
- alopecia, 1:213
 - enteritis, 1:61
 - esophageal disorders, 1:46
 - genital herpes, 3:111
 - for fungal skin infections, 1:196
 - for genital warts, 3:112
 - for *Helicobacter pylori* infections, 1:43
 - mast-cell stabilizing effects, 2:144t; 5:31t
 - for scabies and lice, 1:198
 - specific indications, 1:82, 239; 2:159–160; 5:193
 - for ulcers, 1:63
 - for warts, 1:200
- azelaic acid, 1:205, 222, 239
- azotemia, 1:152
- azraqi. *See Strychnos nux-vomica* (poison nut, azraqi)
- ## B
- b-adrenoceptor agonists, 1:136, 137
- b-lactam antibiotics, 1:114, 157
- Bach Flower Remedies, 4:110
- Bacillus Calmette-Guerin (BCG), 1:131, 134, 156
- back pain
- Actaea racemosa* for, 4:136
 - Aesculus hippocastanum* for, 5:132
 - Dioscorea villosa* for, 5:136
 - Eupatorium perfoliatum* for, 5:137
 - formula for, 4:185
 - Mitragyna speciosa* for, 4:211
 - Panax ginseng* for, 5:139
 - Piscidia piscipula* for, 4:167
 - Stellaria media* for, 5:141
 - Sticta pulmonaria* for, 4:215
 - Viburnum* spp. for, 5:143
 - See also* low back pain
- Bacopa monnieri* (brahmi), 4:56
- for asthma, 2:144
 - for attention deficit hyperactivity disorder, 4:119
 - for childhood immunization support, 4:71
 - for cognitive function, 4:56, 76
 - for dementia, 4:52
 - for depression and anxiety, 4:95, 101t, 103t
 - for epilepsy and seizure disorders, 4:72
 - formulas containing
 - asthma, 2:147
 - attention deficit hyperactivity disorder, 4:121
 - dementia, 4:55, 57
 - depression and anxiety, 4:102
 - Parkinson's disease, 4:60, 61
 - schizophrenia, 4:124
 - mast-cell stabilizing effects, 2:144t; 5:31t
 - for neurological conditions, 4:28, 30, 76
 - specific indications, 2:160; 4:76
 - for wound healing, 4:192t
- bacosides, 4:56, 76
- bacterial infections
- Armoracia rusticana* for, 2:158
 - cystitis from, 1:112, 114
 - Hydrastis canadensis* for, 1:244
 - Origanum vulgare* for, 1:246
 - Pinus pinaster* for, 2:176
 - Rheum palmatum* for, 2:178
 - secondary, 2:120, 130, 133, 140
 - Thuja* spp. for, 1:248
 - Thymus vulgaris* for, 1:249
 - traveler's diarrhea from, 1:51
 - See also* specific types
- bacterial vaginosis, 1:117–18
- bagflower (*Clerodendron serratum*), 2:108t, 161
- bahupatra. *See Phyllanthus amarus* (chanca piedra, bahupatra, hurricane weed)
- bai bu (*Stemona* spp.), 2:180–81
- baical. *See Scutellaria baicalensis* (huang qin)
- baicalein, 1:34, 90, 93
- baicalin, 5:70, 76
- bai shao yao. *See Paeonia lactiflora* (white/red peony)
- bai zhi. *See Angelica dahurica* (bai zhi)
- bai zhu. *See Atractylodes* spp.
- baking soda compresses, 4:188, 189t
- bakuchi (*Cullen corylifolium*), 4:141–42
- bala (*Sida cordifolia*), 4:61
- Balancer herbs. *See* synergist herbs
- baldness, 1:164, 212–19
- Banisteriopsis caapi* (yagé), 4:137
- Ban Xia Hou Po, 5:44–45
- Baptisia tinctoria* (wild indigo)
- alterative qualities, 1:27
 - antimicrobial qualities, 1:60
 - formulas containing, 5:190
 - for otitis media, 5:159
 - for pain, 4:166t, 170t
 - for skin infections, 1:176
 - specific indications, 4:204; 5:193
 - for throat pain, 5:191t
 - for tongue conditions, 5:178t
 - in ulcerated veins formula, 4:201
 - for vascular pain, 4:200t
 - for warts, 1:199
- barbed skullcap. *See Scutellaria barbata* (barbed skullcap)
- barberry. *See Berberis vulgaris* (barberry)
- barley green juice, 5:81
- Barosma betulina*. *See Agathosma betulina* (buchu)
- Barrett's esophagus, formulas for, 1:43
- basal cell carcinoma, 1:236
- base herbs, 1:9–10, 9, 11; 2:11, 11, 12, 13; 3:11–13, 12; 4:14, 14, 15, 17; 5:13–14, 14, 15, 16
- basil. *See Ocimum* spp.
- bastard teak. *See Butea monosperma* (flame of the forest, bastard teak)
- baths
- aphrodisiac, 3:153–54
 - oatmeal, 5:54, 54t
 - for osteoarthritic hand pain, 4:186–87
- bayberry. *See Morella cerifera* (bayberry)
- BCPs (birth control pills), 3:142

- bed-wetting. *See* enuresis
- beeswax
in plaster base, 2:110
topical protocols, 2:112
- beet. *See* *Beta vulgaris* (beet)
- beetroot juice, for bone health, 5:129
- bee venom, 5:86
See also apitherapy
- beggarticks (*Bidens parviflora*), 5:31*t*
- behavioral therapy, for obsessive-compulsive disorder, 4:117
- Behçet's disease
formulas for, 5:72, 74
Ganoderma lucidum for, 5:90
mouthwash for, 5:52
overview, 5:72
- belladonna. *See* *Atropa belladonna* (belladonna, deadly nightshade)
- Bellis perennis* (lawn daisy), 4:186
- Bell's palsy
bromelain for, 4:75
Colchicum autumnale for, 4:78
formulas for, 4:36–37
Gelsemium sempervirens for, 4:209
overview, 4:36
- benign paroxysmal vertigo, 5:166
See also vertigo
- benign prostatic hyperplasia (BPH)
Agathosma betulina for, 1:156
Chimaphila umbellata for, 1:159
Conium maculatum for, 1:159
Cucurbita spp. for, 1:160; 3:162, 168
formulas for, 1:142–47; 3:162, 164
herbs for, 1:147
Leonurus cardiaca for, 3:139
Lepidium meyenii for, 1:162
Medicago sativa for, 1:163
overview, 3:161–62
prostate cancer connection, 1:142, 147
Prunus africana for, 3:162, 175
Pygeum africanum for, 1:165
Serenoa repens for, 1:165; 3:162, 177
Urtica spp. for, 3:162, 164, 179
- Benincasa hispida* (wax gourd), 3:162
- bentonite clay, 1:184; 2:75
- berberine
alkaloids of, 1:56
in *Berberis* spp., 1:158; 3:55; 5:194
in *Coptis trifolia*, 3:56; 5:195
for diabetes, 3:74
for excessive dopamine, 4:123
for fatty liver, 1:96
for gallbladder support, 1:99
for genital warts, 3:112
in *Hydrastis canadensis*, 5:189
for infectious diarrhea, 1:56
for inflammatory bowel diseases, 1:35; 5:79
for leaky gut syndrome, 1:79
for liver support, 1:93
for lupus, 5:76
MAO inhibition, 4:94
for metabolic syndrome, 3:75, 76
for multiple sclerosis, 5:83
for nasal polyps, 5:173*t*
for neuropathic pain, 4:179
for pelvic inflammatory disease, 3:109
for prostatitis, 1:151
for reducing insulin resistance, 3:71
for SIBO, 1:76
for traveler's diarrhea, 1:53, 54
- Berberis aquifolium* (Oregon grape, mahonia)
for allergies, 5:34
alterative qualities, 1:25, 27, 46, 48, 90; 3:21*t*
antimicrobial qualities, 1:51, 56, 61, 71
for anxiety, 4:17; 5:17
for arthritis, 5:115
for cystic fibrosis, 2:135
for cystitis and pyelonephritis, 1:116
for dermatologic conditions, 1:169
for digestive pain, 1:26
in Digestive Vinegar, 1:74
dopamine-reducing effects, 4:123
in Dr. Stansbury's General Alterative Tea, 1:27
for dysuria, 1:116
for eye conditions, 5:147, 147*t*
for eye injuries, 5:154
formulas containing
acne, 1:201, 203
anorexia, 1:37
arthritis, 5:118, 120
biliousness, 4:105
cholestasis, 1:98
cirrhosis of the liver, 1:96
cystic fibrosis, 2:135
cystitis, 1:114
diabetes, 3:74
diarrhea, 1:53, 54, 55, 57, 58
eczema, 1:189
endometriosis, 3:150
esophageal disorders, 1:45
eye drops, 5:148
fatty liver, 1:96
folliculitis, 1:193
fungal skin infections, 1:195
gastroenteritis, 1:61, 62
gastrointestinal bleeding, 1:67
gastrointestinal hypersensitivity, 5:37, 38
GERD, 1:41
headaches, 4:164
Helicobacter pylori infections, 1:65
hormone-related infertility, 3:130
hyperlipidemia, 2:35
hypertension, 2:42
hyperthyroidism, 3:42
inflammatory bowel diseases, 1:36; 5:80
itching skin, 1:186
menorrhagia, 3:118
metabolic conditions, 3:71
muscle pain, 5:107
nasal polyps, 5:173, 173*t*
otitis media, 5:161
pelvic inflammatory disease, 3:108
pemphigus support, 1:221
pharyngitis, 5:189
phlebitis, 2:81
polycystic ovarian syndrome, 3:145
premenstrual acne, 3:129
premenstrual syndrome, 3:126
PTSD, 4:113
pyelonephritis, 1:119
reactive arthritis, 5:72
skin infections, 1:177, 178, 179, 180
stomatitis and gingivitis, 5:182
thrush, 5:181
ulcers, 1:63
urinary conditions, 1:116, 117
vaginitis, 3:106, 107
vascular support, 2:27
wounds, 1:173
for fungal skin infections, 1:195
for genital fungal infections, 1:197
for GERD, 1:39
for heart infections, 2:72
for *Helicobacter pylori* infections, 1:43, 65
for hematuria, 1:115
for human papillomavirus, 3:113
hypoglycemic effects, 3:73
for increasing deficient adrenergic tone, 4:94
for inflammatory bowel diseases, 5:79
for insulin resistance, 3:71
lipid-lowering effects, 3:82
for liver support, 1:90
for malabsorption, 1:74
for muscle pain and spasms, 5:105
for oral infections, 5:146
for otitis media, 5:159
for pelvic inflammatory disease, 3:108
pill form, 1:54
for polycystic ovarian syndrome, 3:145
for poor circulation, 2:63
for premenstrual syndrome, 3:125
for pyuria, 1:115
for reproductive endocrine conditions, 3:101–2
specific indications, 1:85–86, 105, 163, 245; 2:91, 160; 3:55, 90, 166–67; 5:134, 194
for stasis ulcers, 2:60
stimulant qualities, 1:51
for thick and cloudy urine, 1:139
for urinary conditions, 1:114
for vaginitis, 3:105
for varicosities, 2:74
- Berberis vulgaris* (barberry), 1:115, 139, 158
- bergamot. *See* *Citrus bergamia* (bergamot)
- Bergenia crassifolia* (winter-blooming bergenia), 1:222
- berries
in Berry Water Spritzer, 3:88
beverages from, 5:157
flavonoids in, 2:33
formulas containing, 2:35

- berries (*continued*)
 in Herbal Sipping-Vinegar Spritzers, 3:89
 as medicinal food, 3:69
- berry powders, 1:44, 45, 117, 205, 231
- Berry Water Spritzer, 3:88–89
- beta blockers, 2:47, 152; 3:41
- beta-carotene, 1:43, 188, 196, 202
- beta cell regenerators
 formulas containing, 3:76
Galega officinalis, 3:94
Gymnema sylvestre, 3:75
Momordica charantia, 3:96
Pterocarpus marsupium, 3:97
Punica granatum, 3:97
Tamarindus indica, 3:99
 types of, 3:74
- betaine, 1:92, 93, 99, 103
- Beta vulgaris* (beet), 1:92, 103; 2:31; 3:80
- Better Butter, 3:84–85
- Betula* spp., 5:54t, 55t
- Betula pendula* (silver birch), 1:171t, 188, 231; 4:43t
- bhadrasey. *See Elaeocarpus serratus* (bhadrasey)
- bhringraj. *See Eclipta prostrata* (eclipta, bhringraj, yerba de tago)
- Biancaea sappan*. *See Caesalpinia sappan* (su mu)
- bias, in medical research, 3:4–5
- bibhitaki. *See Terminalia* spp.
- Bidens parviflora* (beggarticks, Spanish needles), 5:31t
- Bi-Est Bio-Identical hormone supplements, 5:182
- biguanide drugs, 3:68, 94
- bilberry. *See Vaccinium myrtillus* (bilberry, blueberry)
- biliary atresia, 1:100
- biliary colic, 1:88, 99, 105
- biliary congestion
Chelidonium majus for, 1:83, 103
 formulas for, 1:98
- biliary disorders
Arctium lappa for, 1:101
Chelidonium majus for, 1:82–83, 103
Curcuma longa for, 1:104
 formulas for, 1:97–100
 herbs for, 1:100t, 101–6
Leptandra virginica for, 1:104
 overview, 1:97
Silybum marianum for, 1:88, 106
Tinospora cordifolia for, 1:106
See also specific disorders
- biliary dyskinesia, 1:97
- biliary insufficiency
Artemisia annua for, 1:102
Berberis aquifolium for, 1:105
Chelidonium majus for, 1:82, 103
 formulas for, 1:98
Gentiana lutea for, 1:104
 herbs for, 1:25, 74
Iris versicolor for, 1:104
- malabsorption from, 1:72, 73
Morella cerifera for, 1:86, 105
Podophyllum peltatum for, 1:105
Raphanus sativus var. *niger* for, 1:87, 105
Rumex crispus for, 1:87, 105
Taraxacum officinale for, 1:88, 106
- biliary pain
Chelidonium majus for, 4:206
Dioscorea villosa for, 4:207
 formulas for, 4:197–98
 herbal therapies for, 4:197t
Hyoscyamus niger for, 4:210
Mentha piperita for, 4:211
Phyllanthus amarus for, 4:212
- biliary spasms
Foeniculum vulgare for, 1:84
Raphanus sativus var. *niger* for, 1:87
Viburnum prunifolium for, 1:88
- biliary supportive herbs
 for diarrhea, 1:52
 for malabsorption, 1:72, 73
- biliousness, tea for, 4:105
- biochemical terrain, 1:7–8; 2:9–10; 3:9–10; 4:11–12; 5:11–12
- biofilms, 2:137
- bioflavonoids
 for bowel reactivity, 5:39t
 for traumatic injuries, 5:97
See also specific types
- birth control pills (BCPs), 3:142
- biscuitroot. *See Lomatium dissectum* (biscuitroot)
- bishop's hat. *See Epimedium* spp.
- bishop's weed (*Ammi visnaga*), 4:199
- bismuth, 1:63
- bites and stings
 formulas for, 1:170–75; 4:188–89
 herbs for, 1:241, 245, 249; 4:189t
- bitter almond (*Prunus dulcis*), 2:154
- bitter apple, bitter cucumber. *See Citrullus colocynthis* (colocynth, bitter apple, bitter cucumber)
- bitter melon. *See Momordica charantia* (bitter melon)
- bitter orange. *See Citrus aurantium* (bitter orange)
- bitter principles, 1:25
- bitter root. *See Gentiana lutea* (gentian, bitter root)
- bitters
 for anorexia, 1:36
 cautions for irritable bowel syndrome, 1:31
 cholagogue action, 1:25
 cooling remedies, 1:19t; 2:21t; 3:21t; 4:24t; 5:24t
 digestive stimulant qualities, 1:25
 for gastroenteritis, 1:59
 for halitosis, 1:50
 for malabsorption, 1:73
 overview, 1:25
- bitter taste in the mouth
Hydrastis canadensis for, 1:244
Morella cerifera for, 1:86, 105
Silybum marianum for, 1:106
- blackbean tree. *See Castanospermum australe* (blackbean tree)
- blackberry. *See Rubus* spp.
- blackboard tree. *See Alstonia scholaris* (dita wood)
- black cherry. *See Prunus serotina* (black cherry)
- black cohosh. *See Actaea racemosa* (black cohosh)
- black cumin. *See Nigella sativa* (black cumin, black seed, love-in-a-mist)
- black currant. *See Ribes nigrum* (black currant)
- black elder. *See Sambucus nigra* (elderberry)
- black eyes, formulas for, 5:98, 155
- black false hellebore (*Veratrum nigrum*), 4:67
- blackhaw. *See Viburnum prunifolium* (blackhaw)
- black maidenhair fern. *See Adiantum capillus-veneris* (maidenhair fern)
- Black medical schools, 5:3
- black mustard. *See Brassica nigra* (black mustard)
- black myrobalan. *See Terminalia chebula* (black myrobalan, chebulic myrobalan)
- black pepper. *See Piper nigrum* (black pepper)
- black salves, 3:114–15, 177; 4:215
- black seed. *See Nigella sativa* (black cumin, black seed, love-in-a-mist)
- black sesame seed. *See Sesamum indicum* (sesame seed, black sesame seed)
- black Spanish radish. *See Raphanus sativus* var. *niger* (black Spanish radish)
- black walnut. *See Juglans nigra* (black walnut)
- black zeera. *See Carum carvi* (caraway, black zeera)
- bladder cancer
Allium spp. for, 1:156
Cantharis vesicatoria for, 1:159
 formulas for, 1:131–34
Ganoderma lucidum for, 1:161
Grifola spp. for, 1:161
 herbs for, 1:132
 photodynamic therapy for, 1:133, 162
Piper nigrum for, 1:164
Pygeum africanum for, 1:165
Rubia tinctorum for, 1:165
Viscum album for, 1:167
- bladder disorders
Apocynum cannabinum for, 1:157
 from benign prostatic hyperplasia, 3:161, 164
Cantharis vesicatoria for, 1:159
Centella asiatica for, 1:159
Curcuma longa for, 1:104
Hypericum perforatum for, 3:59, 96, 171
Juniperus communis for, 1:162; 3:172
Prunus africana for, 3:175
Serenoa repens for, 1:165
 sulfur for, 1:122
See also specific disorders

- bladder irritation
Apis mellifica venom for, 1:157
Atropa belladonna for, 1:158
Equisetum spp. for, 1:160
Eucalyptus globulus for, 1:160
Eupatorium purpureum for, 1:161
Galium aparine for, 1:161
Gaultheria procumbens for, 1:161
Hypericum perforatum for, 1:162
Verbascum thapsus for, 1:167
- bladder mucosal lesions, therapies for, 1:123
- bladder pain
Cantharis vesicatoria for, 1:159
Convallaria majalis for, 1:160
Eupatorium purpureum for, 4:208
 formula for, 4:199
Hyoscyamus niger for, 4:210
Ulmus fulva for, 1:166
- bladder reactivity. *See* urinary tract reactivity
- bladder spasms
Avena sativa for, 1:158
Dioscorea villosa for, 1:160
Uncaria tomentosa for, 1:166
- bladder tone
Hypericum perforatum for, 1:162
Rhus aromatica for, 1:165
Serenoa repens for, 1:165
Verbascum thapsus for, 1:166
- bladderwrack. *See* *Fucus vesiculosus* (bladderwrack)
- bleeding. *See* hemorrhage
- bleeding, gastrointestinal. *See* gastrointestinal bleeding
- blepharitis, 5:153
- blessed thistle. *See* *Cnicus benedictus* (blessed thistle)
- blisters
Azadirachta indica for, 1:239
Grindelia squarrosa for, 1:243
- bloating
 carminative herbs for, 1:25, 31
Elettaria cardamomum for, 1:84
Foeniculum vulgare for, 1:84, 242
 formulas for, 1:28, 29, 30, 32
 herbs for, 4:170t
Matricaria chamomilla for, 1:86
Mentha spp. for, 1:86, 105
- blood clots
 nattokinase for, 2:80
 tea for, 2:81
Trifolium pratense for, 2:105
- blood composition alterations
Eclipta alba for, 1:104
Gymnema sylvestre for, 1:243
Paeonia spp. for, 1:86, 105
Silybum marianum for, 1:88, 106
- blood in the urine. *See* hematuria
- blood movers
Angelica sinensis as, 2:59, 61, 90
 for angina, 2:39
- cardiovascular benefits, 2:32, 46, 61
 for cold extremities, 2:76
 for Raynaud's disease, 2:67
 for stasis ulcers, 2:60
 for weak circulation, 2:58
See also circulatory-enhancing herbs
- blood pressure, high. *See* hypertension
- blood pressure, low. *See* hypotension
- blood reactivity
Angelica sinensis for, 5:61, 85
 herbs for, 5:60
See also vascular reactivity
- bloodroot. *See* *Sanguinaria canadensis* (bloodroot)
- bloody stools
Achillea millefolium for, 1:81
Cinnamomum verum for, 1:83
Quercus spp. for, 1:247
- blueberry. *See* *Vaccinium myrtillus* (bilberry, blueberry)
- Blueberry Dressing and Marinade, 3:76–77
- blueberry juice, 1:224
- blueberry powder, 1:45
- blue cohosh. *See* *Caulophyllum thalictroides* (blue cohosh)
- blue flag. *See* *Iris versicolor* (wild iris, blue flag, vegetable mercury)
- blue fleabane (*Erigeron annuus*), 4:79
- blue mint bush (*Ziziphora clinopodioides*), 3:109
- blue water lily. *See* *Nymphaea nouchali* var. *caerulea* (blue water lily, sacred lotus)
- Boericke, William, 1:113
- boils
Achillea millefolium for, 1:237
Alnus serrulata for, 1:238
Arctium lappa for, 1:239
Azadirachta indica for, 1:239
Berberis aquifolium for, 1:245
Chelidonium majus for, 1:240
 formula for, 1:179
Harpagophytum procumbens for, 4:209
 herbs for, 1:176
Juglans spp. for, 1:244
Lobelia inflata for, 4:211
Phytolacca spp. for, 1:246
Smilax ornata for, 1:248
 as symptom of healing crises, 1:8
Veratrum viride for, 1:249
- boldo. *See* *Peumus boldo* (boldo)
- bone-building effects
Angelica sinensis, 3:165
Epimedium grandiflorum, 3:57
Medicago sativa, 3:173
Pueraria spp., 3:97, 137, 176
 tea to prevent osteoporosis, 3:141
Trifolium pratense, 3:178
- bone density
 herbs for, 5:125
 legumes and isoflavones for, 5:126, 126
- bone health
Cnidium monnieri for, 5:135
Epimedium brevicornu for, 5:137
Equisetum spp. for, 5:101, 137
Ginkgo biloba for, 5:138
 kidney health linked to, 5:127
Medicago sativa for, 5:139
Pinus pinaster for, 5:139
Pueraria montana var. *lobata* for, 5:140
Symphytum officinale for, 5:142
Trifolium pratense for, 5:142
Ulmus fulva for, 5:142
Urtica spp. for, 5:142
- bone injuries, formulas for, 5:100–101
- bone-kidney axis, as term, 5:127
- bone loss, with Graves' disease, 3:41–42
- bone pain
Dioscorea villosa for, 4:208
Eupatorium perfoliatum for, 4:208; 5:137
 formulas for, 4:186, 188
Gelsemium sempervirens for, 5:137
Harpagophytum procumbens for, 4:209
 herbs for, 4:166t, 183t
Stillingia sylvatica for, 5:141
- boneset. *See* *Eupatorium perfoliatum* (boneset, feverweed)
- bone wounds, herbs for, 4:192t
- Borago officinalis* (borage)
 for allergies, 5:48
 formulas containing, 2:43
 for peripheral neuropathy, 4:43, 43t
 serotonin-promoting qualities, 4:92
 specific indications, 2:91; 4:76–77
- boric acid
 for bacterial vaginosis, 1:117–18
 formulas containing, 3:105; 4:188
 for fungal skin infections, 1:195
 for genital fungal infections, 1:197
 for vaginitis, 1:194; 3:105
 washes with, 4:167–68, 175t
- Boswellia* spp.
 for inflammatory bowel diseases, 5:79t
 for multiple sclerosis, 5:82
- Boswellia papyrifera* (Sudanese frankincense), 5:83
- Boswellia serrata* (frankincense), 5:118
 anti-inflammatory qualities, 4:128; 5:97
 for arthritis, 5:117, 118
 for bursitis and tendinitis, 5:102
 formulas containing
 appendicitis recovery, 1:68
 arthritis, 5:117, 118, 120
 bursitis and tendinitis, 5:102
 connective tissue support, 5:121
 inflammatory bowel diseases, 1:35; 5:80
 joint pain, 4:185
 lupus, 5:76
 menopausal symptoms, 3:141
 menstrual cramps, 3:117
 multiple sclerosis, 5:83

- Boswellia serrata* (frankincense) (continued)
 musculoskeletal trauma, 5:97
 opiate withdrawal and musculoskeletal pain, 4:185
 polymyositis, 5:71
 inclusion in FDA's category 1 list, 5:4
 for inflammatory bowel diseases, 1:34
 leukotriene-inhibiting qualities, 5:44
 for muscle pain, 4:183t
 for musculoskeletal pain, 5:118
 for myositis conditions, 5:70
 for pain, 4:166t
 specific indications, 4:204–5; 5:86
- botulinum toxin, 1:128–29
- bowel movement straining
Collinsonia canadensis for, 1:83
Rheum palmatum for, 1:87, 105
Taraxacum officinale for, 1:106
- bowel reactivity
Boswellia serrata for, 5:86
Foeniculum vulgare for, 5:90
 formula for, 5:37
 supplements for, 5:39t
 See also gastrointestinal hypersensitivity
- brahmi. See *Bacopa monnieri* (brahmi); *Centella asiatica* (gotu kola, brahmi)
- brain hubs, 4:5
- brain plasticity, 4:3
- Brant's oak (*Quercus brantii*), 3:110
- Brassica* spp., 1:132, 148
- Brassica alba*. See *Sinapis alba* (mustard seed, white mustard)
- Brassica nigra* (black mustard), 2:111, 160
- Brassica rapa* (canola), 3:38–39
- Brazil nuts, juice of, 4:46
- breadseed poppy. See *Papaver somniferum* (opium poppy, breadseed poppy)
- breast cancer
Arctium lappa for, 3:166
Phellodendron amurense for, 3:174
 phytoestrogens and, 3:156–58
Raphanus spp. for, 3:176
Turnera diffusa for, 3:179
- breast conditions
 formulas for, 3:142–43
Hypericum perforatum for, 3:171
Lepidium meyenii for, 3:172
Phytolacca americana for, 3:175
Pueraria spp. for, 3:176
- breast cysts
Ceanothus americanus for, 3:167
 formulas for, 3:142–43
Glycyrrhiza glabra for, 3:170
 herbs for, 3:143
 link to unopposed estrogen, 3:102
Vitex agnus-castus for, 3:143, 180
- breastfeeding. See lactation
- breast milk, passage of herbs into, 3:129
- breast pain
Bryonia dioica for, 4:205
- Conium maculatum* for, 4:207
 formula for, 4:195
 herbs for, 4:166t
Phytolacca americana for, 4:213
Vitex agnus-castus for, 4:218
- breast tenderness
Ceanothus americanus for, 3:167
 formulas for, 3:126–27, 143
Phytolacca americana for, 3:175
 with premenstrual syndrome, 3:125, 126, 142
Vitex agnus-castus for, 3:148, 180
- breathing, altered, 2:114–123
- brezel wood. See *Caesalpinia sappan* (su mu)
- bromelain
 from *Ananas comosus*, 2:158
 anti-inflammatory qualities, 4:75; 5:97
 for appendicitis recovery, 1:67–68
 for arthritis, 5:114
 for bladder mucosal lesions, 1:123
 for bruising, 2:66
 for bursitis and tendinitis, 5:102
 for contractures, 5:104
 for dental procedures, 5:177
 for diarrhea, 1:55
 in escharotic treatments, 3:115
 formulas containing
 arthritis, 5:120
 asthma, 2:147
 bronchitis, 2:132–33
 emphysema, 2:138
 immunomodulating qualities, 1:78
 for intestinal parasites, 1:55
 for leaky gut syndrome, 1:79
 for musculoskeletal conditions, 5:96, 108, 132
 PAF inhibiting properties, 2:77
 for pelvic pain, 4:195–96
 for peripheral neuropathy, 4:43t
 for pyelonephritis, 1:119, 120
 for traveler's diarrhea prevention, 1:53
 for trigeminal neuralgia, 4:39
 for varicosities, 2:81
- bronchial asthma
Ephedra sinica for, 5:89
 formula for, 5:46
Perilla frutescens for, 5:92
 See also asthma
- bronchitis
Achillea millefolium for, 2:156
Aconitum napellus for, 2:156
Albizia lebeck for, 2:157
Allium sativum for, 2:157
Ananas comosus for, 2:158
Anemopsis californica for, 2:158
Apium graveolens for, 2:158
Aspidosperma quebracho for, 2:159
Cinnamomum verum for, 2:161
Cissampelos sympodialis for, 2:161
Commiphora myrrha for, 2:162
Curcuma longa for, 2:162
Eucalyptus globulus for, 2:164
- formulas for, 2:130–34
Grindelia spp. for, 2:167
Hydrastis canadensis for, 2:167
Hyoscyamus niger for, 2:168
Hyssopus officinalis for, 2:168
Inula helenium for, 2:168
Justicia adhatoda for, 2:169
Ligusticum porteri for, 2:169
Lomatium dissectum for, 2:170
Lonicera japonica for, 2:170
Lophatherum gracile for, 2:170
Marrubium vulgare for, 2:171
Melilotus suaveolens for, 2:172
 overview, 2:130–31
Panax ginseng for, 2:174
Pelargonium sidoides for, 2:175
Polygala spp. for, 2:177
Prunus serotina for, 2:177
Raphanus sativus var. *niger* for, 2:178
Rosmarinus officinalis for, 2:179
Scutellaria baicalensis for, 2:180
Stellaria media for, 2:104
Sticta pulmonaria for, 2:181
Stillingia sylvatica for, 2:181
Thymus vulgaris for, 2:182
- bronchodilators, herbal
 for allergic airway disorders, 5:44, 46–47
Ammi visnaga as, 5:62, 85
 lists of, 2:108t, 143t
Lobelia inflata as, 5:92
- bronchodilators, pharmaceutical, 2:142, 143t
- bronchospasms
Ammi visnaga for, 2:157
Atropa belladonna for, 2:159
Datura stramonium for, 2:163
Foeniculum vulgare for, 2:166
Hyoscyamus niger for, 2:167
Lepidium meyenii, 2:169
Mentha piperita for, 2:172
Petroselinum crispum for, 2:175
Picrorhiza kurroa for, 2:176
Pimpinella anisum for, 2:176
Prunus serotina for, 2:177
Vitex negundo for, 2:184
- broths
 for electrolyte replacement, 1:57–58
 herbs for, 1:34
 seaweed, 1:80
- brown algae (Phycophyta), 1:206
- brucine, 4:215
- bruising
Arnica montana for, 5:133
Crataegus spp. for, 5:136
Curcuma longa for, 5:136
 formula for, 5:98
Hamamelis virginiana for, 4:209; 5:138
 herbs for, 2:66t; 4:170t
Hypericum perforatum for, 2:97, 168; 3:95–96; 4:143, 210
 therapies for, 2:66

- bruising (*continued*)
Vaccinium myrtillus for, 3:99; 5:143
Valeriana officinalis for, 4:217
- Bryonia alba* (white bryony)
 formulas containing
 ovarian cysts, 3:144
 pleurisy, 2:139
 pneumonia, 2:141
 for pain, 4:156, 205
 specific indications, 2:160; 4:205
- Bryonia dioica* (bryony)
 for altered breath sounds, 2:118
 formulas containing
 breast pain, 4:195
 chest pain, 4:193
 costochondritis, 2:123
 coughs, 2:121, 123
 gouty arthritic pain, 4:185
 lymphatic pain and lymphedema, 4:201
 ovarian neuralgia, 4:196
 pain, 4:172
 for nerve pain, 4:180t
 for ovarian cysts, 3:144
 for pain, 4:166t
 for pleurisy, 2:138
 specific indications, 2:160; 4:205
- bryony. *See* *Bryonia dioica* (bryony)
- buchu. *See* *Agathosma betulina* (buchu)
- buckwheat (*Fagopyrum esculentum*), 2:79
- Bufei Yishen granules, 2:153
- bugleweed. *See* *Lycopus virginicus* (bugleweed)
- bu gu zhi (*Cullen corylifolium*), 4:141–42
- bulimia, formulas for, 1:38–39
- bunge corydalis (*Corydalis bungeana*), 4:129
- Bupleurum* spp.
 for renal failure, 1:153
 for ulcers, 1:62
- Bupleurum chinense* (chai hu; Chinese thoroughwax)
 for adrenal disorders, 3:49
 antifibrotic qualities, 1:91
 for biliary pain, 1:100t
 formulas containing
 depression and anxiety, 4:105, 106
 gastrointestinal hypersensitivity, 5:38–39
 menstrual cramps, 3:117
 for hepatitis, 1:90
 specific indications, 1:103
 for urinary tract reactivity, 5:58
- Bupleurum falcatum* (Chinese thoroughwax)
 antifibrotic qualities, 1:91
 formulas containing
 hepatitis, 1:92, 95
 pancreatitis, 1:70
 renal failure, 1:154
- Bupleurum falcatum* (Chinese thoroughwax, saiko)
 for adrenal disorders, 3:49
 for depression, 4:103t
 for digestive pain, 4:197t
- for epilepsy and seizure disorders, 4:67
- formulas containing
 Addison's disease, 3:51
 alcohol abstinence, 4:132
 dementia, 4:57
 digestive organ pain, 4:197
 hyperthyroidism, 3:42, 44
 lupus, 5:77
 nephropathy, 3:73
 peripheral neuropathy, 4:47
- for neurological conditions, 4:27
- for oral leukoplakia, 5:187
- for peripheral neuropathy, 4:43t
 specific indications, 3:55, 90–91; 4:140
- burdock. *See* *Arctium lappa* (burdock)
- burning bush. *See* *Euonymus alatus* (burning bush)
- burning digestive symptoms
Iris versicolor for, 1:104, 244
Sanguinaria canadensis for, 1:87, 247
Ulmus spp. for, 1:88
- burning pain
Butea monosperma for, 4:205
 herbs for, 4:170t
- burning tongue syndrome, 5:182
- burning urination
Apis mellifica venom for, 1:157
Apocynum cannabinum for, 1:157
Berberis aquifolium for, 1:163
Elymus repens for, 1:160
Petroselinum crispum for, 1:163
Piper cubeba for, 1:164
Verbascum thapsus for, 1:166
Zingiber officinale for, 1:167
- burns
Allium cepa for, 1:173, 238
Aloe vera for, 1:172, 238; 4:203
Echinacea spp. for, 1:241
Foeniculum vulgare for, 1:242
 formulas for, 1:172–73
Grindelia squarrosa for, 1:243
Hamamelis virginiana for, 1:243; 4:209
Hippophae rhamnoides for, 1:244
Hypericum perforatum for, 4:143
Lavandula angustifolia for, 1:244; 4:210
Mentha piperita for, 4:211
 overview, 1:170
 poultices for, 4:190–91, 192–93
Symphytum officinale for, 1:248
- bursitis
 apitherapy for, 5:86
 formulas for, 5:102–3
Harpagophytum procumbens for, 5:138
Melaleuca alternifolia for, 5:139
 overview, 5:102
- bushmaster snake. *See* *Lachesis mutus* (bushmaster snake)
- bushy matgrass (*Lippia alba*), 4:110
- butcher's broom. *See* *Ruscus aculeatus* (butcher's broom)
- Butea monosperma* (flame of the forest, bastard teak)
 for pain, 4:170t
 specific indications, 4:205
- butterbur. *See* *Petasites hybridus* (butterbur)
- butterfly weed. *See* *Asclepius tuberosa* (pleurisy root)
- butter substitute, 3:84–85
- butylphthalide, 4:75–76
- B vitamins. *See* vitamin B family
- ## C
- cacao. *See* *Theobroma cacao* (cacao)
- Cactus grandiflorus*. *See* *Selenicereus grandiflorus* (night-blooming cactus)
- cadmium-induced neuropathy, formula for, 4:49
- Caesalpinia sappan* (su mu), 2:131, 160
- caffeine
 avoiding, with overactive bladder, 1:129
 chemopreventive effects, 3:157
 cognition benefits, 4:120
 diuretic qualities, 1:109, 112
 ergogenic effects, 5:111–12
 with ergotamine, for headaches, 4:161
 in skin and scalp products, 1:215
 for skin protection, 1:228, 230
- Calabar bean (*Physostigma venenosum*), 4:84
- calamus. *See* *Acorus calamus* var. *angustatus* (sweet flag, calamus)
- calcinosis, Raynaud's syndrome, esophageal dysfunction, sclerodactyly, and telangiectasia (CREST), 5:84
- calcitonin-gene-related peptide (CGRP), 4:157
- calcitriol, 5:127
- calcium
 for headaches, 4:165t
 for withdrawal symptoms, 4:128
- Calendula officinalis* (pot marigold)
 for allergic stomatitis, 5:181
 alterative qualities, 1:27
 for appendectomy recovery, 1:67
 for bladder mucosal lesions, 1:123
 for cheilosis and cheilitis, 5:183
 for CREST, 5:84
 for dental procedures, 5:146
 for dermatologic conditions, 1:170, 171t, 188
 for digestive pain, 1:26
 for dry eyes, 5:150
 for epistaxis, 5:174
 in escharotic treatments, 3:115
 for eye conditions, 5:147, 147t, 149t
 for eye injuries, 5:154
 for eye pain, 4:174
 formulas containing
 acne, 1:203
 acne rosacea, 1:205, 207
 aphthous ulcers, 5:183, 184
 appendicitis recovery, 1:68
 autoimmune disorders, 5:67
 bladder cancer, 1:134

Calendula officinalis (pot marigold) (continued)

- blepharitis, 5:153
- burns, 1:172–73
- capillary fragility, 2:66, 67
- cellulite, 1:233
- conjunctivitis, 5:150
- CREST, 5:84
- Cushing's syndrome, 3:54
- cystitis, 1:114
- dermatitis, 1:183, 184, 185, 190
- diabetic cutaneous ulcerations, 3:74
- ear pain, 4:175
- eczema, 1:184, 186
- endocarditis, 2:72
- erythema multiforme, 1:220
- eye drops, 5:148
- gangrene, 1:236
- genital herpes, 3:111
- GERD, 1:42
- hemorrhoids, 2:78
- Henoch-Schönlein purpura, 5:75
- herpetic neuralgia, 4:41
- interstitial cystitis, 1:123
- itching skin, 1:186
- leaky gut syndrome, 1:78
- lichen planus, 1:211
- nasal polyps, 5:174
- neurogenic bladder, 1:127
- oral allergic reactivity, 5:51, 52, 186
- oral erythema multiforme, 5:187, 188
- otitis externa, 5:163
- otitis media, 5:161, 162
- pain, 4:168
- painful mucous membranes, 4:167
- pemphigus support, 1:221
- phlebitis, 2:81
- pyelonephritis, 1:119
- reactive arthritis, 5:72
- respiratory allergies, 5:42
- shingles lesions, 1:231
- Sjögren's syndrome, 5:69
- skin fissures, 1:234
- skin infections, 1:176, 177, 179
- skin lesions, 5:55t
- skin protection, 1:228, 229
- skin trauma, 1:174
- stasis ulcers, 2:60
- superficial pain, 4:191
- ulcerated skin, 1:231, 232
- urinary conditions, 1:116, 117
- urinary tract infections, 3:136
- vaginal lubricant, 3:153
- vaginitis, 3:106, 107
- varicosities, 2:75
- vascular reactivity, 5:63
- warts, 1:200
- wound healing, 1:181, 182
- wounds, 1:173
- for fungal skin infections, 1:197
- for glossitis, 5:179
- for heart infections, 2:72
- for Henoch-Schönlein purpura, 5:75
- for inflammatory bowel diseases, 1:34
- for microvascular fragility, 2:66t
- mucous-enhancing qualities, 1:64
- for oral allergic reactivity, 5:50
- for otitis externa, 5:163
- for otitis media, 5:159
- for pain, 4:166t, 170t
- for peripheral neuropathy, 4:43t
- for pityriasis, 1:212
- as restorative, 1:43
- for skin allergic conditions, 5:54t
- for skin cancer, 1:236
- for skin eruptions, 1:194
- for skin fissures, 1:235
- for skin infections, 1:176, 183
- for skin protection, 1:230
- for skin ulcers, 1:231
- specific indications, 1:158, 239; 2:91; 3:55; 5:134, 194
- for stasis ulcers, 2:60
- for telangiectasias, 1:208
- for topical skin products, 1:228
- for urinary conditions, 1:114
- for vaginitis, 3:105
- for vascular infections, 2:72
- for vascular pain, 4:200t
- for vascular support, 2:65
- for wound healing, 1:181; 4:192t
- California poppy. *See Eschscholzia californica* (California poppy)
- calming formulas, toxic herbs use, 3:20
- Camellia sinensis* (green tea)
 - 5 α -reductase inhibition, 1:145, 218; 3:162
 - antiaging effects of, 1:228
 - antiallergic qualities, 5:33t
 - aromatase inhibitors in, 1:146, 158
 - for attention deficit hyperactivity disorder, 4:121
 - for beta cell regeneration, 3:74
 - for bladder cancer, 1:132
 - for COPD, 2:148, 150, 151
 - for cor pulmonale, 2:155
 - for dental conditions, 5:175
 - for dermatitis, 1:188, 189
 - in electrolyte beverages, 5:113
 - ergogenic effects, 5:113
 - for fatty liver, 1:96
 - fluoride in, 5:175, 176
 - formulas containing
 - acne, 1:203
 - alopecia, 1:216, 218
 - benign prostatic hyperplasia, 3:164
 - bladder cancer, 1:134
 - cellulite, 1:233
 - conjunctivitis, 5:149
 - COPD, 2:150, 151
 - dementia, 4:56
 - dental conditions, 5:175
 - emphysema, 2:138
 - gastrointestinal hypersensitivity, 5:37, 38
 - hirsutism, 1:214
 - hormonal cancers, 3:158
 - hypertension, 2:42
 - mouth sores, 4:177
 - multiple sclerosis, 5:83
 - prostate cancer, 1:149
 - prostatic diseases, 1:146
 - renal failure, 1:153
 - Sjögren's syndrome, 5:69
 - skin protection, 1:229
 - vascular support, 2:28, 29
 - GABAergic qualities, 4:110
 - for hemochromatosis, 2:71
 - for human papillomavirus, 3:113
 - for hypertension, 2:42
 - for inflammatory bowel diseases, 5:79t
 - iron chelation properties, 2:71
 - iron in, 2:70
 - mast-cell stabilizing effects, 2:144t
 - minerals in, 5:100t
 - for neurological conditions, 4:28
 - neuroprotective effects, 4:30
 - for oral leukoplakia, 5:187
 - for otitis media, 5:159
 - polyphenols in, 1:223
 - for prostatic diseases, 1:143
 - for renal failure, 1:152
 - for respiratory conditions, 2:108
 - for skin protection, 1:230
 - specific indications, 1:158, 240; 2:91, 160; 3:55, 91; 5:86–87, 194
 - for thyroiditis, 3:32
 - for topical skin products, 1:228
 - for uterine fibroids, 3:150
 - for warts, 1:200
- cAMP (cyclic adenosine monophosphate), 5:135
- campesterol, 1:144
- camphor. *See Cinnamomum camphora* (camphor)
- camphorated castor oils, 2:112
- camphor crystals, 2:112
- camphor essential oil, for joint pain, 4:187
- Canada fleabane, Canada horseweed. *See Erigeron canadensis* (Canada fleabane, Canada horseweed)
- Canada mint (*Mentha canadensis*), 5:80
- cancer
 - Alpinia galanga* for, 3:165
 - Artemisia dracuncululus* for, 4:204
 - Astragalus membranaceus* for, 3:166
 - Cannabis sativa* for, 4:205
 - Citrullus colocynthis* for, 4:206
 - Conium maculatum* for, 4:207
 - Curcuma longa* for, 4:207
 - Dioscorea villosa* for, 4:208
 - hedgehog signaling and, 4:191
 - Medicago sativa* for, 3:96
 - Petasites hybridus* for, 4:212

- cancer (*continued*)
Phytolacca americana for, 3:175
Podophyllum peltatum for, 3:175
Punica granatum for, 3:97
Raphanus spp. for, 3:176
Ricinus communis for, 4:214
Scutellaria baicalensis for, 4:215
Smilax ornata for, 3:177
Thuja spp. for, 3:178
Uncaria spp. for, 4:216
See also metastatic pain; *specific types*
- cancer-related conditions
Boswellia serrata for, 5:86
Cordyceps sinensis for, 5:88
Fucus vesiculosus for, 5:90
Ganoderma lucidum for, 5:90
Gelsemium sempervirens for, 5:137
candleberry (*Myrica cerifera*), 2:133, 172
candytuft. *See Iberis amara* (candytuft)
- canker sores. *See* aphthous ulcers
- cannabidiol. *See* CBD (cannabidiol)
- cannabinoid pathways, 1:32
- cannabinoid receptors, 1:125
- cannabinoids
activation of TRP channels and, 4:178
for neuropathic pain, 4:180
for pain, 4:205
for seizures, 4:73–74
for withdrawal symptoms, 4:140
- Cannabis sativa* (marijuana, hemp), 4:73
activation of TRP channels and, 4:178
for depression, 4:103t
for fibromyalgia-related insomnia, 4:116
for GI symptoms, 1:32
for glaucoma, 5:156
for inflammatory bowel diseases, 1:34; 5:79t
for motion sickness, 5:167
for multiple sclerosis, 5:83
for nerve pain, 4:180t
for neuropathic pain, 4:179–180
for seizures, 4:73–74
specific indications, 1:240; 4:77, 140–41, 205; 5:87
- canola (*Brassica rapa*), 3:38–39
- cantharidin, 1:158–59
- Cantharis vesicatoria* (Spanish fly)
for bites and stings, 1:171t
for bladder cancer, 1:132
for burns, 1:173t
for dermatologic conditions, 1:191
for dysuria, 1:116
for eye conditions, 5:147t
for eye injuries, 5:154
formulas containing, 1:132
specific indications, 1:158–59
- cape jasmine. *See Gardenia jasminoides* (cape jasmine)
- capillary fragility, 2:65–67
- capillary wormwood. *See Artemisia capillaris* (capillary wormwood)
- capsaicin
for arthritis, 5:117
in *Capsicum* spp., 4:38, 178; 5:194
formulas containing, 4:166
for musculoskeletal conditions, 5:134
for neuralgia, 4:35, 77
for pain, 4:155, 166, 170t
for peripheral neuropathy, 4:43t
for trigeminal neuralgia, 4:37, 39
Capsella bursa-pastoris (shepherd's purse), 1:33, 82; 3:133; 5:32t
Capsicum spp., 4:38
activation of TRP channels and, 4:178
formulas containing
bronchitis, 2:134
constipation, 1:48
coughs, 2:119
neuralgia, 4:182
liniments containing, 2:111
lipid-lowering effects, 3:82
for malabsorption, 1:73
for neuropathic pain, 4:38
for osteoarthritic hand pain, 4:187
warming qualities, 1:59
as warming stimulant, 3:21t
Capsicum annuum, *C. frutescens* (cayenne)
for anorexia, 1:36
for arthritis, 5:117
avoiding, with overactive bladder, 1:129
for cor pulmonale, 2:155
as counterirritant, 2:132
digestive stimulant qualities, 1:25
for emphysema, 2:136
fibrinolytic properties, 2:73
formulas containing
bursitis and tendinitis, 5:103
dyspepsia, 1:29
emphysema, 2:137
gout, 5:124
headaches, 4:164
hyperlipidemia, 2:37
malabsorption, 1:74
muscle pain, 4:183; 5:109
peripheral neuropathy, 4:44
peripheral vascular insufficiency, 2:61
pharyngitis, 5:189
skin infections, 1:177
throat pain, 4:178
trigeminal neuralgia, 4:39
for nasal polyps, 5:173t
for neuralgia, 4:35, 77, 205
PAF inhibiting properties, 2:77
plasters containing, 2:110
for renal failure, 1:154t
for respiratory conditions, 2:115
for skin hypersensitivity, 1:232
specific indications, 1:82, 159, 240; 2:160; 4:77, 205; 5:134, 194
for streptococcal infections, 1:180
for throat pain, 5:190
for trigeminal neuralgia, 4:37
for vascular reactivity, 5:60
for wound healing, 1:181
- capsules
dosage strategy, 1:21; 2:23; 3:22, 23; 4:26; 5:26
encapsulated herbs for seizures, 4:72
herbal teas vs., 1:26
pros, cons, and indications, 1:20; 2:22; 3:22; 4:24–25; 5:24–25
- caraway. *See Carum carvi* (caraway, black zeera)
- cardamom. *See Elettaria cardamomum* (cardamom)
- cardiac cough
Digitalis purpurea for, 2:163
formula for, 2:85
Lobelia inflata for, 2:98
Urginea maritima for, 2:105
- cardiac glycosides
for cardiomyopathy, 2:49
for congestive heart failure, 2:47–50
from *Convallaria majalis*, 2:51
- cardiac inflammation
Adonis vernalis for, 2:89
Ammi visnaga for, 2:90
- cardiac muscle spasms, *Lobelia* for, 1:11, 136; 2:13; 4:16; 5:16
- cardiomyopathy
Angelica sinensis for, 3:165
Apocynum cannabinum for, 2:90
Astragalus membranaceus for, 2:91
benefits of early intervention, 2:7
Borago officinalis for, 2:91
cardiac glycosides for, 2:49
Castanospermum australe for, 2:92
Convallaria majalis for, 2:93
Crataegus spp. for, 2:93, 162
Digitalis purpurea for, 2:94
Foeniculum vulgare for, 3:94
formulas for, 2:47–51, 52
Glycyrrhiza glabra for, 2:96
Ligusticum porteri for, 2:169
Medicago sativa for, 3:96
overview, 2:47
Paeonia lactiflora for, 2:100, 174
Panax ginseng for, 2:174
Stevia rebaudiana for, 2:104
Syzygium cumini for, 3:99
Terminalia arjuna for, 2:104
Tribulus terrestris for, 3:178
Viscum album for, 2:106
Ziziphus spinosa for, 2:106
- cardiopulmonary disease
Desmodium styracifolium for, 2:94
formulas for, 2:83–85
Gastrodia elata for, 2:95
herbs for, 2:89–106
Ligusticum striatum for, 2:98
Withania somnifera for, 2:106

- cardiovascular disorders
Allium sativum for, 2:90
Andrographis paniculata for, 2:158; 3:90
Angelica sinensis for, 2:90
Astragalus membranaceus for, 5:86
Berberis aquifolium for, 2:91
Coleus forskohlii for, 3:167
Convallaria majalis for, 1:159
Coptis chinensis for, 2:93
Coptis trifolia for, 3:92
Crataegus spp. for, 1:160; 2:93
Digitalis purpurea for, 2:94
Echinacea spp. for, 2:94
Equisetum spp. for, 2:95
gingivitis linked to, 5:184, 185, 201
herbs for, 2:89–106
Hibiscus sabdariffa for, 2:96; 3:95
Lepidium meyenii for, 3:96
Ligusticum striatum for, 2:98
Linum usitatissimum for, 2:98
Lycopus virginicus (bugleweed), 2:98
Olea europaea for, 2:99
overview, 2:25–27
Panax ginseng for, 2:100
Pinus pinaster for, 5:139
Pueraria montana var. *lobata* for, 2:177
Punica granatum for, 2:101
Rheum palmatum for, 2:102
Rhodiola rosea for, 2:102; 4:150
Rosa canina for, 2:102
Rosmarinus officinalis for, 4:85
Salvia miltiorrhiza for, 5:201
Schisandra chinensis for, 2:180; 5:141, 201
Scutellaria baicalensis for, 2:103
Stevia rebaudiana for, 3:98
Terminalia spp. for, 1:106
Ziziphus spinosa for, 2:106
See also vascular disorders; specific disorders
- cardiovascular pain, herbs for, 4:203
See also vascular pain
- Carica papaya* (papaya)
antimicrobial qualities, 1:56
for burns, 4:190–91
for intestinal parasites, 1:55
for traveler's diarrhea prevention, 1:53
- carminative herbs, 1:12, 25, 31
See also specific herbs
- Carnegie, Andrew, 5:3
Carnegie Foundation, 5:3
- L-carnitine, 4:43
carnitine deficiency, 4:70
- carob. See *Ceratonia siliqua* (carob)
- Carob Milk, 3:89
- carotenoids
chemopreventive effects, 3:157
for diabetic retinopathy, 5:157
for macular degeneration, 5:158
in *Perilla frutescens*, 5:45
- carpal tunnel syndrome
bromelain for, 4:75
- Centella asiatica* for, 4:77
Colchicum autumnale for, 4:78
formulas for, 4:47
heat therapy for, 4:48
herbs for, 4:42
Hypericum perforatum for, 4:81
Mentha piperita for, 4:83
topical protocol for, 4:48
- carrot. See *Daucus carota* (wild carrot)
- Carthamus tinctorius* (safflower)
5 α -reductase inhibition, 3:162
for alopecia, 1:218
seed oil for salad dressing, 4:57
serotonin-promoting qualities, 4:92
- Carum carvi* (caraway, black zeera)
for digestive pain, 4:197t
for epilepsy and seizure disorders, 4:67, 77
for *Helicobacter pylori* infections, 1:43
in Mouthwash for Halitosis, 1:51
for pain, 4:166t, 170t
specific indications, 1:82; 2:160; 4:77
- Carum copticum* (ajwain), 2:105
- carvacrol, 5:199
- casara. See *Rhamnus purshiana* (sacred bark, casara)
- Cashew Custard with a Nut Crust, 3:86
- Cassia* spp., 1:46, 47
Cassia auriculata (avaram senna), 1:152, 154
cassia cinnamon. See *Cinnamomum cassia* (cassia cinnamon, Chinese cinnamon)
Cassia senna (senna), 1:47, 48
- Castanospermum australe* (blackbean tree), 2:92
- castor oil. See *Ricinus communis* (castor oil)
- catalpol, 5:67, 93
- cataracts
Crataegus spp. for, 5:195
formulas for, 5:152
Ginkgo biloba for, 5:197
Panax ginseng for, 5:200
Vaccinium myrtillus for, 5:203
- catechins
antiaging effects of, 1:228
antiallergic qualities, 5:28
in *Camellia sinensis*, 1:158; 5:33t, 69, 80, 175, 194
for chemo brain, 4:58
chologogue action, 1:99
for dental conditions, 5:175
for HPV, 1:200
for neurological conditions, 4:28
- catecholamine, 4:94, 117
- catechu (*Acacia catechu*), 5:141
- categories of actions of herbs, 1:11–12; 2:13–14; 3:13; 4:16–17; 5:15–16, 26
- caterpillar fungus. See *Cordyceps* spp.
- Catharanthus roseus* (periwinkle, Madagascar periwinkle), 4:88
- catheterization, herbs for support of, 1:126
- catnip. See *Nepeta cataria* (catnip)
- cat's claw. See *Uncaria* spp.
- Caulophyllum thalictroides* (blue cohosh)
as emmenagogue, 3:128
formulas containing
arthritis, 5:118
menorrhagia, 3:119
parturition, 3:132
uterine prolapse, 3:153
varicosities, 2:75
for pain, 4:171t
safety concerns, 4:206; 5:134
specific indications, 4:206; 5:134
as uterine sedative, 3:124
as uterine tonic, 3:119
for vascular pain, 4:200t
- caulosaponins, 4:206
- Causticum hahnemanni*, 1:173t
- cayenne. See *Capaicum* spp.
- CBD (cannabidiol)
for fibromyalgia-related insomnia, 4:116
formulas containing, 5:80
for glaucoma, 5:156
for motion sickness, 5:167
for multiple sclerosis, 5:83
for musculoskeletal trauma, 5:98
for pain, 4:205
for seizures, 4:73–74
specific indications, 5:87
- ceanothic acid/ceanothenic acid, 5:175
- Ceanothus americanus* (red root, New Jersey tea)
alterative qualities, 1:27
for biliary pain, 1:100t
for breast conditions, 3:142
for breast cysts, 3:143
chologogue action, 1:98
for dental conditions, 5:175
for digestive pain, 4:197t
formulas containing
breast conditions, 3:143
breast pain, 4:195
cellulite, 1:233
lymphatic pain and lymphedema, 4:201
peripheral vascular insufficiency, 2:58
phlebitis, 2:81
premenstrual syndrome, 3:127
vaginitis, 3:107
for pain, 4:166t
for poor circulation, 2:58
specific indications, 1:82, 103, 240; 2:92; 3:91, 167
- cedar. See *Thuja* spp.
- Cedrus deodara* (Himalayan cedar, deodar cedar), 5:31t
- celandine. See *Chelidonium majus* (celandine)
- Celastraceae family, 5:65
- celastrol, 5:65, 87
- Celastrus aculeatus* (celastrus, staff vine, staff tree), 4:186, 206; 5:87

- Celastrus paniculatus* (jyotishmati, malkangani)
 formulas containing
 metastatic bone pain, 4:186
 schizophrenia, 4:127
 neuroprotective effects, 4:30, 77
 specific indications, 4:77, 141
 celery. *See Apium graveolens* (celery)
 celiac disease, 1:72, 191
 cell cultures, limitations of, 3:1–2
 cell-mediated immune response, 5:29
 cellulite, 1:233, 242, 249
 cellulitis
 Echinacea spp. for, 2:94
 Equisetum spp. for, 2:95
 Phytolacca decandra for, 2:100
 censorship of natural medicine, 5:1–6
Centella asiatica (gotu kola, brahmi), 1:182; 2:62
 for altered breath sounds, 2:118
 for angioedema, 5:56
 for arthritis, 5:115
 for autoimmune disorders, 5:65
 for Behçet's disease, 5:74
 for bladder mucosal lesions, 1:123
 for bone density, 5:125
 for bronchitis, 2:132
 for cardiopulmonary disease, 2:83
 for carpal tunnel syndrome, 4:42
 for connective tissue support, 5:105
 for contractures, 5:104
 for COPD, 2:148, 151
 for CREST, 5:84
 for dental procedures, 5:146
 for depression and anxiety, 4:101t
 for dermatitis, 1:189
 for dermatologic conditions, 1:170, 171t, 182
 for detoxification, 3:67
 for digestive pain, 1:26
 for dry eyes, 5:150
 for exophthalmia, 3:45
 for eye conditions, 5:147t
 for eye injuries, 5:154
 for fibrosis, 2:62
 flavonoids in, 2:33
 formulas containing
 acne rosacea, 1:205
 angioedema, 5:57
 aphthous ulcers, 5:184
 arthritis, 5:116, 120
 Behçet's disease, 5:74
 black eyes, 5:155
 burns, 1:173
 bursitis and tendinitis, 5:102
 capillary fragility, 2:66
 cardiopulmonary disease, 2:84, 85
 cataract prevention, 5:152
 cerebral vascular insufficiency, 2:62–63, 64
 connective tissue weakness, 5:99
 COPD, 2:151
 corneal ulcers, 5:152
 coughs, 2:120
 CREST, 5:84
 Cushing's syndrome, 3:54
 cystitis, 4:199
 dementia, 4:55
 dental conditions, 5:175
 dermatitis, 1:183, 184, 185, 190, 192
 diabetic cutaneous ulcerations, 3:74
 diarrhea, 1:58
 eczema, 1:184, 185, 186
 emphysema, 2:138
 endocarditis, 2:72
 erythema multiforme, 1:220
 esophageal disorders, 1:46
 GERD, 1:42
 gingivitis, 5:184
 Guillain-Barré syndrome, 4:49
 head injury-related seizures, 4:71
 hemoptysis, 2:126
 hyperthyroidism, 3:42, 45
 inflammatory bowel diseases, 1:36
 interstitial cystitis, 1:123
 joint pain, 4:185
 leaky gut syndrome, 1:78
 lymphedema, 2:83
 macular degeneration, 5:158
 metastatic bone pain, 4:188
 muscle pain, 5:107
 musculoskeletal trauma, 5:98
 myositis conditions, 5:71
 neuralgia, 4:35
 neurogenic bladder, 1:127
 oral erythema multiforme, 5:188
 oral leukoplakia, 5:186
 oral ulcers, 5:184
 osteoporosis, 3:141; 5:128, 129
 otitis media, 5:161, 162
 overactive bladder, 1:130
 Paget's disease, 5:130
 pain, 4:187
 pancreatitis, 1:70
 Parkinson's disease, 4:60
 pelvic inflammatory disease, 3:108
 pemphigus support, 1:221
 peripheral neuropathy, 4:45
 phlebitis, 2:81
 primary sclerosing cholangitis, 1:100
 reactive arthritis, 5:72
 renal failure, 1:153
 Sjögren's syndrome, 5:69
 skin fissures, 1:234
 skin protection, 1:228, 229
 skin trauma, 1:174, 175
 stasis ulcers, 2:60
 steroids, withdrawal from, 1:188
 streptococcal infections, 1:233
 traumatic brain injury, 4:55
 ulcerated skin, 1:231
 ulcers, 1:66
 urinary tract infections, 3:136
 vaginitis, 3:107
 varicosities, 2:74, 75
 vascular reactivity, 5:63
 vasculitis, 2:82
 vertigo, 5:166
 wound healing, 1:181, 183
 for heart infections, 2:72
 for interstitial cystitis, 1:123
 for malabsorption, 1:73
 minerals in, 5:100t
 mucous-enhancing qualities, 1:64
 for muscle pain, 4:183t
 for musculoskeletal trauma, 5:96
 nervine qualities, 4:91
 for neuralgia, 4:34
 for neurogenic bladder, 1:126, 127
 for neurological conditions, 4:27, 28
 neuroprotective effects, 4:30
 nourishing qualities, 1:37
 for oral leukoplakia, 5:187
 for osteoarthritic hand pain, 4:187
 for otitis externa, 5:163
 for pelvic inflammatory disease, 3:108
 for peripheral neuropathy, 4:43t
 as restorative, 1:43
 for skin allergic conditions, 5:54t
 for skin eruptions, 1:190
 for skin fissures, 1:235
 for skin protection, 1:230
 for skin ulcers, 1:231
 in soup, 1:35
 specific indications, 1:82, 159, 240; 2:92, 161; 3:55–56, 91; 4:77; 5:87, 134–35, 194
 for stasis ulcers, 2:60
 for stomatitis, 5:179
 with tincture for fracture, 4:184
 for ulcers, 1:63
 for vascular reactivity, 5:60
 for vascular support, 2:65
 for venous insufficiency, 2:74
 for weak fingernails, 1:236
 for wound healing, 1:181, 182; 4:192t
 Centers for Disease Control and Prevention (CDC), 4:2, 3, 70; 5:2
 central sensitization syndrome, 4:32
 ceramides, 5:35
Ceratonia siliqua (carob), 3:130
 in Carob Milk, 3:89
 for hormone-related infertility, 3:130
 inositol in, 3:70
 for schistosomiasis, 1:119
 specific indications, 3:91
 for supporting fertility, 3:132
 cerebral ischemia, 2:61
 cerebral vascular insufficiency
 formulas for, 2:61–65
 Ginkgo biloba for, 2:95
 cerebrovascular disorders
 Rosmarinus officinalis for, 4:85
 Salvia miltiorrhiza for, 4:151

- Cereus grandiflorus*. See *Selenicereus grandiflorus* (night-blooming cactus)
- cervical dysplasia, 3:114–15
- cevanine ester-alkaloids, 4:191
- Ceylon cinnamon. See *Cinnamomum verum* (Ceylon cinnamon, cinnamon)
- CGRP (calcitonin-gene-related peptide), 4:157
- chaga mushroom (*Inonotus obliquus*), 3:69
- chai hu. See *Bupleurum chinense* (chai hu, Chinese thoroughwax)
- Chai Hu Shu Gan San, 4:105
- chalazions, 5:153
See also styes
- Chamaelirium luteum* (false unicorn), 3:167
- chamomile. See *Matricaria chamomilla* (chamomile)
- chanca piedra (*Phyllanthus* spp.). See *Phyllanthus amarus* (chanca piedra, bahupatra, hurricane weed)
- chaparral. See *Larrea tridentata* (chaparral)
- chaste tree berry. See *Vitex agnus-castus* (chaste tree berry)
- chebulic myrobalan. See *Terminalia chebula* (black myrobalan, chebulic myrobalan)
- cheilosis and cheilitis
herbs for, 5:196, 197
overview, 5:183
- Chelidonium majus* (celandine)
alterative qualities, 1:27
antiallergic qualities, 5:33t
biliary support qualities, 1:72, 100t
cholagogue action, 1:25, 90
for dermatitis, 1:189
for digestive pain, 4:197t
for eye conditions, 5:147, 147t
for eye injuries, 5:154
formulas containing
cholestasis, 1:98
gastrointestinal hypersensitivity, 5:37
gastroparesis, 1:77
for itching skin, 1:187
for malabsorption, 1:74
for pain, 4:166t
for skin infections, 1:183
specific indications, 1:82, 103, 240; 4:206; 5:194
for styes, 5:153
for tongue conditions, 5:178t
for vascular pain, 4:200t
for warts, 1:199
- Chelone glabra* (turtlehead), 1:83, 98, 103
- chemo brain, formula for, 4:58–59
- chemopreventive agents, 3:157
- chemotherapy side effects
Agrimonia eupatoria for, 4:203
Cannabis sativa for, 4:205
formulas for, 1:36, 37; 4:45, 58–59
Matricaria chamomilla for, 4:211
Uncaria spp. for, 4:216
- Chenopodium ambrosioides* (wormseed), 1:83
- chest pain
Alpinia galangal for, 4:203
Arnica montana for, 4:203
Capsicum frutescens for, 4:205
formulas for, 4:193–95, 201
Gaultheria procumbens for, 4:208
herbs for, 4:166t
Lobelia inflata for, 4:211
See also angina
- chia. See *Salvia hispanica* (chia)
- Chia Chocolate Pudding, 3:80, 82
- chia seeds, 3:79, 80, 82, 97
- chickpea. See *Cicer arietinum* (garbanzo bean)
- chickweed. See *Stellaria media* (chickweed)
- chicory. See *Cichorium intybus* (chicory)
- children
allergies in, 5:29, 36–37
attention deficit hyperactivity disorder in, 4:117–122
constipation in, 1:47
crankiness and anxiety in, 4:104, 146, 147
digestive issues, 1:86
enuresis in, 1:130, 131
Henoch-Schönlein purpura in, 5:74
immunization concerns, 4:70–71
otitis media in, 5:159, 160
overstimulated, 4:104–5
poor appetite in, 1:36–37
skin eruptions in, 1:193–94
upper respiratory infections in, 5:199
- chili pepper. See *Capsicum* spp.
- Chimaphila umbellata* (pipsissewa, prince's pine)
for cystitis and pyelonephritis, 1:116, 120
formulas containing
lung conditions, 2:123
prostatic pain, 4:199
pyelonephritis, 1:120
for hematuria, 1:115
for pyuria, 1:115
for renal failure, 1:154t
specific indications, 1:159
for thick and cloudy urine, 1:116, 139
- Chinese asparagus. See *Asparagus cochinchinensis* (Chinese asparagus)
- Chinese chaste tree. See *Vitex negundo* (Chinese chaste tree)
- Chinese cinnamon. See *Cinnamomum cassia* (cassia cinnamon, Chinese cinnamon)
- Chinese club moss. See *Huperzia serrata* (Chinese club moss, qian ceng ta)
- Chinese cucumber. See *Trichosanthes kirilowii* (Chinese cucumber)
- Chinese date. See *Ziziphus jujuba* (Chinese date, jujube)
- Chinese foxglove. See *Rehmannia glutinosa* (di huang, Chinese foxglove)
- Chinese hibiscus. See *Hibiscus rosa-sinensis* (Chinese hibiscus, hibiscus)
- Chinese indigo. See *Persicaria tinctoria* (Chinese indigo)
- Chinese knotweed. See *Reynoutria multiflora* (fo ti, he shou wu, Chinese knotweed)
- Chinese licorice. See *Glycyrrhiza inflata*, *G. uralensis* (Chinese licorice)
- Chinese liverwort. See *Marsipella alpina* (Chinese liverwort)
- Chinese lovage root. See *Ligusticum striatum* (Chinese lovage root, Szechuan lovage, chuanxiong)
- Chinese prickly ash. See *Zanthoxylum bungeanum* (Chinese prickly ash)
- Chinese privet. See *Ligustrum lucidum* (Chinese privet)
- Chinese rhubarb. See *Rheum officinale*, *R. palmatum* (Chinese rhubarb, turkey rhubarb)
- Chinese thoroughwax. See *Bupleurum* spp.
- Chionanthus virginicus* (fringe tree)
alterative qualities, 1:27
cholagogue action, 1:98
formulas containing, 1:96, 98
specific indications, 1:83, 103; 3:91; 5:194
for tongue conditions, 5:178t
- chi tonics, warming stimulants, 1:19t; 2:21t; 3:21t; 4:23t; 5:23t
- chlamydia, 3:104, 108, 109
- choking pain, herbs for, 4:171t
- cholagogues
for anorexia, 1:37
for gastroenteritis, 1:59
gastrointestinal formula basics, 1:25
liver and gallbladder formula basics, 1:90
for liver protection, 1:98
for pancreatic diseases, 1:68
- cholelithiasis
Arctium lappa for, 1:101
Chelidonium majus for, 1:82, 103
Curcuma longa for, 1:104
formulas for, 1:98
Phyllanthus amarus for, 4:212
protocol for, 1:98–99
- cholestasis, 1:98, 104
cholesteatomas, 5:159–160, 161–62
- cholesterol, high. See high cholesterol
- choline
biliary support qualities, 1:73
for cognitive function, 4:29
for fatty liver, 1:96
for malabsorption, 1:74
for strokes, 2:63
sulfur in, 1:122
- cholinergic herbs, 4:28, 30, 31, 53
- cholinesterase inhibitors, 4:53, 55–56
- chondroitin sulfate, 4:187; 5:104
- Chondrus crispus* (Irish moss), 1:206
- chopi. See *Zanthoxylum piperitum* (Japanese pepper)
- choto-ko. See *Uncaria rhynchophylla* (cat's claw, choto-ko, gou teng)
- chowder recipe, 3:160

- chromium
 herbs containing, 3:80t
 in *Hibiscus sabdariffa*, 3:78, 79
 for insulin resistance, 3:80
 for supporting fertility, 3:132
- chronic bronchitis, 2:131
See also bronchitis
- chronic conditions
 cooling remedies for, 1:18; 2:21; 3:21; 4:24; 5:24
 principles of creating formulas for, 1:20; 2:20, 21; 3:23; 4:9, 25–26; 5:9, 25–26
 warming stimulants for, 1:19; 2:20; 3:22; 4:23; 5:23
See also specific conditions
- chronic lymphocytic thyroiditis. *See* Hashimoto's disease
- chronic obstructive pulmonary disorder (COPD)
Aspidosperma quebracho for, 2:159
 from bronchitis, 2:132
Equisetum spp. for, 2:164
 formulas for, 2:84, 147–153
Grindelia spp. for, 2:167
 herbs for, 2:149t
Magnolia officinalis for, 2:171
Melilotus suaveolens for, 2:172
Neopicrorhiza scrophulariiflora for, 2:172
Origanum vulgare for, 2:174
 overview, 2:147–48
Paeonia lactiflora for, 2:174
Petroselinum crispum for, 2:175
Scutellaria baicalensis for, 2:180
Stemona spp. for, 2:181
Syzygium aromaticum for, 2:181
 vascular protectants for, 2:83
- Chrysanthemum* spp., 1:188, 218; 3:162
- Chrysanthemum morifolium* (mum, chrysanthemum)
 formulas containing
 dementia, 4:56
 oral pain, 4:177
 neuroprotective effects, 4:30
- Chrysopogon zizanioides* (vetiver), 4:67, 73
 chuanxiong. *See Ligusticum striatum* (Chinese lovage root, Szechuan lovage, chuanxiong)
- Cicer arietinum* (garbanzo bean), 1:146; 3:70, 83
- Cichorium intybus* (chicory), 1:27
- cidofovir, for venereal warts, 3:112
- cilantro. *See Coriandrum sativum* (coriander)
- Cimicifuga foetida*. *See Actaea cimicifuga* (shengma)
- Cimicifuga racemosa*. *See Actaea racemosa* (black cohosh)
- Cinchona officinalis* (Peruvian bark), 1:37, 83
- Cineraria maritima* (dusty miller, silver ragwort), 5:152
- Cinnamomum* spp.
 carminative qualities, 1:46
 for dermatologic conditions, 1:170, 197
 formulas containing
 hemoptysis, 2:126
 hyperhidrosis, 1:227
 hyperlipidemia, 2:35
 miscarriage, 3:133
 peripheral vascular insufficiency, 2:58, 61
 postpartum hemorrhage, 3:133
 urinary conditions, 1:116
 for headaches, 4:159
 for hypertension, 2:46
 lipid-lowering effects, 3:82
 for peripheral neuropathy, 4:43t
 for skin infections, 1:180, 183
 specific indications, 1:240; 2:92; 3:167
 stimulant qualities, 1:51
 uterine hemostatic properties, 3:133
 warming qualities, 1:59
 as warming stimulant, 3:21t
- Cinnamomum burmannii* (Indonesian cinnamon), 1:195
- Cinnamomum camphora* (camphor)
 for arthritis, 5:119
 for bursitis and tendinitis, 5:103
 for gout, 5:124
 for inflammatory bowel diseases, 5:80
 for myalgia, 5:109
 specific indications, 2:161
- Cinnamomum cassia* (cassia cinnamon, Chinese cinnamon)
 for dental procedures, 5:177
 formulas containing
 allergic airway disorders, 5:46
 allergic rhinosinusitis, 2:130
 angina, 2:38
 arthritis, 5:120
 food allergies, 5:40
 uterine fibroids, 3:150, 151
 specific indications, 5:87
- Cinnamomum verum* (Ceylon cinnamon, cinnamon)
 astringent qualities, 1:54
 carminative qualities, 1:31
 in Dr. Stansbury's General Alterative Tea, 1:27
 formulas containing
 anorexia, 1:37
 constipation, 1:48
 depression and anxiety, 4:106
 diabetes, 3:74
 epistaxis, 5:174
 headaches, 4:164
 hemoptysis, 2:126
 hyperlipidemia, 2:36
 lipid health, 2:33
 malabsorption, 1:73
 menorrhagia, 3:118, 120
 menstrual cramps, 3:117, 124
 metabolic conditions, 3:71
 pancreatitis, 1:70
 Parkinson's disease, 4:61
 phlebitis, 2:81
 premenstrual syndrome, 3:129
 Raynaud's syndrome, 2:67
 retinopathies, 5:157
 trigeminal neuralgia, 4:39
 uterine fibroids, 3:150
 vascular reactivity, 5:61
 vascular support, 2:27, 29
 venous congestion, 2:76
 for hypertension, 2:46
 in iced tea, 3:79
 for malabsorption, 1:74
 for menorrhagia, 3:115, 118
 in Mouthwash for Halitosis, 1:51
 for pain, 4:166t
 for poor circulation, 2:58
 in porridge, 1:66
 for retinopathies, 5:156
 specific indications, 1:83; 2:161; 3:91–92; 5:87, 135, 194–95
 for thrush, 5:181
 for vascular reactivity, 5:60
 in Winter Tea for Metabolic Support, 3:86
- Cinnamomum zeylanicum*. *See Cinnamomum verum* (Ceylon cinnamon, cinnamon)
- circulation, poor
Aesculus hippocastanum for, 2:89
Alisma plantago-aquatica for, 2:90
Arnica montana for, 2:91
Caesalpinia sappan for, 2:160
Ceanothus americanus for, 2:92
Cnicus benedictus for, 2:92
Cornus officinalis for, 2:162
Crataegus spp. for, 2:93
Desmodium styracifolium for, 2:94
Digitalis purpurea for, 2:94
Echinacea spp. for, 2:94
Epimedium brevicornu for, 2:95
Gastrodia elata for, 2:95
 herbs for, 2:58, 63
Hydrastis canadensis for, 2:97
Juniperus communis for, 2:97
Lepidium latifolium for, 2:98
Medicago sativa for, 2:171
Paeonia lactiflora for, 2:100
Polygonum cuspidatum for, 2:101
Reynoutria multiflora for, 2:102
Sanguinaria canadensis for, 2:179
Urtica dioica for, 2:105
Vinca minor for, 2:106
Zingiber officinale for, 2:106
- circulatory-enhancing herbs
 alteratives, 1:26
Angelica sinensis, 3:166; 4:173; 5:132, 192
Astragalus membranaceus, 3:166
Avena sativa, 3:166
Ceanothus americanus, 3:167
Cinnamomum spp., 3:92, 167; 5:87
Cistanche tubulosa, 4:77
Cnidium monnieri, 5:87
Crataegus spp., 3:93, 168; 5:195
 for dermatologic conditions, 1:170, 182, 183
 for esophageal varices, 1:45

- circulatory-enhancing herbs (*continued*)
Ginkgo biloba, 3:94, 170; 4:80, 142–43; 5:138, 165
Huperzia serrata, 4:81
Hypericum perforatum, 3:95–96
 for muscle weakness, 5:111
Nicotiana rustica, 4:83
Paeonia spp., 1:105
 for peripheral neuropathy, 4:43t
Petroselinum crispum, 3:174
Piper methysticum, 4:85
Pueraria spp., 1:164; 3:176
Rehmannia glutinosa, 4:213
Rosmarinus officinalis, 4:85
Rubia cordifolia, 4:215
Salvia miltiorrhiza, 1:247; 3:97, 176; 4:151; 5:201
Schisandra chinensis, 5:201
 for tinnitus, 5:165
Vaccinium myrtillus, 1:249; 4:87; 5:203
Zanthoxylum clava-herculis, 1:88; 5:143, 203
Ziziphus jujuba, 4:152
- cirrhosis of the liver
Echinacea spp. for, 1:84
Eclipta alba for, 1:104
 formulas for, 1:96–97
 overview, 1:89
- Cirsium japonicum* (Japanese thistle), 2:32–33
Cissampelos sympodioides (cissampelos), 2:161
Cistanche tubulosa (rou cong-rong), 1:214; 4:77–78
- citicoline, for strokes, 2:63
- citral, 5:77
- Citrullus colocynthis* (colocynth, bitter apple, bitter cucumber), 1:218; 3:162; 4:206
- Citrus* spp.
 flavonoids in, 2:26
 for nerve pain, 4:180t
 neuroprotective effects, 4:30
 rutin from, 2:79
 specific indications, 2:161
 for vascular support, 2:29, 30
- Citrus aurantium* (bitter orange)
 antiallergic qualities, 5:33t
 for COPD, 2:151
 for coughs, 2:117
 in Dr. Stansbury's General Alterative Tea, 1:27
 formulas containing
 alcohol abstinence, 4:132
 colds, 5:170
 depression and anxiety, 4:99
 gastroparesis, 1:77, 78
 hepatitis, 1:93
 hot flashes, 3:135
 metabolic conditions, 3:71
 sinusitis, 5:172
 vascular reactivity, 5:61
 for hepatitis, 1:90
 in hibiscus syrup, 3:78
 for increasing deficient adrenergic tone, 4:94
 in vag packs, 3:114
- Citrus bergamia* (bergamot)
 formulas containing
 alopecia, 1:215
 pigmentation disorders, 1:226
 psoriasis, 1:210
 photosensitizing qualities, 1:225, 226
 specific indications, 1:240
- Citrus limon* (lemon)
 for epilepsy and seizure disorders, 4:67
 formulas containing, 4:133
- Citrus paradisi* (grapefruit)
 antiparasitic qualities, 1:54
 aromatherapy with, 4:103
 for metabolic conditions, 3:71
 specific indications, 2:161
 zest of, 2:29
- Citrus reticulata* (mandarin), 3:33; 4:194
Citrus sinensis (orange), 3:56; 4:176; 5:160
 ciwujia. *See Eleutherococcus senticosus* (Siberian ginseng, eleuthero, ciwujia)
Claviceps purpurea (ergot fungus), 4:162
 Cleaning Spray, Antifungal, 5:36
 cleavers. *See Galium aparine* (cleavers)
Clerodendrum serratum (glorybower, bagflower, bharangi), 2:108t, 161; 5:31t
 clinical studies, 3:1, 2, 4, 5
Clostridium difficile infections, 1:40, 61, 82
 cloudforest magnolia (*Magnolia macrophylla* var. *dealbata*), 4:82
 clove nutmeg (*Cryptocarya aganthophylla*), 5:119
 cloves. *See Eugenia caryophyllata* (cloves); *Syzygium aromaticum* (cloves)
- club moss. *See Lycopodium* spp.
- Cnicus benedictus* (blessed thistle), 1:103, 240; 2:92; 3:56, 167; 5:135
- Cnidium monnieri* (osthole, snow parsley)
 antiallergic qualities, 5:33t, 62
 for asthma, 2:144
 for benign prostatic hyperplasia, 3:161
 formulas containing
 dementia, 4:57; 5:61
 impotence, 2:87
 for hypertension, 2:42
 mast-cell stabilizing effects, 2:144t; 5:31t
 for neuralgia, 4:35
 for painful itching, 4:189t
 specific indications, 2:92, 161; 5:87–88, 135
 for vascular support, 2:29, 87
- Cnidium officinale* (snow parsley), 1:153, 240
- Cochlearia armoracia*. *See Armoracia rusticana* (horseradish)
- cocklebur. *See Xanthium cavanillesii* (cocklebur)
- cocoa beverage, for attention deficit hyperactivity disorder, 4:120
- cocoa powder
 formulas containing, 2:33
 for vascular support, 2:30
- coconut flakes, for lipid health, 2:33
- coconut oil
 formulas containing, 2:35
- medium-chain triglycerides in, 3:39, 92
 salad dressing recipe, 3:37
 for vascular support, 2:31
- coconut water, electrolytes in, 5:112, 113
- Cocos nucifera* (coconut), 3:92; 4:57; 5:48
- cod liver oil, 2:35
- Codonopsis lanceolata* (todok), 1:90
- Codonopsis pilosula* (dang shen), 1:77
- coenzyme Q10 (CoQ10), 2:37, 48t; 4:54; 5:184, 185
- Coffea arabica* (coffee)
 avoiding, with overactive bladder, 1:129
 bladder cancer cautions, 1:134
 formulas containing, 1:215
 for hormone-related infertility, 3:130
 for skin protection, 1:230
 specific indications, 1:240
- cognitive decline
Huperzia serrata for, 2:97
Ligusticum striatum for, 2:98
Panax ginseng for, 2:100
Vinca minor for, 2:106
See also dementia
- cognitive function
Apium graveolens for, 4:75–76
Avena sativa for, 4:140
Bacopa monnieri for, 4:56, 76
 caffeine for, 4:120
Celastrus paniculatus for, 4:77, 141
Centella asiatica for, 4:77
 cholinergic herbs for, 4:53
Cistanche tubulosa for, 4:78
Crocus sativus for, 4:78
Cullen corylifolium for, 4:141
Ginkgo biloba for, 4:142, 143
Huperzia serrata for, 4:81
Hypericum perforatum for, 4:93
Magnolia officinalis for, 4:82
Melissa officinalis for, 4:83, 146
Nicotiana rustica for, 4:83
 nutrients for, 4:29
Panax ginseng for, 4:84
Perilla frutescens for, 4:148
Rhodiola rosea for, 4:151
Rosmarinus officinalis for, 4:214
Salvia officinalis for, 4:86
Urtica spp. for, 4:87
Withania somnifera for, 4:152
Ziziphus jujuba for, 4:152
- Coix lacryma-jobi* (Job's tears), 1:146; 3:120
- colchicine
 for Behçet's disease, 5:72, 74
 for contractures, 5:104
 formulas containing, 5:105
 for gout, 5:123, 135
 for pain, 4:155
 specific indications, 4:206–7; 5:73
- Colchicum autumnale* (autumn crocus), 5:73
- colchicine from, 5:72, 73
 for contractures, 5:104
 formulas containing

- Colchicum autumnale* (autumn crocus)
(continued)
 contact dermatitis, 5:53–54
 contractures, 5:105
 gout, 5:123, 124
 gouty arthritic pain, 4:185
 metastatic bone pain, 4:188
 oral allergic reactivity, 5:51
 peripheral neuropathy, 4:47
for gout, 5:123
immunosuppressant qualities, 5:73
for muscle pain, 4:183t
for pain, 4:166t
safety concerns, 4:47, 78, 207; 5:105, 124, 135
specific indications, 4:78, 206–7; 5:88, 135
cold constitutions
 Achillea millefolium for, 1:101
 Allium sativum for, 1:81
 Capsicum annuum for, 1:82, 159
 Cinnamomum verum for, 1:83
 Zanthoxylum clava-herculis for, 1:88
colds
 Cinnamomum verum for, 5:87
 Eupatorium perfoliatum for, 5:196
 formulas for, 5:169–171
 Nepeta cataria for, 5:199
 overview, 5:168–69
cold sensitivity, formula for, 5:59–60
cold sores
 formulas for, 5:184
 Hypericum perforatum for, 5:198
 overview, 5:180–81
cold vs. hot presentations, 5:66–67
coleus. *See* *Coleus forskohlii* (coleus, Indian coleus); *Plectranthus scutellarioides* (coleus)
Coleus forskohlii (coleus, Indian coleus)
 for adrenal disorders, 3:49
 bronchodilating properties, 2:108t
 for congestive heart failure, 2:47–48, 50
 formulas containing
 acne, 1:203
 Addison's disease, 3:51
 arrhythmias, 2:55
 congestive heart failure, 2:50
 depression and anxiety, 4:98
 eczema, 1:189
 hyperlipidemia, 2:37
 hypotension, 2:86
 hypothyroidism, 3:35, 36
 impotence, 2:87
 muscle pain, 5:108
 muscle weakness, 5:111
 polycystic ovarian syndrome, 3:147
 psoriasis, 1:210
 skin fissures, 1:234
 for increasing deficient adrenergic tone, 4:94–95
 mast-cell stabilizing effects, 2:144t; 5:31t
 for poor circulation, 2:63
 rosmarinic acid in, 3:43
 specific indications, 1:240; 2:101, 177; 3:56, 92, 167; 4:78; 5:88, 135
colic
 Foeniculum vulgare for, 1:84
 Iris versicolor for, 1:104, 244
 Matricaria chamomilla for, 1:86
 Mentha spp. for, 1:86, 105
 Nepeta cataria for, 1:86
 Pimpinella anisum for, 1:86
 Podophyllum peltatum for, 1:105
 Raphanus sativus var. *niger* for, 1:105
 Rheum palmatum for, 1:87, 105
 Taraxacum officinale for, 1:106
 Viburnum prunifolium for, 1:88
 Zingiber officinale for, 1:88, 106
colitis
 Atropa belladonna for, 1:82
 Cinnamomum cassia for, 5:87
 formulas for, 1:36
 Grifolia frondosa for, 5:91
 isoquinoline alkaloids for, 5:80
 Matricaria chamomilla for, 1:86
 Picrorhiza kurroa for, 5:93
 Uncaria tomentosa for, 1:166
 YunNan BaiYao for, 5:80
 See also ulcerative colitis
collagen vascular diseases
 Calendula officinalis for, 5:134
 Crataegus spp. for, 5:89
 herbs for, 5:65
 Salvia miltiorrhiza for, 5:93
 Scutellaria baicalensis for, 5:141
 Ulmus fulva for, 5:142
 Vaccinium myrtillus for, 5:143
 See also specific diseases
Collinsonia canadensis (stoneroot)
 antispasmodic qualities, 1:138t
 astringent qualities, 1:54
 for digestive pain, 1:26
 for enuresis, 1:131
 formulas containing
 ulcers, 1:63
 urinary lithiasis, 1:140
 uterine prolapse, 3:153
 varicoceles, 2:75
 venous congestion, 2:76
 vocal strain, 5:191
 for pain, 4:171t
 for renal failure, 1:154t
 for skin eruptions, 1:194
 specific indications, 1:83, 159; 2:93, 161–62; 5:195
 for thick and cloudy urine, 1:116
 for throat pain, 5:191t
 for uterine vascular congestion, 3:128
 for vascular pain, 4:200t
colocynth. *See* *Citrullus colocynthis* (colocynth, bitter apple, bitter cucumber)
coltsfoot. *See* *Tussilago farfara* (coltsfoot)
comfrey. *See* *Symphytum officinale* (comfrey)
Commiphora mukul (guggul), 3:36
 for acne, 1:202t
 for altered breath sounds, 2:118
 for cerebral vascular insufficiency, 2:62
 for digestive pain, 1:26
 for erectile dysfunction, 3:16
 formulas containing
 arrhythmias, 2:55
 coughs, 2:119
 eczema, 1:189
 gastroparesis, 1:77
 goiter, 3:32
 hyperlipidemia, 2:35, 36–37, 47
 hypertension, 2:45
 hypothyroidism, 3:35, 36, 37
 impotence, 2:87
 polycystic ovarian syndrome, 3:145, 147
 retinopathies, 5:157
 stridor, 2:121
 thyroiditis, 3:30
 vaginitis, 3:106
 vascular support, 2:28
 for goiter, 3:32
 for hemorrhoids, 2:74
 for hyperlipidemia, 2:32, 34
 for hypothyroidism, 3:34
 lipid-lowering effects, 3:82
 PAF inhibiting properties, 2:77
 for polycystic ovarian syndrome, 3:145
 for poor circulation, 2:63
 for retinopathies, 5:156
 specific indications, 1:83, 241; 2:93; 3:56, 92, 168; 5:88, 135–36, 195
 for thyroid function, 3:36
Commiphora myrrha (myrrh)
 for colds, 5:170t
 for dental extractions, 4:177
 formulas containing
 arthritis, 5:119
 colds, 5:170, 171
 cold sores, 5:184
 dental conditions, 5:177
 impetigo, 1:179
 itching skin, 1:186
 lichen planus, 1:211
 oral allergic reactivity, 5:51
 pharyngitis, 5:189
 skin infections, 1:176
 skin lesions, 5:55t
 stomatitis and gingivitis, 5:183
 throat pain, 4:179
 thrush, 5:181
 for herpes simplex viral infections, 5:181
 for oral infections, 5:146
 for respiratory infections, 2:121
 specific indications, 1:241; 2:162; 5:88, 195
 for streptococcal infections, 1:180
 for throat pain, 5:191t
 for tonsillitis and pharyngitis, 5:188
 for vaginitis, 3:105
common carrot. *See* *Daucus carota* (wild carrot)

- common cold. *See* colds; upper respiratory infections (URIs)
- common grape vine (*Vitis vinifera*), 4:31
- common hop. *See* *Humulus lupulus* (hops)
- common lime, common linden. *See* *Tilia* × *europaea* (common lime, common linden)
- common madder. *See* *Rubia tinctorum* (common madder)
- common oak. *See* *Quercus robur* (common oak)
- common prickly ash. *See* *Zanthoxylum americanum* (northern prickly ash)
- common self-heal (*Prunella vulgaris*), 3:43
- Complete Herbal* (Culpeper), 1:113
- complexion, observing, 3:11
- compresses
- for aching veins, 4:200
 - for asthma, 5:47
 - for contact dermatitis, 5:53
 - for eye conditions, 5:153
 - for genital warts, 3:113
 - for headaches, 4:163–64
 - for hemorrhoids, 2:78
 - for Hensch-Schönlein purpura, 5:75
 - for insect bites, 4:188
 - for itchy fungal infections, 4:188
 - for IV-induced phlebitis, 5:63
 - for menstrual cramps, 3:124–25
 - for pain, 4:172–73
 - for sore throats, 5:188
 - for stasis ulcers, 2:60
 - for traumatic injuries, 5:97
- concentrated medicines, indications for, 1:20; 2:22; 3:22; 4:25; 5:25
- concomitant symptoms, 1:9; 2:11; 3:11; 4:13; 5:13
- coneflower. *See* *Echinacea* spp.
- conflicts of interest, in suppression of natural medicine, 5:2, 5
- congestion. *See* *specific types*
- congestive heart failure
- Aspidosperma quebracho* for, 2:159
 - Cytisus scoparius* for, 2:94
 - folkloric herbs for, 2:50
 - formulas for, 2:47–51
 - herbs for, 2:48t
 - Lepidium meyenii* for, 2:98
 - overview, 2:47
 - Terminalia arjuna* for, 2:104
 - Thuja occidentalis* for, 2:105
 - Viscum album* for, 2:106
- coniine, 4:184, 207
- Conium maculatum* (poison hemlock), 4:184
- antispasmodic qualities, 1:135, 138t, 159
 - for benign prostatic hypertrophy, 1:147
 - for cramping pain in the bladder, 1:124
 - for depression and anxiety, 4:101t, 103t
 - formulas containing
 - muscle pain, 4:183
 - nerve suppression, 4:179
 - pain, 4:171
 - sciatica, 5:131
 - for nerve pain, 4:180t
 - for pain, 4:156, 166t, 184
 - for peripheral neuropathy, 4:43t
 - safety concerns, 1:18, 159; 3:20; 4:22, 101t, 171, 179, 184, 207; 5:22, 131, 136
 - for skin lesions and cancers, 1:237
 - specific indications, 1:159, 241; 4:207; 5:136
- conjunctivitis
- Calendula officinalis* for, 5:194
 - Centella asiatica* for, 5:194
 - Coptis trifolia* for, 5:195
 - Euphrasia officinalis* for, 1:239, 242; 5:89, 196
 - Foeniculum vulgare* for, 5:90, 196
 - formulas for, 5:148–49, 150
 - Hypericum perforatum* for, 5:198
 - supportive therapies for, 5:147
- connective tissue support
- Aloe vera* for, 5:132
 - Apium graveolens* for, 5:133
 - Arnica montana* for, 5:133
 - for arthritis, 5:115
 - Calendula officinalis* for, 5:134
 - Centella asiatica* for, 1:159, 240; 2:92; 5:135
 - Crataegus* spp. for, 5:136
 - for CREST, 5:84
 - Curcuma longa* for, 2:162; 5:121, 195
 - Equisetum* spp. for, 1:84, 160, 242; 5:101, 136, 196
 - Eucalyptus globulus* for, 1:242
 - formulas for, 5:67–68, 99–100, 121
 - Fucus vesiculosus* for, 2:95
 - Glycyrrhiza glabra* for, 5:138
 - Hypericum perforatum* for, 1:85, 244; 5:138
 - Medicago sativa* for, 1:245; 2:171; 5:139
 - for musculoskeletal conditions, 5:95
 - nutrients for, 5:104
 - overview, 5:98–99
 - Panax ginseng* for, 5:139
 - Phytolacca americana* for, 5:139
 - Populus tremuloides* for, 1:164
 - repetitive sports injuries and, 5:105
 - Rosa canina* for, 2:179
 - Scutellaria baicalensis* for, 5:141
 - Symphytum officinale* for, 1:248
 - Trifolium pratense* for, 1:249; 5:142
 - Urtica* spp. for, 5:142
 - Zingiber officinale* for, 5:143–44
- constipation
- Allium sativum* for, 1:81
 - Aloe vera* for, 1:81, 101
 - alteratives for, 1:26, 46
 - Arctium lappa* for, 1:239
 - causes of, 1:46
 - Chelidonium majus* for, 1:103
 - folkloric herbs for, 1:48
 - formulas for, 1:29–30, 32–33, 46–49
 - Fucus vesiculosus* for, 1:242; 3:58, 170; 5:90
 - Leptandra virginica* for, 1:85
 - Phytolacca* spp. for, 1:246
 - Podophyllum peltatum* for, 1:164
 - Raphanus sativus* var. *niger* for, 1:87, 105
 - Rhamnus purshiana* for, 1:87, 247
 - Rheum officinale* for, 5:140
 - Ricinus communis* for, 1:87
 - Rumex crispus* for, 1:87, 105, 247; 5:140
 - Siraitia grosvenorii* for, 3:98
 - Stillingia sylvatica* for, 1:88, 106
 - Taraxacum officinale* for, 1:248; 5:142
- constitution of the patient, 1:9; 2:11; 3:11; 4:13–14; 5:13
- contact dermatitis
- factors in, 5:49, 52–53
 - formulas for, 5:52–53
 - Ginkgo biloba* for, 5:90
 - from metals, 5:49–50
 - Tanacetum parthenium* for, 5:60
 - See also* atopic dermatitis; dermatitis
- continuous positive airway pressure (CPAP) devices, 2:88
- contractures
- Colchicum autumnale* for, 5:135
 - overview, 5:103–4
 - therapies for, 5:104–5
- Convallaria majalis* (lily of the valley), 2:51
- for altered breath sounds, 2:118
 - for arrhythmias, 2:56
 - cardiac glycosides from, 2:49
 - for congestive heart failure, 2:48t, 50, 51
 - for cor pulmonale, 2:155
 - diuretic qualities, 1:112
 - formulas containing
 - cardiopulmonary disease, 2:84, 85
 - congestive heart failure, 2:50
 - hypotension, 2:86
 - menopausal symptoms, 3:139
 - renal failure, 1:154
 - for pain, 4:166t
 - perfusion-enhancing diuretic qualities, 1:109
 - for renal conditions, 1:108–9, 154t
 - safety concerns, 5:195
 - specific indications, 1:159–160; 2:93; 5:195
 - for tongue conditions, 5:178t
- cookies, grain-free, 3:80
- cooling remedies
- for anxiety, 4:17; 5:17
 - guidelines for using, 1:13, 18–19, 19t; 2:20–21, 21t; 3:21, 21t; 4:23–24, 24t; 5:23–24, 24t
 - for restless insomnia, 4:20; 5:19–20
- COPD. *See* chronic obstructive pulmonary disorder (COPD)
- Coptis* spp., 1:52, 56
- Coptis chinensis* (goldthread, duan e huang lian)
- alginates combined with, 1:42
 - antiallergic qualities, 5:33t
 - antimicrobial qualities, 1:61
 - antiparasitic qualities, 1:54
 - for eye conditions, 5:147t, 148, 154
 - formulas containing
 - arrhythmias, 2:53
 - Behçet's disease, 5:74
 - cholelithiasis, 1:98

- Coptis chinensis* (goldthread, duan e huang lian)
(continued)
colds, 5:170
diarrhea, 1:54
food allergies, 5:40
hypertension, 2:43
lupus, 5:77
nasal polyps, 5:173t
for fungal skin infections, 1:197
for genital fungal infections, 1:197
for heart infections, 2:72
for *Helicobacter pylori* infections, 1:43
for impetigo, 1:179
for inflammatory bowel diseases, 5:79
for lipid health, 2:32
for lupus, 5:76
neuroprotective effects, 4:30
for oral infections, 5:146
for pelvic inflammatory disease, 3:108
specific indications, 1:241; 2:93
for vaginitis, 3:105
- Coptis trifolia* (goldthread), 1:83, 241; 3:56, 92, 168; 5:195
- Cordyceps militaris* (cordyceps, caterpillar fungus)
for adrenal disorders, 3:49
specific indications, 5:88
for urinary tract reactivity, 5:58
- Cordyceps sinensis* (caterpillar fungus)
as chi tonic, 2:16
for COPD, 2:148
ergogenic effects, 5:112
formulas containing
hepatitis, 1:95
herpes lesions, 1:232
muscle strength, 5:112
renal failure, 1:154, 155
skin infections, 1:179
for insomnia with exhaustion, 1:14; 2:16; 3:16; 4:18; 5:18
for myositis conditions, 5:70
for renal failure, 1:152, 153, 154, 155
for skin eruptions, 1:194
specific indications, 1:241; 5:88, 136
- coriander. *See Coriandrum sativum* (coriander)
- Coriandrum sativum* (coriander)
for heavy metal neuropathy, 4:50
juice of, 4:46
for lung conditions, 2:123
in mocktail syrup base, 4:136
for neuralgia, 4:34
specific indications, 1:241
for vascular support, 2:29
- cork tree. *See Phellodendron* spp. (cork tree)
- corn. *See Zea mays* (maize)
- corneal ulcers, formulas for, 5:151, 152
- corn lily. *See Veratrum viride* (false hellebore)
- Cornus mas* (Cornelian cherry, European cornel), 5:78, 88
- Cornus officinalis* (Japanese cornel, shan zhu yu), 2:153, 162; 5:88
- coronary artery disease
Aconitum carmichaelii for, 2:89
formulas for, 2:38–40
Ginkgo biloba for, 2:95; 3:170
hypothyroidism association, 3:36
overview, 2:38
Punica granatum for, 2:101
Salvia miltiorrhiza for, 2:102, 103
Stevia rebaudiana for, 3:98
- cor pulmonale, formulas for, 2:85, 154–55
- cortisol, 3:46, 50, 52, 53; 4:115, 123
- Corydalis* spp.
antiallergic qualities, 5:33t
opiate agonist qualities, 4:134
for withdrawal symptoms, 4:128–29
- Corydalis bungeana* (bunge corydalis), 4:129
- Corydalis cava* (corydalis, turkey corn)
formulas containing
depression and anxiety, 4:106
dyspnea, 2:125
headaches, 4:165
hypertension, 2:46
lung conditions, 2:123
metastatic bone pain, 4:186
neuropathic pain, 4:179
seizures, 4:72
withdrawal symptoms, 4:135
- GABAergic qualities, 4:110
- nervine qualities, 4:91
- specific indications, 1:160; 2:162; 4:78, 141
for tempering adrenaline surges, 4:109
- Corydalis humosa* (tu yuan hu), 4:129
- Corydalis impatiens* (corydalis), 5:79
- Corydalis yanhusuo* (corydalis)
for cramping pain in the bladder, 1:124
for epilepsy and seizure disorders, 4:67
- formulas containing
menstrual cramps, 3:117
neuropathic pain, 4:179
peripheral neuropathy, 4:45
urinary spasms, 1:124
for headaches, 4:159, 165t
for inflammatory bowel diseases, 5:79
for opiate addiction, 4:129
for pain, 4:171t
specific indications, 1:160; 3:168
for urinary colic, 1:138t
- cosmopolitan political herbalism, 2:3–5
- costochondritis, formulas for, 2:121, 123
- cotton (*Gossypium hirsutum*), 3:128
- couch grass. *See Elymus repens* (couch grass)
- cough reflex, 2:115
- coughs
Achillea millefolium for, 2:156
Actaea racemosa for, 2:157
Albizia lebbek for, 2:157
Allium cepa for, 2:157; 5:85
Althea officinalis for, 2:157
Ammi visnaga for, 2:157
Angelica sinensis for, 2:158
- Apiaceae family for, 5:62
- Ardisia japonica* for, 2:158
- Asclepius tuberosa* for, 1:81; 2:159
with bronchitis, 2:130
- Capsicum annuum* for, 2:160
- Cinnamomum camphora* for, 2:161
- Cissampelos sympodialis* for, 2:161
- Citrus spp. for, 2:161
- Collinsonia canadensis* for, 2:161, 162
- Cornus mas* for, 5:88
- Corydalis cava* for, 2:162
- Dracocephalum rupestre* for, 2:163
- Epimedium brevicornu* for, 2:164
- Eriodictyon californicum* for, 2:164
- Eschscholzia californica* for, 2:164
- Euphrasia officinalis* for, 5:196
- Foeniculum vulgare* for, 2:165
formulas for, 2:114–123; 5:43, 44
- Grindelia* spp. for, 2:167
- Hemidesmus indicus* for, 2:167
herbs for, 5:191t
- Hydrangea macrophylla* for, 2:167
- Hydrastis canadensis* for, 2:167
- Hyoscyamus niger* for, 2:167–68; 4:210
- Hyssopus officinalis* for, 2:168
- Justicia adhatoda* for, 2:169
- Ligusticum striatum* for, 2:169
- Lobelia inflata* for, 2:122, 170; 4:211
- Lomatium dissectum* for, 2:170
- Lonicera japonica* for, 2:170
- Lophatherum gracile* for, 2:170
- Lycopus virginicus* for, 2:170
- Magnolia officinalis* for, 2:171
- Marrubium vulgare* for, 2:171
- Matricaria chamomilla* for, 2:171
- Mentha piperita* for, 2:172
- Mikania glomerata* for, 2:172
- Mitragyna speciosa* for, 4:146
- Neopicrorhiza scrophulariiflora* for, 2:172
- Nepeta cataria* for, 2:173
- nitroglycerin patches for, 2:113
- Ophiopogon japonicus* for, 2:174
overview, 2:114–16
- Passiflora incarnata* for, 2:175
- Pelargonium sidoides* for, 2:175
- Petasites hybridus* for, 2:175; 5:93
- Phyllanthus emblica* for, 2:176
- Pimpinella anisum* for, 2:176
- Piper methysticum* for, 2:177
- Piscidia piscipula* for, 4:213
- Polygala* spp. for, 2:177
- Prunus serotina* for, 2:177
- Rosmarinus officinalis* for, 2:179
- Salvia officinalis* for, 2:179
- Schisandra chinensis* for, 2:180
- Selaginella uncinata* for, 2:180
- Stemona* spp. for, 2:180
- Sticta pulmonaria* for, 2:181
- Stillingia sylvatica* for, 1:248; 2:181
- Syzygium aromaticum* for, 2:181

- coughs (*continued*)
Tanacetum parthenium for, 2:182
 theophylline for, 5:46
Thymus vulgaris for, 2:182; 5:202
Tussilago farfara for, 2:183
Ulmus fulva for, 2:183
Usnea barbata for, 2:183
Verbascum thapsus for, 2:184
Vitex negundo for, 2:184
Xanthium cavanillesii for, 2:184
- Coulter, Harris, 5:2
- coumarins
 from *Angelica sinensis*, 2:59; 4:173
 from *Anthoxanthum odoratum*, 2:90
 from Apiaceae plants, 2:78
 for benign prostatic hyperplasia, 3:161
 in calming formulas, 2:87
 chemopreventive effects, 3:157
 for hyperthyroidism, 3:44
 lack of anticoagulant properties, 2:79
 from *Melilotus officinalis*, 2:99
 for migraines and vascular inflammation, 4:173
 for neuralgia, 4:35
 potential toxicity of, 2:78
- coumestans, 3:155–56
- coumestrol, 3:137
- Council on Medical Education, 5:3
- counterirritants
Armoracia rusticana as, 2:121
Juniperus communis as, 2:97
Lobelia inflata as, 2:122
 for pain, 4:192
 in respiratory formulas, 2:119, 122, 132, 134
Thuja occidentalis as, 2:58
- country mallow (*Sida cordifolia*), 4:61
- COVID-19 pandemic, 5:1–2
- cowage, cow-itch. *See Mucuna pruriens*
 (velvet bean, cowage, cow-itch)
- cow plant. *See Gymnema sylvestre*
 (sugar destroyer, cow plant)
- CPAP (continuous positive airway pressure)
 devices, 2:88
- crackers, grain-free, 3:79–80
- crackling breath sounds, herbs for, 2:118
- cradle cap, formula for, 5:54–55
- crampbark. *See Viburnum opulus* (crampbark)
- cramping pain, herbs for, 4:171t
- cramping pain in the bladder (tenesmus)
Apis mellifica venom for, 1:157
Arctostaphylos uva ursi for, 1:157
Arnica montana for, 1:158
Capsicum annuum for, 1:159
Equisetum spp. for, 1:160
Eucalyptus globulus for, 1:161
 formula for, 1:124
Lobelia inflata for, 1:163
Petasites hybridus for, 1:163
Serenoa repens for, 1:165
Solidago spp. for, 1:150
- cramps. *See* intestinal cramps;
 menstrual cramps
- cranberry. *See Vaccinium macrocarpon*
 (cranberry)
- cranberry powder, 1:44, 117, 166
- Crataegus* spp. (hawthorn)
 for angioedema, 5:56
 antiallergy qualities, 1:33
 for arrhythmias, 2:55
 for arthritis, 5:115
 for autoimmune disorders, 5:65
 for Behçet's disease, 5:74
 for congestive heart failure, 2:48t
 for cor pulmonale, 2:155
 for CREST, 5:84
 for cystic fibrosis, 2:135
 for depression, 4:103t
 for eye conditions, 5:147
 flavonoids in, 2:33
 formulas containing
 acne rosacea, 1:207, 208
 angina, 2:38
 arrhythmias, 2:53, 55
 capillary fragility, 2:67
 cardiopulmonary disease, 2:84, 85
 congestive heart failure, 2:50
 coronary artery disease, 2:40
 cystic fibrosis, 2:135
 hyperlipidemia, 2:35
 hypertension, 2:43
 menopausal symptoms, 3:139
 menopause-related hypertension, 3:141
 panic disorder, 4:109
 peripheral vascular insufficiency, 2:58, 61
 PTSD, 4:111, 113
 retinopathies, 5:157
 vascular reactivity, 5:62
 vascular support, 2:29
 vasculitis, 2:82
 for gingivitis, 5:184, 185
 heart health benefits, 2:40
 for hypertension, 2:41–42
 for increasing deficient adrenergic tone, 4:95
 for lipid health, 2:32
 for panic disorder, 4:109
 powders of, 1:44
 for renal failure, 1:154t
 specific indications, 2:162; 3:56–57, 92–93, 168; 5:89, 136
 for urinary conditions, 1:115
 for varicosities, 2:75
 for vascular infections, 2:72
 for vascular reactivity, 5:60
 for vascular support, 2:65
- Crataegus monogyna* (common hawthorn)
 for arrhythmias, 2:56
 formulas containing
 hypertension, 2:44, 46
 telangiectasias, 2:66
- for microvascular fragility, 2:66t
 specific indications, 1:160, 241; 2:93
 for stasis ulcers, 2:60
- Crataegus oxyacantha* (hawthorn), 2:26
 for angina, 2:38
 for arrhythmias, 2:56
 formulas containing
 acne rosacea, 1:205
 cardiopulmonary disease, 2:85
 congestive heart failure, 2:50
 coronary artery disease, 2:40
 CREST, 5:84
 endocarditis, 2:72
 hemochromatosis, 2:71
 hypotension, 2:86
 pancreatitis, 1:70
 skin protection, 1:228
 telangiectasias, 2:66
 vascular reactivity, 5:63
 vasculitis, 2:82
 for hypertension, 2:44
 for itching skin, 1:185
 for microvascular fragility, 2:66t
 for poor circulation, 2:58
 specific indications, 1:160, 241; 2:93; 5:195
 for stasis ulcers, 2:60
 for telangiectasias, 1:208
 for vasculature protection, 2:26
- crawling and tingling sensations, 1:171t, 232
- creatinine, 1:152, 153
- creeping cedar. *See Lycopodium* spp.
 (ground pine, creeping cedar, club moss)
- creosote bush. *See Larrea tridentata* (chaparral)
- CREST (calcinosis, Raynaud's syndrome,
 esophageal dysfunction, sclerodactyly, and
 telangiectasia), 5:84
- Crinum glaucum* (swamp lily), 2:93; 5:31t, 33t
- crocin, 4:78, 141
- Crocus sativus* (saffron crocus, xi hong hua)
 for depression, 4:103t
 neuroprotective effects, 4:30
 specific indications, 1:241; 4:78, 141
- Crohn's disease
Cannabis sativa for, 5:79t
 esophageal disorders from, 1:46
 formulas for, 1:34–36; 5:80
Fucus vesiculosus for, 5:90
 potential whipworm treatment for, 5:79
 role of viruses in, 1:24
 supplements for, 5:39
See also inflammatory bowel diseases (IBD)
- cromolyn sodium, 2:146; 5:46, 85
- Crotalus horridus* (homeopathic remedy), 1:171t
- Croton lechleri* (sangre de drago, dragon's blood)
 anti-inflammatory actions, 4:178
 biliary support qualities, 1:52
 formulas containing
 cystic fibrosis, 2:135
 diarrhea, 1:54
 specific indications, 2:162

- croup
Drosera rotundifolia for, 2:120, 163
Polygala spp. for, 2:177
Sticta pulmonaria for, 2:181
Stillingia sylvatica for, 2:113, 181
- crow dipper. *See* *Pinellia ternata* (crow dipper)
- cruciferous foods
for bladder cancer, 1:132, 134
glucosinolates in, 1:99; 3:38–39
for heavy metal detoxification, 4:51
for prostatic diseases, 1:144, 149
for toxin-induced neuropathy, 4:47
- Cryptocarya aganthophylla* (clove nutmeg), 5:119
- cubebs. *See* *Piper cubeba* (cubebs)
- Cucumis sativus* (cucumber), 4:46
- cucurbitacin, 4:46
- Cucurbita maxima* (winter squash), 1:160
- Cucurbita pepo* (pumpkin)
for benign prostatic hypertrophy, 1:146, 147
formulas containing
alopecia, 1:218
benign prostatic hypertrophy, 3:162
for intestinal parasites, 1:55
seed oil from, 4:57, 58
specific indications, 1:160; 3:168
for urinary retention, 1:142
- Cullen corylifolium* (bakuchi, bu gu zhi), 4:141–42
- Culpeper, Nicholas, 1:113; 4:217
- cultural appropriation, 2:2, 3
- Culver's root. *See* *Leptandra virginica* (Culver's root)
- cumin, black. *See* *Nigella sativa* (black cumin, black seed)
- Cuminum cyminum* (cumin), 4:67
- Curcuma longa* (turmeric), 1:102; 5:121
5 α -reductase inhibition, 1:218; 3:162
for acne, 1:202t
alterative qualities, 1:27
for altered breath sounds, 2:118
for angioedema, 5:56
antiallergic qualities, 1:33; 2:128; 5:33t
antifibrotic qualities, 1:91
anti-inflammatory qualities, 1:62–63, 71; 4:128; 5:97
antimicrobial qualities, 1:56, 71, 91
for arthritis, 5:114, 115
for autoimmune disorders, 5:65
for Behçet's disease, 5:74
biliary support qualities, 1:52, 72
for bone density, 5:125
for breast cysts, 3:143
bromelain combined with, 5:108
for bronchitis, 2:132
for bursitis and tendinitis, 5:102
for cardiopulmonary disease, 2:83
cholagogue action, 1:98
for contractures, 5:104
for COPD, 2:148, 150
for cor pulmonale, 2:155
for CREST, 5:84
curcumin in, 1:55
for cystic fibrosis, 2:135
for dementia, 4:54
for dental procedures, 5:177
for depression and anxiety, 4:95, 103t, 142
for dermatologic conditions, 1:169
for digestive pain, 1:26; 4:197t
for epilepsy and seizure disorders, 4:65–66, 72
for erectile dysfunction, 3:16
for eye conditions, 5:147, 148
fibrinolytic properties, 2:73
formulas containing
acne, 1:202, 203
adrenal disorders, 3:50
angioedema, 5:57
appendicitis recovery, 1:68
arthritis, 5:117, 118, 120, 122
asthma, 2:147
attention deficit hyperactivity disorder, 4:120
autoimmune disorders, 5:66, 67, 68
biliary insufficiency, 1:98
bronchitis, 2:134
bursitis and tendinitis, 5:102
cardiopulmonary disease, 2:84, 85
cataract prevention, 5:152
cerebral vascular insufficiency, 2:62–63, 64
chemo brain, 4:58
colds, 5:169, 170
conjunctivitis, 5:148
contractures, 5:105
COPD, 2:150
costochondritis, 2:123
coughs, 2:120
CREST, 5:84
Cushing's syndrome, 3:52, 54
cystic fibrosis, 2:135
dementia, 4:55
dermatitis, 1:191
digestive organ pain, 4:197
diverticulitis and diverticulosis, 1:72
emphysema, 2:138
endocarditis, 2:72
enteritis, 1:61
erythema multiforme, 1:220
esophageal disorders, 1:45
eye irritation, 5:149
GERD, 1:41, 43
glaucoma, 5:156
goiter, 3:34
gouty arthritic pain, 4:185
halitosis, 1:51
headaches, 4:164
hemochromatosis, 2:71
hemoptysis, 2:126
hemorrhoids, 1:50
hepatitis, 1:93, 94, 95
hyperlipidemia, 2:37
hyperthyroidism, 3:42, 45
inflammatory bowel diseases, 1:34; 5:80
insomnia, 4:115, 116
irritable bowel syndrome, 1:33
joint pain, 4:185
lichen planus, 1:211, 212
lupus, 5:76
macular degeneration, 5:158
malabsorption, 1:75
menorrhagia, 3:120
migraines, 4:163
multiple sclerosis, 5:83
muscle pain, 5:107
musculoskeletal trauma, 5:97
myalgia, 4:186
neuropathic pain, 4:179
opiate withdrawal and musculoskeletal pain, 4:185
oral leukoplakia, 5:186
osteoarthritis, 5:115
otitis externa, 5:163
otitis media, 5:160, 161, 162
pain, 4:172
pancreatitis, 1:70
Parkinson's disease, 4:61, 63
pemphigus support, 1:221
peripheral neuropathy, 4:45, 46, 47
phlebitis, 2:81
pigmentation disorders, 1:223, 224
prostatitis, 1:151
psoriasis, 1:210, 211
reactive arthritis, 5:72
renal failure, 1:155
respiratory allergies, 5:44
retinopathies, 5:157
SIBO, 1:76
sinusitis, 5:172
Sjögren's syndrome, 5:69
skin infections, 1:177
skin protection, 1:228
streptococcal infections, 1:233
stridor, 2:121
styes and blepharitis, 5:153
telangiectasias, 2:66
thyroiditis, 3:30, 31, 32
tinnitus, 5:166
traumatic brain injury, 4:55
trigeminal neuralgia, 4:38, 39
tuberculosis, 2:156
vascular reactivity, 5:62
vasculitis, 2:82
venous congestion, 2:76
wound healing, 1:181, 183
for genital warts, 3:112
for halitosis, 1:50
for hay fever, 5:42
for headaches, 4:159
for heart infections, 2:72
for heavy metal neuropathy, 4:50
for *Helicobacter pylori* infections, 1:43

Curcuma longa (turmeric) (continued)

- for hemochromatosis, 2:71
 - for hepatitis, 1:91
 - for hepatocellular carcinoma, 1:101
 - for hypertension, 2:46
 - for impetigo, 1:179
 - for increasing deficient adrenergic tone, 4:95
 - for inflammatory bowel diseases, 1:34, 35; 5:78, 79t
 - in juice cleanses, 5:117
 - for leaky gut syndrome, 1:79
 - leukotriene-inhibiting qualities, 5:44
 - for liver support, 1:89, 90, 93, 102
 - for malabsorption, 1:73
 - mast-cell stabilizing effects, 2:144t; 5:31t
 - for multiple sclerosis, 5:82
 - for musculoskeletal pain, 5:96, 121
 - for nasal polyps, 5:173t
 - for neuralgia, 4:34
 - for neurological conditions, 4:28
 - neuroprotective effects, 4:30
 - for oral leukoplakia, 5:187
 - for otitis externa, 5:162
 - for otitis media, 5:159
 - PAF inhibiting properties, 2:77
 - for pain, 4:166t
 - for pelvic inflammatory disease, 3:108
 - for peripheral neuropathy, 4:43t
 - for poor circulation, 2:58, 63
 - for prostate cancer, 1:147
 - for psoriasis, 5:70
 - for reproductive endocrine conditions, 3:101–2
 - for respiratory conditions, 2:108
 - for restless insomnia, 1:15; 2:17; 3:18; 4:20; 5:20
 - for restless legs syndrome, 4:33
 - for retinopathies, 5:156
 - serotonin-promoting qualities, 4:92
 - for skin cancer, 1:236
 - in soup, 1:35
 - specific indications, 1:83–84, 103–4, 241; 2:93–94, 162; 3:57, 93, 168; 4:78, 142, 207; 5:89, 136, 195
 - for stomatitis, 5:50
 - for styes, 5:153
 - sulfotransferase enzymes support, 3:155
 - for telangiectasias, 1:208
 - for traveler's diarrhea prevention, 1:53
 - for varicosities, 2:74
 - for vascular infections, 2:72
 - for vascular reactivity, 5:60
 - for vascular support, 2:31, 65
 - as warming stimulant, 3:21t
 - for warts, 1:200
 - for wound healing, 1:181, 182
- curcumin
- for bone density, 5:125
 - chemopreventive effects, 3:157
 - for COPD, 2:148
 - in *Curcuma longa*, 5:195
- for diarrhea, 1:55
- for emphysema, 2:136, 138
 - for fatty liver, 1:96
 - formulas containing, 2:138; 5:121
 - for hemochromatosis, 2:71
 - for hepatitis, 1:93
 - for hepatocellular carcinoma, 1:101
 - inclusion in FDA's category 1 list, 5:4
 - for leaky gut syndrome, 1:79
 - for liver support, 1:97, 102
 - for pain, 4:156
 - for pancreatic diseases, 1:68
 - for prostate cancer, 1:147
 - specific indications, 4:78
- curcuminoids, 1:102; 3:155; 4:207
- curly dock (*Rumex crispus*), 4:24t
- currant. *See Ribes* spp.
- curry plant. *See Helichrysum* spp. (curry plant)
- Cuscuta reflexa* (dodder), 1:218; 3:162
- Cushing's syndrome
- Epimedium grandiflorum* for, 3:57
 - formulas for, 3:52–54
 - Ganoderma lucidum* for, 3:58
 - Glycyrrhiza glabra* for, 3:53
 - overview, 3:46, 52
- cyclic adenosine monophosphate (cAMP), 5:135
- cyclic mastalgia. *See* breast tenderness
- cyclooxygenase-2 (COX-2), 1:41, 65
- cyclopamine, 4:191
- cyclosporine, for autoimmune disorders, 5:65
- Cymbopogon citratus* (lemongrass), 3:80t; 5:77
- Cynara scolymus* (artichoke)
- cholagogue action, 1:98
 - for eye conditions, 5:147
 - formulas containing, 1:96; 2:80
 - for lipid health, 2:33; 3:82
 - for liver support, 1:92
 - specific indications, 1:84, 104; 2:94; 3:93, 168–69
 - for varicosities, 2:74
- Cyperus esculentus* (nutgrass, yellow nutgrass), 4:142
- Cyperus rotundus* (nutgrass, tigernut)
- for depression and anxiety, 4:101t, 103t, 105, 106
 - formulas containing, 4:105, 106
 - for liver support, 1:90
 - specific indications, 4:142
- Tigernut Horchata with, 4:107, 142
- for vascular reactivity, 5:61
- cysteine
- for heavy metal neuropathy, 4:50, 51
 - for peripheral neuropathy, 4:43
- cystic fibrosis
- Croton lechleri* for, 2:162
 - formulas for, 2:134–35
 - Origanum vulgare* for, 2:174
- cystitis
- Achillea millefolium* for, 1:156
 - Agathosma betulina* for, 1:156

Allium spp. for, 1:156

- Andrographis paniculata* for, 1:157
 - Arctostaphylos uva ursi* for, 1:157
 - Berberis aquifolium* for, 3:167
 - Calendula officinalis* for, 1:158
 - Cantharis vesicatoria* for, 1:159
 - Centella asiatica* for, 1:159
 - Elymus repens* for, 1:160
 - Equisetum* spp. for, 1:160
 - formulas for, 1:112–18; 4:167, 196, 199
 - herbs for, 1:116
 - Hypericum perforatum* for, 1:162
 - interstitial vs. bacterial, 1:109, 112
 - Piper cubeba* for, 1:164
 - Piper methysticum* for, 1:164
 - Scutellaria lateriflora* for, 1:165
 - Thuja* spp. for, 3:178
 - Vaccinium macrocarpon* for, 1:166
- cytisine, 4:134–35
- Cytisus laburnum*. *See Laburnum anagyroides* (laburnum, golden chain)
- Cytisus scoparius* (Scotch broom), 1:112; 2:56, 94
- cytokine storms, 4:48, 70
- cytotoxic immune response, 5:29

D

- dacryocystitis, 5:153
- daidzein
- breast cancer and, 3:158
 - hormonal and metabolic benefits, 3:156
 - immunomodulating qualities, 1:78
 - in *Medicago sativa*, 3:87
 - for withdrawal symptoms, 4:150
- daidzin, 4:150
- Dairy-Free Isoflavone Bean Chowder, 3:160
- damask rose (*Rosa damascena*), 3:134; 4:102, 103t
- damiana. *See Turnera diffusa* (damiana)
- damp constitutions
- cold formula for, 5:170
 - dietary recommendations, 5:169
- dampness
- Clerodendron serratum* for, 2:161
 - Desmodium styracifolium* for, 2:94
 - formula for, 2:58
 - Pinellia ternata* for, 2:176
 - Poria cocos* for, 2:101
 - Schisandra chinensis* for, 2:103
- dandelion. *See Taraxacum officinale* (dandelion)
- dang shen. *See Codonopsis pilosula* (dang shen)
- dan shen. *See Salvia miltiorrhiza* (dan shen, red sage)
- dan zhu ye gen (*Lophatherum gracile*), 2:170
- Datura stramonium* (jimsonweed, devil's snare)
- for epilepsy and seizure disorders, 4:68
 - for motion sickness, 5:167
 - for Parkinson's disease, 4:60
 - specific indications, 2:163
 - transdermal delivery of, 2:109
 - tropine alkaloids from, 2:152

- Daucus carota* (wild carrot)
 formulas containing
 dermatitis, 1:186
 pigmentation disorders, 1:226
 psoriasis, 1:210
 for hypertension, 2:46
 for musculoskeletal trauma, 5:98
 photosensitizing qualities, 1:225
 for prostatitis, 1:151
 specific indications, 1:241
 for vascular support, 2:29
 daylily (*Emerocallis citrina*), 4:92
 deadly nightshade. *See Atropa belladonna*
 (belladonna, deadly nightshade)
 deadly quartet, 3:65
 debility
Avena sativa for, 3:55, 90, 166
Chionanthus virginicus for, 3:91
 formulas for, 3:49
Glycyrrhiza glabra for, 3:58, 94
Panax ginseng for, 3:61, 96
 decoctions, defined, 1:20; 2:22; 3:23; 4:25; 5:25
 deep vein thrombosis (DVT), 2:73, 80
 dehydroepiandrosterone (DHEA), 3:135
 dehydrogenase enzymes, for hormonal cancers,
 3:155
 delirium tremens, formulas for, 4:71, 132
 delusional disorders, 4:122
See also schizophrenia
 dementia
Bacopa monnieri for, 4:56, 56
Borago officinalis for, 4:76
Celastrus paniculatus for, 4:141
Coleus forskohlii for, 4:78
Crocus sativus for, 4:78
Cullen corylifolium for, 4:141
Cyperus rotundus for, 4:142
 for dementia, 4:52
Erigeron breviscapus for, 4:79
 formulas for, 4:55–59
 galantamine for, 4:52, 79
Ganoderma lucidum for, 4:79
Gastrodia elata for, 4:79
Huperzia serrata for, 4:81
Lavandula angustifolia for, 4:144
Ligusticum striatum for, 4:145
Matricaria chamomilla for, 4:82
Melissa officinalis for, 4:83
 nutrients for, 4:29
 overview, 4:52–55
Rosmarinus officinalis for, 4:214
Salvia officinalis for, 4:86
Vinca minor for, 4:52–53, 59, 59
Withania somnifera for, 4:88
See also Alzheimer's disease; vascular dementia
 Demodex mites, 1:204, 207, 242; 5:154
 demulcents
 for allergies, 5:34
Aloe vera as, 5:192
 for bloody diarrhea, 1:32
 for bursitis and tendinitis, 5:102
 for cooling and calming mucosal tissues, 1:13
 cooling remedies, 1:19t; 2:21t; 3:21t; 4:24t;
 5:23, 24t
 for diarrhea, 1:51, 52
 for dry mouth, 5:185
 for eye injuries, 5:154
 for gastroenteritis, 1:59, 60
 gastrointestinal formula basics, 1:24
 for GERD, 1:39
 for oral lesions, 5:51
 for overactive bladder, 1:129
 for prostatitis, 1:151
 for throat pain, 5:190, 191
 for ulcers, 1:62
Ulmus rubra as, 5:142, 202
 demyelinating polyneuropathies, 4:48, 49
 demyelination-related neuropathy, 4:34
 dental caries, 5:175, 176
 dental conditions
Atropa belladonna for, 5:193
Azadirachta indica for, 5:193
Camellia sinensis for, 5:194
Commiphora myrrha for, 5:195
 formulas for, 5:175–77
Lycopodium spp. for, 5:198
 overview, 5:174–75
Sanguinaria canadensis for, 5:201
Spilanthes acmella for, 5:202
Syzygium aromaticum for, 5:202
 dental health, significance of, 5:146
 dental materials, oral allergic reactivity to,
 5:49–50
 dental pain
Chelidonium majus for, 4:206
Cinnamomum verum for, 5:87
Conium maculatum for, 4:207
 formulas for, 4:177
Gelsemium sempervirens for, 4:209
 herbal therapies for, 5:177
Humulus lupulus for, 4:210
Matricaria chamomilla for, 5:198
Mentha piperita for, 5:199
Spilanthes acmella for, 5:141, 202
Syzygium aromaticum for, 4:215; 5:202
 therapies for, 5:177
Veratrum album for, 5:203
 dental procedures
Commiphora myrrha for, 5:195
 herbal medicine for, 5:146, 177
 herbal therapies for, 5:177
Hypericum perforatum for, 5:198
 deodar cedar (*Cedrus deodara*), 5:31t
 depersonalization disorder, 4:108
 depression
Hypericum perforatum for, 3:2, 171
Melissa officinalis for, 3:60, 173
Rhodiola rosea for, 3:61
Verbena spp. for, 3:179
Vitex agnus-castus for, 3:63
 depression and anxiety, 4:90–107
Actaea racemosa for, 4:92, 96, 101t
Albizia julibrissin for, 4:139
 botanical nervines, 4:91
Bupleurum falcatum for, 4:140
Celastrus paniculatus for, 4:141
Crocus sativus for, 4:78, 141
Cullen corylifolium for, 4:142
Curcuma longa for, 4:95, 103t, 142
 dual diagnosis, 4:3
Eschscholzia californica for, 4:94, 142
 formulas for, 4:96–107
Ginkgo biloba for, 4:92
 herbal specifics for, 4:101, 103, 103t
 herbs that increase deficient adrenergic tone,
 4:94–95
Hypericum perforatum for, 4:91–92, 93, 143
 increasing use of psychiatric medications
 for, 4:2
Lavandula angustifolia for, 4:144, 210
Leonurus cardiaca for, 4:144
Lepidium meyenii for, 4:145
Ligusticum striatum for, 4:145
Melissa officinalis for, 4:82, 146
 monoamine hypothesis, 4:3
Nelumbo nucifera for, 4:147
Nepeta cataria for anxiety in children, 4:104
Ocimum tenuiflorum for, 4:148
 overview, 4:90–96
Panax ginseng for, 4:148
Passiflora incarnata for, 4:92, 97
Perilla frutescens for, 4:148
Piper methysticum for, 4:85
Poria cocos for, 4:149
 potential ayahuasca benefits, 4:138
Psilocybe cubensis for, 4:149
 psilocybin for, 4:5
Salvia miltiorrhiza for, 4:151
Schisandra chinensis for, 4:151
 serotonin-promoting botanical agents, 4:92
 working with anxious patients, 4:99
Ziziphus jujuba for, 4:152
 dermal pain. *See* skin pain
 dermatitis
 allergic, 1:188, 240, 242, 245
Ammi visnaga for, 1:238
Angelica sinensis for, 1:183, 184, 192, 238
Apium graveolens for, 1:238; 5:86
Astragalus membranaceus for, 5:86
Avena sativa for, 5:86
Cnidium monnieri for, 5:87
Cnidium officinale for, 1:240
Coleus forskohlii for, 1:240; 5:88
 dry, 1:189
Foeniculum vulgare for, 1:242; 5:90
 formulas for, 1:183–192
Fucus vesiculosus for, 5:90
Ginkgo biloba for, 5:90
Glycyrrhiza glabra for, 1:243
Grindelia squarrosa for, 5:91

dermatitis (continued)

- Hamamelis virginiana* for, 5:91
 herbs for, 1:188, 189
Lavandula angustifolia for, 1:244
Matricaria chamomilla for, 1:245; 5:92
 neurodermatitis, 1:192, 248, 249
 overview, 1:183
 perioral, 1:190
Picrorhiza kurroa for, 1:246; 5:93
 from poison ivy/oak, 1:203
 protocol options, 1:188
Rehmannia glutinosa for, 5:93
Scrophularia nodosa for, 1:247
Scutellaria baicalensis for, 5:93
 seborrheic, 1:190
Stillingia sylvatica for, 1:248; 5:94
Tanacetum parthenium for, 1:248; 5:94
 wet, 1:188
 See also atopic dermatitis; contact dermatitis
- dermatitis herpetiformis, 1:191
- dermatologic conditions
 herbal specifics for skin presentations, 1:171t
 listing of formula types, 1:169
 overview, 1:169–170
 See also specific conditions; specific formula types
- dermatomyositis, formulas for, 5:70–71
- dermography, 5:34
- desensitization therapy, 5:29–30
- Desmodium adscendens*, 5:33t
- Desmodium styracifolium* (desmodium), 2:94
- detoxification
 chemopreventive naturally occurring molecules, 3:157
 for environmental toxins exposure, 3:67
Equisetum arvense potential benefits, 3:93–94
 radish glucosinolates for, 3:158, 176
- detrusor hypersensitivity. See overactive bladder
- devil's claw. See *Harpagophytum procumbens* (devil's claw)
- devil's club. See *Oplopanax horridus* (devil's club)
- devil's snare. See *Datura stramonium* (jimsonweed, devil's snare)
- DHEA (dehydroepiandrosterone), 3:135, 151, 152
- DHLA (dihomo-g-linolenic acid), 4:76
- DHT (dihydrotestosterone), 3:161–62
- diabetes
Allium sativum for, 3:90
Andrographis paniculata for, 2:158; 3:90
Angelica sinensis for, 3:90
Astragalus membranaceus for, 3:166
Borago officinalis for, 2:91
Bupleurum falcatum for, 3:91
Butea monosperma for, 4:205
 cataract prevention with, 5:152
Ceanothus americanus for, 2:92; 3:91, 167
Ceratonia siliqua for, 3:91
Chionanthus virginicus for, 3:91
Cinnamomum spp. for, 2:92
Coleus forskohlii for, 3:167
Commiphora mukul for, 1:83; 2:93; 3:56
 connection to skin disorders, 1:170
Coptis chinensis for, 2:93
Coptis trifolia for, 3:92
Curcuma longa for, 1:83, 104; 2:94; 3:93, 168
Cynara scolymus for, 3:93, 169
 dietary considerations, 3:66–67, 76
 digestive pain associated with, 1:26
 Dr. Stansbury's General Alterative Tea for, 1:27
Echinacea spp. for, 3:93
Equisetum arvense for, 3:93
Foeniculum vulgare for, 3:94
 formulas for, 3:68–76
Fucus vesiculosus for, 5:90
Galega officinalis for, 3:94
Ganoderma lucidum for, 5:90
 gingivitis from, 5:185
Gymnema sylvestre for, 2:96; 3:95
Hibiscus sabdariffa for, 2:96; 3:95
Hypericum perforatum for, 2:97
 impotence with, 2:87
 infections associated with, 1:116, 197; 3:71
 legume family herbs for, 3:70
 medicinal foods for, 3:66, 76–89
Melilotus suaveolens for, 2:172
Momordica charantia for, 3:96
Nigella sativa for, 3:96
Oplopanax horridus for, 2:99
Opuntia spp. for, 3:96
 overview, 3:65–66, 68–70
Panax ginseng for, 2:100; 3:96
 as part of the deadly quartet, 3:65
 poor circulation with, 2:58
Pterocarpus marsupium for, 3:97
Pueraria montana var. *lobata* for, 3:176
Punica granatum for, 3:97
Raphanus spp. for, 3:176
Rheum palmatum for, 2:102
Salvia miltiorrhiza for, 3:62, 97
Smilax ornata for, 3:177
 stasis ulcers with, 2:59, 60
Stevia rebaudiana for, 2:104; 3:98
Syzygium spp. for, 2:104; 3:98, 99
Tamarindus indica for, 3:99
Tribulus terrestris for, 3:178
Trigonella foenum-graecum for, 3:99, 179
Uncaria spp. for, 4:216
Vaccinium myrtillus for, 3:99
Zingiber officinale for, 3:99–100
- diabetic nephropathy
Angelica sinensis for, 1:135, 157; 3:90
 formula for, 3:73
Ginkgo biloba for, 1:161; 3:58, 94
 herbs for, 1:153
- diabetic neuropathy
Angelica sinensis for, 3:90
Citrullus colocynthis for, 4:206
Dioscorea villosa for, 4:207
 formula for, 3:73
Ginkgo biloba for, 3:58, 94
 herbs for, 4:34
Momordica charantia for, 4:211
 diabetic peripheral neuropathy
Cannabis sativa for, 4:205
 formula for, 4:44
Vaccinium myrtillus for, 4:87
 See also peripheral neuropathy
- diabetic polyuria, 1:157, 158
- diabetic retinopathy
Allium sativum for, 5:192
Angelica sinensis for, 3:90; 5:192
Coleus forskohlii for, 3:167
Crataegus spp. for, 5:195
 formula for, 3:71; 5:157
Ginkgo biloba for, 3:58, 94; 5:197
 overview, 5:156
Vaccinium myrtillus for, 3:99; 5:203
- diabetic ulcerations
Echinacea spp. for, 3:93
Equisetum arvense for, 3:93
 formula for, 3:74
- diallyl sulfides, 1:122, 156; 3:157
- diaphoretics
Asclepius tuberosa as, 2:159
Collinsonia canadensis as, 2:162
Eupatorium perfoliatum as, 2:165
Inula helenium as, 2:168
Lycopus virginicus as, 2:170
Marrubium vulgare as, 2:171
Polygala spp. as, 2:177
Sambucus canadensis as, 2:179
 warming stimulants, 1:19t; 2:21t; 3:21t; 4:23t; 5:23t
- diarrhea
Agrimonia eupatoria for, 4:203
 allergic, 1:33
 causes of, 1:51
 explosive, 1:24, 56
 formulas for, 1:32, 51–58; 5:37
Iris versicolor for, 1:104, 244
Leptandra virginica for, 1:104
Matricaria chamomilla for, 1:86; 5:92
Mitragyna speciosa for, 4:146
 mucousy, 1:32, 81
Punica granatum for, 5:200
Quercus spp. for, 1:87
Rheum palmatum for, 1:105
 ruling out food allergies and intolerances, 1:24
Rumex crispus for, 1:105
 as symptom of healing crises, 1:8
Terminalia spp. for, 1:106
 types of, 1:52
Zingiber officinale for, 1:88
 See also traveler's diarrhea
- Dicoumarol, 2:79
- dietary fat. See fat, dietary
- dietary recommendations
 for allergies, 5:28–29
 for arthritis, 5:114–15

- dietary recommendations (*continued*)
 for attention deficit hyperactivity disorder, 4:117, 119
 berry-based beverages, 5:157
 for epilepsy and seizure disorders, 4:68, 69
 for gout, 5:122
 for metabolic conditions, 3:66–67, 76
 for multiple sclerosis, 5:82
 observing the diet, 3:11
 for oral leukoplakia, 5:187
 for otitis media, 5:159
 polyunsaturated fatty acids included
 in diet, 4:119
 for reproductive endocrine conditions, 3:103
 for respiratory allergies, 5:40, 42
 for schizophrenia, 4:124, 125
 See also ketogenic diet
- digestion**
Arctium lappa for, 5:133
Berberis aquifolium for, 5:134, 194
Coptis trifolia for, 5:195
Eleutherococcus senticosus for, 5:196
Humulus lupulus for, 5:197
Juglans cinera for, 5:198
Momordica charantia for, 5:199
 optimizing, for osteoporosis support, 5:129
Rheum officinale for, 5:140
Rumex crispus for, 5:140
Sanguinaria canadensis for, 5:201
Silybum marianum for, 5:201
Smilax ornata for, 5:94
Taraxacum officinale for, 5:202
Zanthoxylum clava-herculis for, 5:203
Zingiber officinale for, 5:203
- digestion, poor**
Aesculus hippocastanum for, 1:81, 101
 alteratives for, 1:26
Bupleurum falcatum for, 3:55
Capsicum annuum for, 1:159
Chelidonium majus for, 1:82, 103
Chenopodium ambrosioides for, 1:83
Chionanthus virginicus for, 1:83, 103
Cinchona officinalis for, 1:83
Coptis trifolia for, 3:92, 168
Curcuma longa for, 1:104
Dioscorea villosa for, 1:84, 104; 3:169
Echinacea spp. for, 1:241
Gentiana lutea for, 1:84, 104
Iris versicolor for, 1:104
Matricaria chamomilla for, 3:173
Momordica charantia for, 3:96
Podophyllum peltatum for, 1:105, 164
Quercus spp. for, 1:87
Rumex acetosella for, 1:87
Smilax ornata for, 1:88, 248; 3:62, 177
Zingiber officinale for, 3:63, 99
 See also malabsorption
- digestive colic**
Gentiana lutea for, 1:243
Mentha piperita for, 1:105
- Podophyllum peltatum* for, 1:105
- digestive disorders**
Aloe vera for, 1:81
Avena sativa for, 1:82, 239
Berberis aquifolium for, 1:105
Chionanthus virginicus for, 1:103
Commiphora mukul for, 1:83
Dioscorea villosa for, 1:84, 104
Eleutherococcus senticosus for, 1:84, 242
 herbs for, 1:26
Matricaria chamomilla for, 1:86
Mentha piperita for, 1:105
Morella cerifera for, 1:105
Origanum vulgare for, 1:86
Populus tremuloides for, 1:164
Scrophularia nodosa for, 1:88
Silybum marianum for, 1:106
Terminalia spp. for, 1:106
Ulmus spp. for, 1:88
 See also gastrointestinal disorders
- digestive enzymes**, 1:28, 79
- digestive insufficiency**
Artemisia absinthium for, 1:81
Artemisia vulgaris for, 1:81
Iris versicolor for, 1:85
Rheum palmatum for, 1:87
Rumex crispus for, 1:87, 105, 247
Zanthoxylum clava-herculis for, 1:88
- digestive pain**
Achillea millefolium for, 4:201
Curcuma longa for, 4:207
Dioscorea villosa for, 4:207
 formulas for, 4:197–98
Harpagophytum procumbens for, 4:209
 herbal therapies for, 4:166t, 197t
Humulus lupulus for, 4:209, 210
Matricaria chamomilla for, 4:211
- digestive secretions**
Artemisia annua for, 1:102
Artemisia vulgaris for, 1:102
Rheum palmatum for, 1:87
Syzygium aromaticum for, 1:88
- digestive stimulants**, 1:25, 51, 88
- Digestive Vinegar**, 1:74
- Digitalis purpurea* (foxglove), 2:49
 for altered breath sounds, 2:118
 for arrhythmias, 2:56
 cardiac glycosides from, 2:49
 for congestive heart failure, 2:48t, 50
 for cor pulmonale, 2:155
 formulas containing, 2:126
 for pain, 4:166t
 perfusion-enhancing diuretic qualities, 1:109
 for renal failure, 1:154t
 safety concerns, 1:18; 2:20, 94; 3:20; 4:22; 5:22
 specific indications, 2:94, 163
- digoxin, 2:49, 94
- di huang. See *Rehmannia glutinosa* (di huang, Chinese foxglove)
- dihydroergotamine, for headaches, 4:162
- dihydrotestosterone (DHT), 3:161–62
- diindolymethane (DIM), 3:158
- dill (*Anethum graveolens*), 2:29
- DIM (diindolymethane) supplements, 1:134, 200
- dimercaptosuccinic acid (DMSA), 4:50, 51
- dimethylsulfoxide (DMSO), 1:122, 123; 5:104, 117
- dimethyltryptamine (DMT)
 in *Mucuna pruriens*, 4:62
 in *Psychotria viridis*, 4:137
 therapeutic uses, 4:5
- diminished breath sounds, herbs for, 2:118
- Dioscorea* spp.
 formulas containing, 4:194
 neuroprotective effects, 4:30
 for pain, 4:171t
- Dioscorea oppositifolia* (wild yam), 5:80
- Dioscorea rotunda* (wild yam), 1:34
- Dioscorea villosa* (wild yam), 3:121
 antispasmodic qualities, 1:11, 25, 91, 135, 160; 2:13; 3:13; 4:16; 5:16, 109
 for biliary pain, 1:100t
 carminative qualities, 1:31
 for cramping pain in the bladder, 1:124
 creams from, 3:121
 for digestive pain, 4:197t
 formulas containing
 biliary colic and pain, 1:99; 4:198
 cholelithiasis, 1:98
 diarrhea, 1:56
 dyspepsia, 1:28
 endometriosis, 3:149
 inflammatory bowel diseases, 1:34
 intestinal spasms, 4:197
 irritable bowel syndrome, 1:31, 33
 menstrual cramps, 3:124
 menstrual nausea, 3:120
 miscarriage, 3:132, 133
 muscle pain, 4:186
 pancreatitis, 1:69, 70
 for liver support, 1:90
 for menorrhagia, 3:118
 for muscle pain, 4:183t
 for overactive bladder, 1:129
 for pain, 4:154, 166t, 170t, 171t
 specific indications, 1:84, 104, 160; 3:169; 4:207–8; 5:136
 for tongue conditions, 5:178t
 for urinary colic, 1:138t
 as uterine sedative, 3:124
 for varicosities, 2:74
- diosgenin, 3:121, 157
- Director herbs. See base herbs
- dissociative disorders, 4:108
- distension**
Carum carvi for, 1:82
 herbs for, 4:170t
Pimpinella anisum for, 1:86
Syzygium aromaticum for, 1:88
- dita wood (*Alstonia scholaris*), 2:108t, 157
- dittander (*Lepidium latifolium*), 2:98

- dittany of Crete (*Origanum dictamnus*), 4:67
- diuretics
Arctostaphylos uva ursi, 1:157
 for congestive heart failure, 2:48t
 cooling remedies, 1:19t; 2:21t; 3:21t; 4:24t; 5:24t
 formulas for, 1:110–12
 for hypertension, 2:44
Taraxacum officinale, 1:166
 types of, 1:109–10
Urtica spp., 1:166
Zea mays, 1:167
- diuretics, pharmaceutical, 2:47
- diverticulitis and diverticulosis, 1:71–72
- Divided Legacy* (Coulter), 5:2
- diviner's sage. *See* *Salvia divinorum* (diviner's sage)
- dizziness
Apium graveolens for, 2:90
Conium maculatum for, 4:184
Gastrodia elata for, 4:79
Polygonum cuspidatum for, 2:101
Reynoutria multiflora for, 2:102
- DMAE (dimethylaminoethanol), 4:54
- DMSA (dimercaptosuccinic acid), 4:50, 51
- DMSO (dimethylsulfoxide), 1:122, 123; 5:104, 117
- DMT. *See* dimethyltryptamine (DMT)
- dogbane. *See* *Apocynum cannabinum* (dogbane)
- dog rose. *See* *Rosa canina* (dog rose)
- dong quai. *See* *Angelica sinensis* (dong quai)
- donkey rhubarb. *See* *Polygonum cuspidatum* (Japanese knotweed)
- dopamine
Actaea racemosa effects, 4:139
 attention deficit hyperactivity disorder and, 4:117
 levodopa converted to, 4:62
 restless legs syndrome association with abnormal levels of, 4:32
- dopamine agonists
 for drug addiction, 4:131
 for headaches, 4:159
- dopamine antagonists, 1:35, 76; 4:123
- dopamine deficiency, 4:131
- dopamine hypothesis, 4:131
- dopaminergic hypothesis, 4:117
- dormilona (*Mimosa pudica*), 4:31, 53
- dosages
 acute vs. chronic formulas, 1:5; 2:7; 3:8; 4:9; 5:9
 toxic herbs, 1:5, 18; 2:7, 20; 3:8, 20; 4:9, 22–23; 5:9, 22–23
 for various herbal preparation types, 1:20–21; 2:23; 3:23; 4:25–26; 5:25, 26
- doshas system, in Ayurveda, 1:12; 2:14; 3:14; 4:17; 5:17
- douches
 for human papillomavirus, 3:114
 for vaginitis, 3:105, 106–7
- doughy skin
Ceanothus americanus for, 1:240
Commiphora mukul for, 1:241
 formula for, 1:233
Quercus spp. for, 1:247
- Dracocephalum rupestre* (dragon's head), 2:163
- dragon's blood. *See* *Croton lechleri* (dragon's blood)
- dragon's head. *See* *Dracocephalum rupestre* (dragon's head)
- Dravet syndrome, 4:65, 68, 70, 205
- Drimia maritima* (sea squill), 2:48t, 105
- Drosera rotundifolia* (sundew)
 for coughs, 2:117
 formulas containing, 2:120, 146
 for pain, 4:171t
 specific indications, 2:163
 for throat pain, 5:190, 191t
- Dr. Stansbury's General Alterative Tea, 1:26–27
- drug addiction
Corydalis cava for, 4:141
Cyperus spp. for, 4:142
 dopamine hypothesis, 4:131
 formulas for, 4:130–36
Lobelia inflata for, 4:145
Mitragyna speciosa for, 4:146, 147
Nelumbo nucifera for, 4:147
Nymphaea nouchali var. *caerulea* for, 4:148
 overview, 4:127–130
See also withdrawal symptoms
- dry eyes
Calendula officinalis for, 5:194
Curcuma longa for, 5:195
Iris versicolor for, 5:198
Panax ginseng for, 5:200
Pilocarpus jaborandi for, 1:246; 5:200
 from Sjögren's syndrome, 5:68
 therapies for, 5:150
- drying agents, for mucous production, 2:133
- Drymaria cordata* (tropical chickweed), 5:31t
- dry mouth
Atropa belladonna for, 5:193
 formulas for, 5:185–86
Glycyrrhiza glabra for, 5:197
Iris versicolor for, 5:198
Lycopodium spp. for, 5:198
Pilocarpus jaborandi for, 1:246; 5:200
Sanguinaria canadensis for, 5:201
Spilanthes acmella for, 5:202
Syzygium aromaticum for, 1:248
Zanthoxylum clava-herculis for, 5:143
- Dryobalanops sumatrensis* (camphor tree, Borneo camphor), 5:80
- dry skin
 atopic dermatitis associated with, 5:34–35
Avena sativa for, 5:86
Fucus vesiculosus for, 5:90
Linum usitatissimum for, 5:91
- dual diagnosis, 4:3
- duan e huang lian (*Coptis chinensis*), 4:30
- Duke, James, 3:80
- Dupuytren's contracture, 5:103, 105
- dusty miller (*Jacobaea maritima*), 5:152
- du xing cai (*Lepidium apetalum*), 2:153
- DVT (deep vein thrombosis), 2:73, 80
- dwarf lilyturf. *See* *Ophiopogon japonicus* (mai men dong)
- dysbiosis
Berberis aquifolium for, 1:85, 105
Clostridium difficile infections associated with, 1:61
 digestive pain associated with, 1:26
 herbs for, 1:54
Hydrastis canadensis for, 1:85
Origanum vulgare for, 1:86
- dysfunctional uterine bleeding (DUB)
 definition of, 3:115
 formula for, 3:116–17
Lycopus virginicus for, 3:172
 organic lesions vs., 3:117
Vitex agnus-castus for, 3:117, 180
- dysmenorrhea. *See* menstrual cramps; menstrual pain
- dyspareunia (painful intercourse)
Berberis aquifolium for, 3:167
 lubricant for, 3:151, 153
 suppository for, 3:107
- dyspepsia
Arctium lappa for, 1:81
Asclepius tuberosa for, 1:81
Berberis aquifolium for, 1:245
Capsicum annuum for, 1:82; 5:194
Chelone glabra for, 1:83, 103
Cinnamomum cassia for, 5:87
 definition of, 1:28
 formulas for, 1:28–30
Hydrastis canadensis for, 1:85, 104
Matricaria chamomilla for, 1:86; 5:92
Raphanus sativus var. *niger* for, 1:87
Rheum palmatum for, 1:87
 from SIBO, 1:75
Zanthoxylum clava-herculis for, 1:88; 5:203
Zingiber officinale for, 1:88, 106
- dysphagia, formulas for, 1:44
- dyspnea
Aconitum napellus for, 2:156
Ammi visnaga for, 2:157
Angelica sinensis for, 2:158
Aspidosperma quebracho for, 2:159
Cinnamomum camphora for, 2:161
Coleus forskohlii for, 2:177
Ephedra sinica for, 2:163
Euphorbia spp. for, 2:165
 formulas for, 2:124–25; 4:193–94
Hemidesmus indicus for, 2:167
Ligusticum porteri for, 2:169
Lobelia inflata for, 2:98, 170; 4:211
Magnolia officinalis for, 2:171
Mentha piperita for, 4:211
Neopicrorhiza scrophulariiflora for, 2:172

- dyspnea (*continued*)
 overview, 2:124
Phytolacca americana for, 2:176
Selenicereus grandiflorus for, 2:103
Tanacetum parthenium for, 2:182
Terminalia chebula for, 2:182
- dysuria
Apis mellifica venom for, 1:157
Arctium lappa for, 1:157
Armoracia rusticana for, 1:158
Arnica montana for, 1:158
Berberis aquifolium for, 1:163
Conium maculatum for, 1:159
Corydalis spp. for, 1:160
Elymus repens for, 1:160
Equisetum arvense for, 4:208
Eupatorium purpureum for, 1:161; 4:208
 formulas for, 4:196, 199
Galium aparine for, 1:161
Gelsemium sempervirens for, 1:161
Hedeoma pulegioides for, 1:162
 herbs for, 1:116
Hyoscyamus niger for, 4:210
Hypericum perforatum for, 4:143
Petasites hybridus for, 1:163
Petroselinum crispum for, 1:163
Piper cubeba for, 1:164
Piper methysticum for, 1:125, 164; 4:16
Serenoa repens for, 1:165
Solidago spp. for, 1:150
Thuja spp. for, 1:166
Verbascum thapsus for, 4:217
- E**
- ear conditions
Berberis aquifolium for, 5:194
Calendula officinalis for, 5:194
 formulas for, 5:160–62
Gelsemium sempervirens for, 5:197
 overview, 5:145–46, 159–160
See also specific conditions
- ear drops, for otitis media, 5:161
- ear infections. *See* otitis externa; otitis media
- ear lavage, 5:161, 163
- ear pain
 formulas for, 4:174–76
Humulus lupulus for, 4:210
Mentha piperita for, 4:211
 natural remedies for, 4:175t
Ricinus communis for, 4:214
- earwashes, 4:175
- Eastern ukera (*Atractylodes japonica*), 4:61
- East Indian globe thistle (*Sphaeranthus indicus*), 3:162
- Echinacea* spp.
 alterative qualities, 1:27
 antimicrobial qualities, 1:71
 formulas containing
 cirrhosis of the liver, 1:96
 COPD, 2:151
 coughs, 2:119, 123
 frostbite, 1:237
 lymphedema, 2:83
 for heart infections, 2:72
 immunomodulating qualities, 1:78
 lymphatic-enhancing qualities, 1:67
 need for cultural context of, 2:4
 specific indications, 1:84; 5:136
 for stomatitis, 5:179
 for throat pain, 5:191t
- Echinacea angustifolia* (coneflower)
 for dermatologic conditions, 1:171t, 202t
 formulas containing
 acne, 1:201, 202, 203
 appendicitis recovery, 1:68
 autoimmune disorders, 5:67, 122
 bites and stings, 1:172
 colds, 5:170
 corneal ulcers, 5:151
 cystitis, 1:114
 depression and anxiety, 4:99
 diabetes, 3:71
 diverticulitis and diverticulosis, 1:72
 eczema, 1:189
 endocarditis, 2:72
 erythema nodosum, 1:221
 folliculitis, 1:193
 fungal skin infections, 1:195
 gangrene, 1:236
 gastrointestinal hypersensitivity, 5:37
Helicobacter pylori infections, 1:65
 herpes-induced ophthalmia, 5:151
 herpetic neuralgia, 4:40, 41
 nociceptive pain, 4:179
 oral ulcers, 5:184
 orbital cellulitis, 5:148
 otitis media, 5:160
 pancreatitis, 1:69, 70
 peripheral vascular insufficiency, 2:59
 skin infections, 1:176, 177, 179, 180
 ulcerated skin, 1:232
 ulcers, 1:63, 64
 warts, 1:200
 wound healing, 1:182, 183
- for herpetic neuralgia, 4:40
 for itching skin, 1:187
 for painful itching, 4:189t
 for respiratory infections, 2:121
 for skin infections, 1:176, 197
 for skin ulcers, 1:231
 specific indications, 1:241; 2:94, 163; 3:93
 for stasis ulcers, 2:60
 for tongue conditions, 5:178t
 for vascular infections, 2:72
 for vascular pain, 4:200t
 for wound healing, 1:182
- Echinacea pallida* (pale coneflower), 5:136
- Echinacea purpurea* (purple coneflower)
 antimicrobial qualities, 3:21t
 for Behçet's disease, 5:74
 for bursitis and tendinitis, 5:102
 for digestive pain, 1:26
 for eye conditions, 5:147
 formulas containing
 acne rosacea, 1:208
 adrenal disorders, 3:49
 appendicitis recovery, 1:68
 autoimmune disorders, 5:68
 bites and stings, 4:189
 breast conditions, 3:143
 cystitis, 1:114
 depression and anxiety, 4:99
 diabetes, 3:71
 diverticulitis and diverticulosis, 1:72
Helicobacter pylori infections, 1:65
 pancreatitis, 1:69, 70
 phlebitis, 2:81
 reactive arthritis, 5:72
 skin lesions, 5:55t
- for mouth conditions, 5:146
 for otitis media, 5:159
 for painful itching, 4:189t
 for skin ulcers, 1:231
 specific indications, 1:241; 2:94; 3:93; 5:195–96
 for stasis ulcers, 2:60
 for tongue conditions, 5:178t
- Eclectic physicians, 1:120
- Eclectic Wash for Ulcerated Veins, 4:200–201
- Eclipta alba* (bhringraj), 1:89, 104, 218
- Eclipta prostrata* (eclipta, bhringraj, yerba de tago)
 for asthma, 2:144, 163
 for increasing deficient adrenergic tone, 4:95
 for wound healing, 4:192t
- ecosystem, body. *See* terrain
- ecstasy (MDMA), 4:4
- eczema
Achillea millefolium for, 1:238
Alnus serrulata for, 1:238
Ammi visnaga for, 1:238; 5:85
Arctium lappa for, 1:239
Cannabis sativa for, 1:240
Ephedra sinica for, 5:89
Eugenia caryophyllata for, 5:89
 fissures between the digits from, 1:235
 formulas for, 1:184–89
Hippophae rhamnoides for, 1:244
Hypericum perforatum for, 1:244; 5:91
Iris versicolor for, 1:244
 link to seborrhea, 5:29
Matricaria chamomilla for, 1:245
 overview, 1:183
 protocol options, 1:188
Rehmannia glutinosa for, 5:93
Rumex crispus for, 1:247
Smilax ornata for, 1:248; 5:93
Syzygium aromaticum for, 1:248
Taraxacum officinale for, 1:248

edema

Adonis vernalis for, 2:89
Aesculus hippocastanum for, 1:140, 156
Apium graveolens for, 1:157
Apocynum cannabinum for, 2:90
Armoracia rusticana for, 1:158
Convallaria majalis for, 1:160
 formula for, 1:111
Ginkgo biloba for, 2:95
 herbs for, 1:138t, 139, 154
Juniperus communis for, 2:97
Petroselinum crispum for, 2:100
Phytolacca americana for, 2:176
Phytolacca decandra for, 2:100
Polygonum cuspidatum for, 2:101
Quercus robur for, 2:101
Selenicereus grandiflorus for, 2:103
Silybum marianum for, 1:106
Taraxacum officinale for, 2:104, 182
Urginea maritima for, 2:105
Urtica dioica for, 2:105

edematous pain, herbs for, 4:166t

EDTA (ethylenediaminetetraacetic acid), 4:50

EGC (epigallocatechin), 3:74, 91

Elaeocarpus serratus (bhadrasey), 2:108t, 163

elderberry. *See Sambucus* spp.

elderly

cataract prevention for, 5:152
 depression and anxiety formulas, 4:98–99, 102
 insomnia formula, 4:115
 muscle weakness formula, 5:111
 myalgia formula, 5:108
 osteoporosis in, 5:124
 tincture for fractures in, 5:101
 vertigo in, 5:166, 167
See also aging

elecampane. *See Inula helenium* (elecampane)

electrolyte beverages, for athletes, 5:112–13

electrolyte replacement, 1:57–58

Elektaria cardamomum (cardamom)

carminative qualities, 1:31
 formulas containing, 1:33, 42
 for *Helicobacter pylori* infections, 1:43
 in porridge, 1:66
 specific indications, 1:84
 for vascular support, 2:29

Eleutherococcus senticosus (Siberian ginseng,

eleuthero, ciwujia), 3:47
 adaptogenic qualities, 3:49, 53; 4:90, 112
 for adrenal disorders, 3:48, 50; 5:111t
 alterative qualities, 1:27
 for depression and anxiety, 4:95, 103t
 formulas containing
 adrenal disorders, 3:48, 50
 arrhythmias, 2:55
 attention deficit hyperactivity disorder, 4:119
 autoimmune disorders, 5:68
 dissociative disorders, 4:108
 hypertension, 2:44
 hyperventilation, 2:140

menopausal symptoms, 4:100

peripheral neuropathy, 4:47

PTSD, 4:113

sore throat, 5:190

steroids, withdrawal from, 1:188

for herpes-induced ophthalmia, 5:151

for increasing deficient adrenergic tone, 4:95

for insomnia, 1:14; 2:16; 3:16; 4:18, 114; 5:18

for menopausal symptoms, 3:136t, 138t

nervine qualities, 4:91

for panic disorder, 4:109

for reproductive endocrine conditions, 3:102

for schizophrenia, 4:124, 125

for sinusitis, 5:171

specific indications, 1:84, 242; 2:94; 3:57, 93,

169; 5:89, 136–37, 196

tonic effects, 3:21t, 47, 48

eleutherosides, 5:136–37, 196

elimination, poor, 1:26, 87, 105

elimination diets, 1:34; 5:37

Elymus repens (couch grass)

antispasmodic qualities, 1:138t

for benign prostatic hypertrophy, 1:147

diuretic qualities, 1:112

for dysuria, 1:116

for hematuria, 1:115

for pyelonephritis, 1:119

specific indications, 1:160

Embllica officinalis. *See Phyllanthus emblica*

(Indian gooseberry)

emesis routine, for emphysema, 2:136–37

emmenagogues, 3:128

emodin

for ARDS, 2:153

for lung fibrosis, 2:110

for pancreatic diseases, 1:68, 69, 71, 153

in *Rheum palmatum*, 2:178

safety concerns, 1:153, 219

in *Senna* spp., 2:180

specific indications, 4:214

emphysema

Aspidosperma quebracho for, 2:159

Centella asiatica for, 2:161

Equisetum spp. for, 2:164

Euphorbia spp. for, 2:165

formulas for, 2:136–38

Grindelia spp. for, 2:167

emunctories, opening, 1:2, 8, 108, 175

encapsulations. *See* capsules

endocarditis

Adonis vernalis for, 2:89

Calendula officinalis for, 2:91

Castanospermum australe for, 2:92

Coptis chinensis for, 2:93

formulas for, 2:72

Glycyrrhiza glabra for, 2:96

Salvia miltiorrhiza for, 2:102

endocrine conditions, 3:25–63

Addison's disease formulas, 3:50–51

adrenal disorders formulas, 3:46–50

adrenal support for, 3:41

Commiphora mukul benefits, 3:36, 36

common thyroid disorders, 3:26–28

Cushing's syndrome formulas, 3:52–54

dietary seaweed benefits, 3:27, 27

Eleutherococcus senticosus for, 2:94; 3:169

exophthalmia herbal medicines, 3:45

Ganoderma lucidum for, 3:58

ginseng benefits, 3:47, 47

Glycyrrhiza glabra for, 3:53, 53, 170

goiter formulas, 3:32–34

hyperthyroidism formulas, 3:39–45

hypothyroid formulas, 3:34–39

Iris versicolor benefits, 3:33, 33

Leonurus cardiaca for, 2:98; 3:172

Lycopus virginicus (bugleweed), 2:98

mechanisms of action for adrenal

insufficiency, 3:49

Medicago sativa for, 3:173

Melissa officinalis for, 2:99; 3:60, 173

nutrients for optimal thyroid function, 3:30

overview, 3:25

Panax ginseng for, 3:61, 96, 174

rosmarinic acid benefits, 3:43, 43

Smilax ornata for, 3:177

sodium-iodide symporter disruptors, 3:38–39

soy and the thyroid, 3:35, 35

specific herbs for, 3:54–63

Taraxacum officinale for, 3:62

thyroid hormones, 3:25–26

thyroiditis formulas, 3:28–32

thyroid storm, 3:40

thyrotoxic substances, 3:29

Vitex agnus-castus for, 3:63

endocrine disruptors, 3:101, 154

end-of-life depression, *Psilocybe* for, 4:105, 149

endometriosis

Curcuma longa for, 3:168

formulas for, 3:149–150

Glycyrrhiza glabra for, 3:170

link to unopposed estrogen, 3:102

overview, 3:149

Vitex agnus-castus for, 3:180

endothelial inflammation, 2:26, 41

enemas, for respiratory distress, 2:154

energetic considerations

fine-tuning formulas, 1:9, 12–13; 2:14–15; 3:11,

14–16; 4:7, 9, 17–18; 5:7, 9, 16–17, 26, 145–46

hot vs. cold presentations, 5:66–67

Energetic Specific herbs, 3:13

energy dispersants, 1:19t; 2:21t; 3:21t; 4:24t; 5:24t

English lavender. *See Lavandula angustifolia*

(English lavender)

English walnut. *See Juglans regia*

(English walnut)

enteritis, 1:24, 59

See also gastroenteritis

entheogens

potential therapeutic uses, 4:4–6

for substance abuse disorders, 4:137–38

- enuresis
Atropa belladonna for, 1:158
Equisetum spp. for, 1:160
Eschscholzia californica for, 4:142
 formulas for, 1:130–31
Hypericum perforatum for, 1:162; 4:143
Rhus aromatica for, 1:165
Verbascum thapsus for, 1:166
 environmental toxins, 3:67–68
 eosinophilic esophagitis, 1:44, 45
Ephedra spp. (ma huang, Mormon tea), 4:154
Ephedra nevadensis (Mormon tea), 5:89
Ephedra sinica (ma-huang), 2:128
 antiallergic qualities, 2:128; 5:33t
 bronchodilating properties, 2:108t
 for eczema and allergic dermatitis, 1:188
 formulas containing
 allergic airway disorders, 5:46
 allergic rhinosinusitis, 2:130
 conjunctivitis, 5:149
 COPD, 2:153
 diarrhea, 1:58
 hives, 1:185
 migraines, 5:61
 respiratory allergies, 5:40
 vascular reactivity, 5:60
 vascular support, 2:30
 for hay fever, 5:42
 histamine-blocking qualities, 5:32, 32t
 for itching skin, 1:185
 simple tea, from twigs of, 2:128
 specific indications, 2:163–64; 5:89, 196
 ephedrine, 2:163–64; 5:89
 epicatechins, 2:71, 74
 Epidiolex, 4:205
 epigallocatechin (EGC), 3:74, 91, 157
 epilepsy and seizure disorders
 Albizia lebeck for, 2:157
 Apium graveolens for, 4:75–76
 aromatherapy for, 4:66–67
 Atropa belladonna for, 4:76
 bee-venom therapy for, 4:75
 Bupleurum falcatum for, 4:140
 Cannabis sativa for, 4:73, 73, 77, 205
 Carum carvi for, 4:67, 77
 Coleus forskohlii for, 4:78
 Corydalis cava for, 4:78
 encapsulated herbs for, 4:72
 formulas for, 4:71–74
 Ganoderma lucidum for, 4:79
 Jasminum grandiflorum for, 4:81
 Lavandula angustifolia for, 4:144
 Magnolia officinalis for, 4:82
 Matricaria chamomilla for, 4:82
 Melissa officinalis for, 4:83
 Mentha piperita for, 4:83
 Nigella sativa for, 4:84
 nuts, seeds, and oils for, 4:69, 69
 overview, 4:65–70
 Passiflora spp. for, 4:97, 148
 Pimpinella anisum for, 4:84
 Piper methysticum for, 4:85
 Ribes nigrum for, 4:85
 Rosmarinus officinalis for, 4:85
 Scutellaria spp. for, 4:86, 151
 Smilax spp. for, 4:86
 Tilia americana for, 4:87
 Uncaria rhynchophylla for, 4:87
 Viscum album for, 2:106; 4:88
 Withania somnifera for, 4:88
Epimedium spp.
 for cognition, 4:53
 for exophthalmia, 3:45
 formulas containing, 3:42, 43
 for low libido, 3:152
 for neurological conditions, 4:28
Epimedium brevicornu (horny goatweed, yin yang huo, bishop's hat)
 for depression and anxiety, 4:101t
 formulas containing
 COPD, 2:153
 dyspnea, 4:194
 low libido, 3:154
 metastatic bone pain, 4:188
 osteoporosis, 5:127
 for hyperlipidemia, 2:36
 specific indications, 2:95, 164; 3:169; 5:137
Epimedium grandiflorum (horny goatweed)
 for exophthalmia, 3:45
 formulas containing, 4:186
 for hyperlipidemia, 2:36
 for muscle pain, 4:183t
 specific indications, 3:57, 169
Epimedium pubescens (horny goatweed), 1:79, 153, 216; 3:16
Epimedium rotundatum. See *Epimedium brevicornu* (horny goatweed, yin yang huo, bishop's hat)
 epistaxis (nosebleeds), 2:99; 5:174
 Epley's maneuver, 5:166
 Epsom salts
 for arthritis, 5:117
 for bursitis and tendinitis, 5:102, 103
 for carpal tunnel syndrome, 4:48
 formulas containing
 anal fissures, 1:235
 bites and stings, 1:172
 paronychia hand soak, 1:194
 for hemorrhoids, 1:49
 for musculoskeletal trauma, 5:98
 for sciatica, 5:131
 for sulfur content of sprouts, 4:51
 Epstein-Barr virus, role in autoimmune disorders, 5:63, 64
Equisetum spp.
 for altered breath sounds, 2:118
 anti-inflammatory qualities, 5:97
 for arthritis, 5:114, 115
 for bursitis and tendinitis, 5:102
 for carpal tunnel syndrome, 4:42
 for connective tissue support, 5:105
 for contractures, 5:104
 for COPD, 2:148, 150
 for cor pulmonale, 2:155
 diuretic qualities, 1:110, 112; 5:123
 formulas containing
 arthritis, 5:116
 capillary fragility, 2:66
 carpal tunnel syndrome, 4:48
 congestive heart failure, 2:50
 COPD, 2:150
 coughs, 2:120
 emphysema, 2:138
 hemoptysis, 2:126
 hemorrhoids, 2:78
 interstitial cystitis, 1:123
 osteoporosis, 5:128
 otitis media, 5:161, 162
 overactive bladder, 1:130
 peripheral neuropathy, 4:47
 Sjögren's syndrome, 5:69
 stasis ulcers, 2:60
 streptococcal infections, 1:233
 urinary conditions, 1:110
 for heavy metal neuropathy, 4:50
 for interstitial cystitis, 1:126
 for joint and bone health, 5:101
 for malabsorption, 1:73
 minerals in, 5:100t, 112
 mucous-enhancing qualities, 1:64
 for musculoskeletal trauma, 5:96, 98
 for osteoarthritic hand pain, 4:187
 for peripheral neuropathy, 4:43t
 for pyuria, 1:115
 for repair and regeneration, 1:113
 specific indications, 2:95, 164
 for stomatitis, 5:179
 for thick and cloudy urine, 1:139
 with tincture for fracture, 4:184
 for urinary lithiasis, 1:137, 138
 for weak fingernails, 1:236
Equisetum arvense (horsetail), 1:113
 for benign prostatic hypertrophy, 1:147
 for cramping pain in the bladder, 1:124
 for cystitis and pyelonephritis, 1:116
 for dermatologic conditions, 1:170
 for detoxification, 3:67
 for digestive pain, 1:26
 diuretic qualities, 3:21t
 formulas containing
 cardiopulmonary disease, 2:84
 Cushing's syndrome, 3:54
 cystitis, 1:114
 emphysema, 2:138
 hyperthyroidism, 3:42
 interstitial cystitis, 1:124
 osteoporosis, 3:141
 peripheral vascular insufficiency, 2:59
 phlebitis, 2:81
 ulcerated skin, 1:231

- Equisetum arvense* (horsetail) (continued)
 urinary conditions, 1:111, 115
 urinary lithiasis, 1:140
 for hematuria, 1:115
 nourishing qualities, 1:37
 for pelvic inflammatory disease, 3:108
 for pyuria, 1:115
 as restorative, 1:43
 for skin infections, 1:176
 specific indications, 1:84, 160, 242;
 3:57, 93–94
 for wound healing, 1:181
- Equisetum arvense* (horsetail, scouring rush), 5:101
 for autoimmune disorders, 5:65
 for CREST, 5:84
 formulas containing
 arthritis, 5:120
 connective tissue weakness, 5:99
 corneal ulcers, 5:152
 CREST, 5:84
 fibromyalgia, 5:110
 gout, 5:124
 muscle tension, 5:107
 osteoporosis, 5:129
 prostatic pain, 4:199
 skeletal fractures and bone injuries, 5:101
 for hematuria, 5:75
 for joint and bone health, 5:101
 sitz baths with, 4:193
 specific indications, 4:208; 5:137, 196
 for wound healing, 4:192t
- Equisetum giganteum* (cola de gallo), 5:101
- Equisetum hyemale* (horsetail)
 for benign prostatic hypertrophy, 1:147
 for digestive pain, 1:26
 formulas containing
 cardiopulmonary disease, 2:84
 connective tissue weakness, 5:99
 osteoporosis, 3:141
 peripheral vascular insufficiency, 2:59
 urinary lithiasis, 1:140
 for joint and bone health, 5:101
 for neuralgia, 4:34
 nourishing qualities, 1:37
 for pelvic inflammatory disease, 3:108
 as restorative, 1:43
 specific indications, 1:160
 for wound healing, 4:192t
- equol, 5:126
- erectile dysfunction
Cnidium monnieri for, 2:87, 92
 energetic fine-tuning of formulas, 3:15–16
Epimedium spp. for, 2:95; 3:169
 formulas for, 2:87
Fucus vesiculosus for, 2:95; 3:170
Ginkgo biloba for, 3:15, 16, 58, 94, 161
Lepidium meyenii for, 3:96, 163
Medicago sativa for, 3:96
 overview, 3:160–61
- Pausinystalia yohimbe* for, 3:174
Ptychopetalum olacoides for, 3:161, 175
Punica granatum for, 3:97
Tribulus terrestris for, 3:178
Turnera diffusa for, 3:179
- erectile function, 1:142, 162
- ergogenic herbs. *See* performance-enhancing herbs
- ergosterol, 1:35
- ergot alkaloids, for headaches, 4:162
- ergotamine, for headaches, 4:161, 162
- ergot fungus (*Claviceps purpurea*), 4:162
- ergotism (Saint Anthony's fire), 4:162
- Erigeron annuus* (blue fleabane), 4:79
- Erigeron breviscapus* (fleabane)
 for depression, 4:103t
 neuroprotective effects, 4:30
 specific indications, 4:78–79
- Erigeron canadensis* (Canada fleabane, Canadian horseweed), 3:118, 133; 5:174
- Eriodictyon californicum* (yerba santa)
 for bronchitis, 2:131
 for COPD, 2:149t
 formulas containing
 COPD, 2:148
 cystic fibrosis, 2:135
 specific indications, 2:164
- Erodium stephanianum* (Stephan's storkbill, lao guan cao), 5:80
- erysipelas
Calendula officinalis for, 1:239
 formula for, 1:180
Forsythia suspensa for, 1:242
Lobelia inflata for, 1:245
Veratrum viride for, 1:249
- erythema multiforme, 1:219–220, 243, 247
- erythema multiforme, oral. *See* oral erythema multiforme
- erythema nodosum
 herbs for, 4:189t
 therapies for, 1:220–21
- escharotic treatments, 1:200; 3:113, 114–15, 177; 4:215
- Escherichia coli* infections, 1:51, 55, 108, 112, 114
- Eschscholzia californica* (California poppy)
 for depression and anxiety, 4:94, 142
 for epilepsy and seizure disorders, 4:67
 formulas containing
 dyspnea, 2:125
 headaches, 4:165
 hypertension, 2:46
 seizures, 4:72
 vertigo, 5:168
- GABAergic qualities, 4:110
- nervine qualities, 4:91
- for opiate addiction, 4:129, 134
- for pain, 4:171t
- for restless insomnia, 1:15; 2:17; 3:17; 4:20; 5:20
- specific indications, 1:84, 160; 2:95, 164; 3:57, 169; 4:79, 142; 5:137
- for tempering adrenaline surges, 4:109
- for withdrawal symptoms, 4:128–29
- esophageal disorders, formulas for, 1:44–46
- esophagitis, 1:43, 44, 45
- essential fatty acids
 for allergies, 5:28–29, 48
 for atopic dermatitis, 5:35
 for attention deficit hyperactivity disorder, 4:119
 for bowel reactivity, 5:39t
 for cheilosis and cheilitis, 5:183
 for dry eyes, 5:150
 for neurodegenerative disorders, 4:54
 for peripheral neuropathy, 4:43
 plant-based, 5:48, 84
 in seed oils, 2:43
 in Superfood Dressing, 4:57–58
 for withdrawal symptoms, 4:128
- essential hypertension, 2:41
See also hypertension
- essential oils
 for acute infections, 1:53
 in Antifungal House-Cleaning Spray, 5:36
 aromatherapy with, 4:66–67, 72–73
 for arthritis, 5:117
 for bites and stings, 1:170–71
 for dental conditions, 5:175
 for dental procedures, 5:177
 for depression and anxiety, 4:102–4
 for ear pain, 4:176
 for epilepsy and seizure disorders, 4:66–67
 for fungal skin infections, 1:196
 for headaches, 4:165
 for musculoskeletal trauma, 5:98
 nebulized form, 2:137
 in *Perilla frutescens*, 5:45
 photosensitizing agents, 1:225
 for pneumonia, 2:141
 for throat pain, 5:190
 in topical antipruritics, 5:54
 for trigeminal neuralgia, 4:37
 for warts, 1:199
- estrogen
 amphoteric action of phytosterols on, 3:3
 creams for vaginal use, 3:151, 153
 for dementia, 4:55
 heart disease and, 2:40
 proliferative effects on the prostate, 1:142, 147
 role in modulating neurotransmitters, 4:96
 for urinary irritability, 5:58
 vaginal application, 1:118
See also phytoestrogens
- estrogen clearance, 3:103
- estrogen dominance (unopposed estrogen)
Arctium lappa for, 3:166
Cnicus benedictus for, 3:167
 overview, 3:101, 102
Vitex agnus-castus for, 3:180

- estrogen receptors, 1:142–43, 156; 3:102–3, 156–58, 159
- ethylenediaminetetraacetic acid (EDTA), 4:50
- Eucalyptus globulus* (eucalyptus), 2:112
- for altered breath sounds, 2:118
 - for colds, 5:170t
 - for coughs, 2:117
 - for cystitis and pyelonephritis, 1:116
 - for dysuria, 1:116
 - for ear itching, 4:175t
 - for epilepsy and seizure disorders, 4:67
 - formulas containing
 - asthma, 2:146
 - bronchitis, 2:133
 - chest pain, 4:193
 - COPD, 2:151
 - costochondritis, 2:123
 - dyspnea, 2:125
 - emphysema, 2:138
 - laryngitis, 5:191
 - nasal polyps, 5:173
 - neurogenic bladder, 1:127
 - pleurisy, 2:139
 - pneumonia, 2:141
 - respiratory allergies, 5:43
 - sinusitis, 5:172
 - skin infections, 1:178
 - vocal strain, 5:191
 - liniments containing, 2:111
 - for lung conditions, 2:112
 - for nasal polyps, 5:173t
 - nebulized form, 2:137
 - for pain, 4:166t, 170t
 - for peripheral neuropathy, 4:43t
 - for respiratory infections, 2:121, 130
 - for scabies and lice, 1:198
 - for sinusitis, 5:171
 - for skin eruptions, 1:194
 - for skin lesions and cancers, 1:237
 - specific indications, 1:160–61, 242; 2:164–65
 - for thick and cloudy urine, 1:116
 - for throat pain, 5:190
 - for urinary conditions, 1:114
 - for vaginitis, 3:105
 - for wound healing, 4:192t
- Eucommia ulmoides* (Chinese rubber tree, hardy rubber tree), 5:82
- Eugenia caryophyllata* (cloves), 5:89
- eugenol, 4:215, 216
- euodia (*Tetradium ruticarpum*), 4:125
- Euonymus alatus* (burning bush), 1:146; 3:120
- eupafolin, 4:208
- Eupatorium perfoliatum* (boneset, feverweed)
- for colds, 5:170t
 - formulas containing
 - arthritic pain, 4:186
 - hemoptysis, 2:127
 - muscle pain, 5:108
 - Paget's disease, 5:130
 - polymyositis, 5:71
 - skin eruptions, 1:193
 - mast-cell stabilizing effects, 2:144t
 - for myositis conditions, 5:70
 - for skin eruptions, 1:194
 - specific indications, 1:242; 2:165; 4:208; 5:137, 196
 - for tongue conditions, 5:178t
 - for tonsillitis and pharyngitis, 5:188
- Eupatorium purpureum* (gravel root)
- for dysuria, 1:116
 - formulas containing
 - interstitial cystitis, 1:123, 124
 - neurogenic bladder, 1:127
 - pyelonephritis, 1:120
 - renal failure, 1:155
 - urinary conditions, 1:115
 - urinary lithiasis, 1:140
 - for hematuria, 1:115
 - for interstitial cystitis, 1:123
 - for neurogenic bladder, 1:127
 - for pyuria, 1:115
 - specific indications, 1:161; 4:208
 - for thick and cloudy urine, 1:116, 139
 - for urinary conditions, 1:115
- Euphorbia* spp.
- for asthma, 2:144
 - as counterirritant, 2:132
 - formulas containing, 2:147
 - specific indications, 2:165
- Euphrasia officinalis* (eyebright)
- antiallergic qualities, 5:33t
 - for colds, 5:170t
 - for ear pain, 4:175t
 - for eye conditions, 5:147, 147t, 149t
 - for eye pain, 4:174
 - formulas containing
 - allergic rhinosinusitis, 2:128
 - colds, 5:169, 171
 - conjunctivitis, 5:149, 150
 - eye drops, 5:148
 - eye irritation, 5:149
 - Ménière's disease, 5:164
 - nasal polyps, 5:173
 - otitis externa, 5:163
 - otitis media, 5:160, 161
 - respiratory allergies, 5:40, 42, 43, 44
 - sinusitis, 5:172
 - sinus pain, 4:177
 - Sjögren's syndrome, 5:69
 - styes and blepharitis, 5:153
 - upper respiratory infections, 2:119
 - for hay fever, 5:17, 42
 - mast-cell stabilizing effects, 5:32
 - for Ménière's disease, 5:164
 - for nasal polyps, 5:172
 - for oral allergic reactivity, 5:50
 - for otitis externa, 5:162
 - for otitis media, 5:159
 - for respiratory allergies, 5:41
 - for sinusitis, 5:171
 - for skin eruptions, 1:194
 - specific indications, 1:242; 2:165; 5:89–90, 196
- Euphrasia stricta* (eyebright), 3:2
- European cornel (*Cornus mas*), 5:78, 88
- European cranberry bush. *See Viburnum opulus* (crampbark)
- Eurycoma longifolia* (tongkat ali), 3:152, 169
- Euterpe oleracea* (acai berry), 4:50
- evening primrose. *See Oenothera biennis* (evening primrose)
- everlasting (*Helichrysum* spp.), 4:110
- evidence-based medicine, need for cultural competence, 2:4–5
- excessive lactation, formula for, 3:134
- exercise, importance of, 3:67
- exhaustion
- Arnica montana* for, 4:76
 - Astragalus membranaceus* for, 3:166
 - Avena sativa* for, 3:55, 90, 166
 - Capsicum annuum* for, 1:82
 - Chelone glabra* for, 1:103
 - Chionanthus virginicus* for, 3:91
 - chi tonics for, 4:94
 - depression with, herbs for, 4:103t
 - Echinacea* spp. for, 3:93
 - Eleutherococcus senticosus* for, 3:57, 93
 - formulas for, 3:49
 - Glycyrrhiza glabra* for, 3:58, 94; 4:143
 - headaches from, 4:160
 - Panax ginseng* for, 1:86; 3:61, 96; 4:148
 - PTSD with, formula for, 4:111, 113
 - Rhodiola rosea* for, 3:61
 - sample case, 1:14
 - See also* fatigue
- exophthalmia
- formula for, 3:44–45
 - Fucus vesiculosus* for, 3:58, 170
 - Graves' disease-related, 3:40, 44–45, 54, 56, 58, 62
 - herbs for, 3:45, 54
 - Iris versicolor* for, 3:59
- explosive diarrhea, 1:24, 56
- See also* diarrhea
- extracorporeal lithotripsy, 1:138, 157
- exudative diarrhea, 1:52, 53
- See also* diarrhea
- eyebright. *See Euphrasia officinalis* (eyebright)
- eye conditions
- Achillea millefolium* for, 5:192
 - Allium sativum* for, 5:192
 - Aloe vera* for, 5:192
 - Angelica sinensis* for, 5:192
 - Apis mellifica* for, 5:192
 - Arnica montana* for, 5:193
 - Berberis aquifolium* for, 5:194
 - Calendula officinalis* for, 5:194
 - Centella asiatica* for, 5:194
 - Chelidonium majus* in, 5:194
 - Crataegus oxyacantha* for, 5:195
 - Curcuma longa* for, 5:195

eye conditions (continued)

Echinacea purpurea for, 5:196
Ephedra sinica for, 5:196
Equisetum arvense for, 5:196
Euphrasia officinalis for, 5:89–90, 196
Foeniculum vulgare for, 5:90
 formulas for, 5:147–152
Gelsemium sempervirens for, 5:197
Ginkgo biloba for, 5:147, 148, 149t, 197
Glycyrrhiza glabra for, 5:197
Hamamelis virginiana for, 5:197
 herbs for, 5:147, 147t, 149t
Hippophae rhamnoides for, 5:197
Hypericum perforatum for, 5:197–98
Iris versicolor for, 5:198
 link to overall health, 5:146–47
Matricaria chamomilla for, 5:198
 overview, 5:145–46
Panax ginseng for, 5:199–200
Phytolacca americana for, 5:200
Salvia officinalis for, 5:201
Sambucus nigra for, 5:201
Silybum marianum for, 5:201
 supportive therapies for, 5:154
Tanacetum parthenium for, 5:202
Taraxacum officinale for, 5:202
 See also specific conditions

eye drops

for cataracts, 5:152
 formulas for, 5:148, 149, 152, 155
 for glaucoma, 5:156
 for hay fever, 5:42
 for Sjögren's syndrome, 5:69–70

eye lesions, from Behçet's disease, 5:72

eyelid inflammation. See blepharitis

eyelid washes, 5:154–55

eye pain

Anemone pulsatilla for, 4:203
Chelidonium majus for, 4:206
 formulas for, 4:174
Hamamelis virginiana for, 4:209
Ocimum tenuiflorum for, 4:212

eyewashes

Berberis aquifolium in, 5:194
Calendula officinalis in, 5:194
Chelidonium majus in, 5:194
Coptis trifolia in, 5:195
Foeniculum vulgare in, 5:90, 196
 formulas for, 4:174
Hamamelis virginiana in, 5:197
Hydrastis canadensis in, 5:189
Salvia officinalis in, 5:201

F

Facebook, 5:2

facial neuralgia, herbs for, 4:180t

Fagopyrum esculentum (buckwheat), 2:79

Fallopia japonica. See *Polygonum cuspidatum*
 (Japanese knotweed)

false daisy. See *Eclipta alba* (bhringraj)

false hellebore. See *Veratrum viride*
 (false hellebore)

false unicorn (*Chamaelirium luteum*), 3:167

familial hemiplegic migraine, 4:157

familial Mediterranean fever (FMF), 5:73, 88

fang feng (*Saposhnikovia divaricata*), 2:150

fasting, intermittent, 3:66–67

fat, dietary

benefits for atopic dermatitis, 5:34–35

considerations for multiple sclerosis, 5:82

fatigue

Andrographis paniculata for, 3:54; 5:82

Artium lappa for, 1:239

Astragalus membranaceus for, 1:103; 3:166

Avena sativa for, 3:55, 90

blood-building herbs for, 5:77

Camellia sinensis for, 5:87

Eleutherococcus senticosus for, 3:57, 93, 169

formulas for, 3:49

Ganoderma lucidum for, 1:104

Gentiana lutea for, 1:104

Ginkgo biloba for, 5:82

L-carnitine for, 5:82

Panax ginseng for, 3:61; 5:92, 139

Rehmannia glutinosa for, 5:67

Rhodiola rosea for, 3:61, 176; 4:150, 151; 5:140

Schisandra chinensis for, 4:86; 5:112, 141

Smilax ornata for, 1:88, 248; 3:62, 177; 5:94

Turnera diffusa for, 3:179

Withania somnifera for, 3:63; 5:143

See also exhaustion; performance-enhancing herbs

fatty liver, 1:96–97, 101

fava bean (*Vicia faba*), 4:32

Federal Trade Commission (FTC), 5:1

feet, fungal infections of, 1:194–95, 196–97

Fell's paste, 3:177

Felter, Harvey Wickes, 1:156, 161, 162

fennel. See *Foeniculum vulgare* (fennel)

fenugreek. See *Trigonella foenum-graecum*
 (fenugreek)

fertility. See infertility

Ferula gummosa (galbanum), 4:67

ferulic acid, 2:32, 59, 67, 71

fever

Alstonia scholaris for, 2:157

Ardisia japonica for, 2:158

Artemisia annua for, 2:159

Asclepius tuberosa for, 2:159

Atropa belladonna for, 1:239; 5:133

Bupleurum spp. for, 1:103

Cinchona officinalis for, 1:83

Cinnamomum verum for, 5:87

Digitalis purpurea for, 2:163

Ephedra sinica for, 5:89

Eupatorium perfoliatum for, 2:165

Euphorbia spp. for, 2:165

Filipendula ulmaria for, 5:137

formulas for, 1:36

Gelsemium sempervirens for, 4:80

Hemidesmus indicus for, 2:167

Hydrangea macrophylla for, 2:167

Lonicera japonica for, 2:170

Melilotus suaveolens for, 2:171

Morinda citrifolia for, 2:172

Ocimum sanctum for, 2:173

Paeonia spp. for, 1:105

Rheum palmatum for, 2:178

Salix alba for, 1:87; 5:140

as symptom of healing crises, 1:8

Tanacetum parthenium for, 5:94

Tinospora cordifolia for, 2:182

Uncaria spp. for, 4:216

Xanthium cavanillesii for, 2:184

fever, allergic, 5:44

See also hay fever

feverfew. See *Tanacetum parthenium*
 (feverfew)

feverweed. See *Eupatorium perfoliatum*
 (boneset, feverweed)

fiber needs, 3:67

fiber supplements, 1:53, 55, 76

fibrin, 2:73, 80

fibrinolytics

botanicals, 2:73

Desmodium styracifolium as, 2:94

Ginkgo biloba as, 2:69

nattokinase as, 2:80

fibrocystic breast disease, formulas for,
 3:142–43

fibroids, uterine. See uterine fibroids

fibromyalgia

Actaea racemosa for, 3:165; 4:139, 202

Cannabis sativa for, 5:87

formulas for, 3:50; 4:182–83; 5:110

insomnia formulas for, 4:115, 116

overview, 5:110

Piper methysticum for, 3:175; 5:140

fibrosis

Centella asiatica for, 2:62

myocardial, 2:70

Senna spp. for, 2:180

Vaccinium myrtillus for, 2:183

fibrosis of the liver, 1:89, 91

fibrosis of the pancreas, 1:68, 70

figwort. See *Scrophularia nodosa* (figwort)

Filipendula ulmaria (meadowsweet)

for arthritis, 5:114

astringent qualities, 1:54

formulas containing

gastritis and gastroenteritis, 1:62

gastrointestinal bleeding, 1:67

gastrointestinal hypersensitivity, 5:37

osteoarthritis, 5:115

reactive arthritis, 5:72

respiratory allergies, 5:44

urinary tract reactivity, 5:57, 59

for peripheral neuropathy, 4:43t

as restorative, 1:43

specific indications, 1:84; 3:45; 5:137

- fingernails, weak
Avena sativa for, 1:239
Equisetum arvense for, 1:242
 formula for, 1:236
Medicago sativa for, 1:245
Symphytum officinale for, 1:248
Trifolium pratense for, 1:249
- fire cider, 1:37, 74
- fish oils, for dementia, 4:57
- fissures, skin, 1:234–35
- five flavor fruit. *See Schisandra chinensis* (magnolia vine)
- flame of the forest. *See Butea monosperma* (flame of the forest, bastard teak)
- flat thorn (*Arctopus echinatus*), 4:110
- flatulence
Asclepius tuberosa for, 1:81
Capsicum annuum for, 1:82
Dioscorea villosa for, 1:84; 3:169
Elettaria cardamomum for, 1:84
Foeniculum vulgare for, 1:84, 242
Fucus vesiculosus for, 1:242; 3:58
Gentiana lutea for, 1:243
Iris versicolor for, 1:104, 244
Matricaria chamomilla for, 1:86
Mentha spp. for, 1:86
Nepeta cataria for, 1:86
Origanum vulgare for, 1:86, 246
Pimpinella anisum for, 1:86
Rumex crispus for, 1:105
Syzygium aromaticum for, 1:88
Taraxacum officinale for, 1:106
Zingiber officinale for, 1:88, 106
See also gas, intestinal
- flavanones, antiallergic qualities, 5:28
- flavonoid aromatase inhibitors, 1:146
- flavonoids
 for COPD, 2:148
 for epilepsy and seizure disorders, 4:65
 for hemochromatosis, 2:71
 in *Hypericum perforatum*, 5:197
 iron chelation properties, 2:71
 for lipid health, 2:32, 33
 in *Matricaria chamomilla*, 4:146
 for neurological conditions, 4:28
 in *Passiflora incarnata*, 4:97
 in *Perilla frutescens*, 5:45
 in *Punica granatum*, 5:200
 for respiratory allergies, 5:42
 for respiratory conditions, 2:108
 in *Sambucus nigra*, 5:201
 in *Scutellaria baicalensis*, 5:93
 for stomatitis, 5:50
 for vascular support, 2:65, 67
 for vasculature protection, 2:26
 for venous insufficiency, 2:74
- flax. *See Linum usitatissimum* (flax)
- Flax Crax, 3:79
- fleabane. *See Erigeron breviscapus* (fleabane)
- Flexner, Abraham, 5:3
- Flexner Report, 5:3
- Flomax (tamsulosin), 1:136
- flor de Jamaica. *See Hibiscus sabdariffa* (flor de Jamaica, hibiscus, flor de Jamaica)
- Flor de Jamaica Iced Tea, 3:79
- fluid retention. *See* edema
- fluoride
 in *Camellia sinensis*, 5:194
 in *Glycyrrhiza glabra*, 5:175, 176, 197
 in *Momordica charantia*, 5:199
- fluoride supplementation
 concerns with, 5:176
 for Paget's disease, 5:129
- flush response, with acne rosacea, 1:204
- fly agaric mushroom. *See Amanita muscaria* (fly agaric mushroom)
- FMF (familial Mediterranean fever), 5:73, 88
- FODMAP diet, 1:34, 75, 80
- Foeniculum vulgare* (fennel)
 for allergic pain in the gut, 5:39t
 anti-inflammatory actions, 1:62
 antispasmodic qualities, 1:25, 135, 138t
 bronchodilating qualities, 5:62
 carminative qualities, 1:31, 46
 for digestive pain, 4:197t
 diosgenin in, 3:121
 in Dr. Stansbury's General Alterative Tea, 1:27
 essential oil of, 1:41, 53
 formulas containing
 abdominal inflammation, 4:196
 acne rosacea, 1:207
 alopecia, 1:216
 anorexia, 1:36
 asthma, 2:145
 biliary colic and pain, 4:198
 bronchitis, 2:134
 constipation, 1:47, 48
 coughs, 2:117, 119, 120
 depression and anxiety, 4:96
 diarrhea, 1:55, 56, 58
 digestive pain, 4:198
 dyspnea, 2:125
 eczema, dermatitis, and hives, 1:184, 185
 endometriosis, 3:149
 fungal skin infections, 1:195
 gastroparesis, 1:77
 GERD, 1:40, 41, 42
 hepatitis, 1:93
 hirsutism, 1:214
 hot flashes, 3:135
 hyperthyroidism, 3:44
 interstitial cystitis, 1:124
 irritable bowel syndrome, 1:31
 lung pain, 4:195
 menopausal symptoms, 4:100
 menstrual cramps, 3:125
 menstrual nausea, 3:120
 muscle spasms, 4:167
 oral allergic reactivity, 5:186
 oral ulcers, 5:184
 osteoporosis, 3:141
 overactive bladder, 1:130
 pigmentation disorders, 1:226
 polycystic ovarian syndrome, 3:145, 147
 prostate cancer, 3:164
 prostatitis, 1:151
 respiratory allergies, 5:42, 43
 stridor, 2:121
 tea for nursing mothers, 3:134
 ulcers, 1:64, 66
 urinary conditions, 1:110
 in General Carminative Tea, 1:30
 for GERD, 1:39
 for glaucoma, 5:156
 for *Helicobacter pylori* infections, 1:43
 for hypertension, 2:46
 for inflammatory bowel diseases, 1:34
 for migraines, 4:173
 minerals in, 5:100t, 196
 nebulized form, 2:137
 for pain, 4:166t, 170t
 for polycystic ovarian syndrome, 3:145
 in porridge, 1:66
 specific indications, 1:84, 242; 2:165–66; 3:94, 169–170; 4:208; 5:90, 196
 for stomatitis and gingivitis, 5:183
 testosterone-reducing effects, in women, 3:147
 for traveler's diarrhea prevention, 1:53
 as uterine sedative, 3:124
 for vascular support, 2:29
- folate, for schizoprenia support, 4:124
- folic acid, 5:50, 52
- folkloric herbs
 for coughs, 2:114
 for emphysema, 2:137
 for heart failure, 2:50
 for hypertension, 2:44
 for respiratory disorders, 2:121, 129, 131
- folliculitis, 1:192–93, 237, 246
- food allergies and sensitivities
 enuresis associated with, 1:130, 131
 herbs for, 1:33
 muscle pain linked to, 5:105
 otitis media with, 5:160–61
 overview, 5:36
 restorative agents for, 1:43
 ruling out, 1:24
- food poisoning
Berberis aquifolium for, 1:85, 105
 diarrhea from, 1:54, 57
Echinacea spp. for, 1:84
 formulas for, 1:54–55, 57
- footbaths, for overstimulated children, 4:104–5
- formononetin, 3:137, 178
- forskolin, 2:47, 177; 3:167; 4:78; 5:88, 135
- Forsythia suspensa* (forsythia), 1:185, 242, 245; 3:33
- FOS (fructooligosaccharides), 3:81
- fo ti. *See Reynoutria multiflora* (fo ti, he shou wu, Chinese knotweed)
- foundational herbs, 1:5; 2:7; 3:8; 4:9; 5:8–9

- Fouquieria splendens* (ocotillo), 1:27
 four-elements theory, 1:12; 2:14; 3:14; 4:17; 5:17
 foxglove. *See Digitalis purpurea* (foxglove)
 fracture-related pain
 formula for, 4:184–85
 herbal therapies for, 4:183*t*
 fractures
 formulas for, 5:100–101
 osteoporosis-related, 5:124
 Symphytum officinale for, 5:142
 frankincense. *See Boswellia serrata* (frankincense)
 fraud, in medical research, 3:4–5
 French Paradox, 2:31
 friction rubs
 formula for, 2:120–21
 herbs for, 2:118
 with pleurisy, 2:138
 fringe tree. *See Chionanthus virginicus* (fringe tree)
Fritillaria cirrhosa (chuan bei mu), 2:153
Fritillaria thunbergii (zhe bei mu), 3:33
 frostbite, 1:237, 238, 241
 fructooligosaccharides (FOS), 3:81
 fruit juices, for hyperpigmentation, 1:223–24
 fruits, high-flavone types, 3:87
 fucoidans, 1:214
 fucoxanthins, 3:27
Fucus spp. (kelp), 1:63
Fucus vesiculosus (bladderwrack), 3:27
 alterative qualities, 1:27
 for dermatitis, 1:189
 for dermatologic conditions, 1:171*t*
 for exophthalmia, 3:45
 formulas containing
 connective tissue weakness, 5:100
 eczema, 1:190
 GERD, 1:43
 goiter, 3:32, 34
 hypothyroidism, 3:35, 37
 impotence, 2:87
 thyroiditis, 3:30
 vascular support, 2:28
 for goiter, 3:32
 minerals in, 5:100*t*
 nourishing qualities, 1:37
 for poor circulation, 2:63
 recipes containing, 3:37, 39
 for skin allergic conditions, 5:54*t*
 specific indications, 1:84, 242; 2:95; 3:58, 170; 5:90
 for thyroid and metabolic function, 3:27
 for thyroiditis, 3:31
 fu ling. *See Poria cocos* (hoelen, fu ling)
 fungal infections
 Achillea millefolium for, 1:238
 Allium sativum for, 1:238; 3:90
 Azadirachta indica for, 1:196, 239
 Berberis aquifolium for, 3:55, 90, 167
 Cinnamomum spp. for, 1:240; 3:91
 Coptis spp. for, 1:241; 3:92, 168
 Curcuma longa for, 1:84, 104; 3:57, 168
 Gymnema sylvestre for, 1:243
 Helichrysum angustifolium for, 1:244
 herbs for, 1:197
 Hydrastis canadensis for, 1:244; 3:171
 Melaleuca alternifolia for, 1:245
 Mentha piperita for, 1:245
 nutritional support for, 1:196
 Origanum vulgare for, 1:246
 Sanguinaria canadensis for, 1:247
 of the scalp, 1:213, 214–15
 of the skin, 1:194–97
 Tabebuia impetiginosa for, 1:248
 of the throat, 1:45
 Thymus vulgaris for, 1:249
 traveler's diarrhea from, 1:52
 Usnea barbata for, 1:249
 fungal infections with itching
 compress for, 4:188
 herbs for, 4:189*t*
 fungus-derived immunosuppressants, 5:65
 fu zhi. *See Aconitum carmichaelii* (fu zhi)
- ## G
- GABA (g-aminobutyric acid)
 herbs binding receptors of, 4:110
 kava lactones and, 1:125
 seizural disorders and, 4:65
 GABA (g-aminobutyric acid) agonists
 for depression and anxiety, 4:92, 94
 for epilepsy and seizural disorders, 4:66
 for insomnia, 4:114
 for Parkinson's disease, 4:60
 for withdrawal symptoms, 4:130
 gagging sensations, from *Lobelia*, 2:122
 GAGs (glycosaminoglycans), 5:95, 96, 118
 galactagogues, 3:134
 galangal. *See Alpinia galangal* (Thai galangal)
 galantamine
 for dementia, 4:52, 79
 for schizophrenia, 4:127
Galanthus nivalis (snowdrop)
 for depression and anxiety, 4:101*t*, 103*t*
 formulas containing, 4:133
 specific indications, 4:79
Galanthus woronowii (snowdrop)
 for cognition, 4:53
 for depression and anxiety, 4:101*t*
 specific indications, 4:79
 galbanum (*Ferula gummosa*), 4:67
Galega officinalis (goat's rue)
 for beta cell regeneration, 3:74, 94
 for diabetes, 3:68
 hypoglycemic effects, 3:73
 specific indications, 3:94
Galium aparine (cleavers)
 for appendectomy recovery, 1:67, 68
 for benign prostatic hypertrophy, 1:147
 for breast cysts, 3:143
 for cystitis and pyelonephritis, 1:116
 diuretic qualities, 1:112; 3:21*t*; 4:24*t*; 5:123
 formula containing, 1:68
 for Ménière's disease, 5:164
 for renal failure, 1:154*t*
 for skin eruptions, 1:194
 for skin lesions and cancers, 1:237
 for skin ulcers, 1:231
 specific indications, 1:161, 242
 gallbladder colic, 1:24, 104, 106
 gallbladder disorders
 Eclipta alba for, 1:104
 Grifolia frondosa for, 1:104
 herbs for, 1:101–6
 Silybum marianum for, 1:88, 106
 gallbladder enlargement, 1:106
 gallbladder spasms, 1:105
 gallstones. *See cholelithiasis*
Galphimia glauca (calderona amarilla), 2:77, 108*t*
 gangrene, formula for, 1:236
Ganoderma lucidum (reishi), 2:28
 5 α -reductase inhibition, 1:145, 218; 3:162
 for allergic pain in the gut, 5:39*t*
 for allergies, 5:28
 for bladder cancer, 1:132
 for childhood immunization support, 4:71
 as chi tonic, 2:16
 for depression and anxiety, 4:101*t*
 for epilepsy and seizural disorders, 4:68
 formulas containing
 allergic airway disorders, 5:46
 allergic hypersensitivity, 5:36
 attention deficit hyperactivity disorder, 4:120
 autoimmune disorders, 5:66
 bladder cancer, 1:132, 134
 contact dermatitis, 5:54
 dermatitis, 1:190
 diabetic neuropathy, 3:73
 erythema multiforme, 1:220
 food allergies, 5:40
 gastrointestinal hypersensitivity, 5:37–38, 39
 Henoch-Schönlein purpura, 5:75
 herpetic neuralgia, 4:41
 lupus, 5:76, 77, 78
 myositis conditions, 5:70
 oral pain, 4:177
 pancreatitis, 1:70
 prostate cancer, 3:164
 seizures, 4:72
 traumatic brain injury, 4:55
 for Henoch-Schönlein purpura, 5:75
 for hepatitis, 1:94*t*
 for herpes-induced ophthalmia, 5:151
 immunomodulating qualities, 1:78; 2:23; 5:32
 for insomnia with exhaustion, 1:14; 3:16; 4:18; 5:18
 as medicinal food, 3:69

- Ganoderma lucidum* (reishi) (continued)
 for myositis conditions, 5:70
 for neuralgia, 4:34
 for peripheral neuropathy, 4:43t
 for renal failure, 1:153
 in seaweed broth, 1:80
 specific indications, 1:104, 161, 242–43;
 3:58, 94; 4:79; 5:90
 for thyroiditis, 3:32
 for vascular support, 2:28
 for warts, 1:199
 for wound healing, 4:192t
- garbanzo bean. *See Cicer arietinum*
 (garbanzo bean)
- Garcinia* spp. (mangosteen), 5:179
- garden angelica. *See Angelica archangelica*
 (garden angelica)
- garden balsam. *See Impatiens balsamina*
 (garden balsam)
- Gardenia jasminoides* (cape jasmine)
 for epilepsy and seizure disorders, 4:73
 for hepatitis, 1:90
 for inflammatory bowel diseases, 5:78, 79t
- Gardenia latifolia* (gardenia), 2:108t
- Gardenia resinifera* (gardenia), 4:67
- gargles
 for pharyngitis, 5:188
Salix alba in, 5:201
 for stomatitis and gingivitis, 5:181–82
 for throat and gingival pain, 4:178–79; 5:190
- garlic. *See Allium sativum* (garlic)
- gas, intestinal
 alteratives for, 1:26
 carminatives for, 1:25, 86
 formulas for, 1:28, 29, 30, 32
See also flatulence
- gastric pain. *See* stomach pain
- gastric ulcers
Conium maculatum for, 4:207
 formulas for, 1:64
Glycyrrhiza glabra for, 1:85
Helicobacter pylori bacteria associated
 with, 1:39
Hydrastis canadensis for, 1:85
Silybum marianum for, 1:106
Uncaria spp. for, 4:216
See also peptic ulcers
- gastritis
 antimicrobials for, 1:24
Chionanthus virginicus for, 1:83, 103
 formulas for, 1:59–61
Glycyrrhiza glabra for, 1:85
 hot vs. cold, 1:59
Hydrastis canadensis for, 1:85
 overview, 1:59–60
Rumex crispus for, 1:105
Uncaria tomentosa for, 1:166
Zingiber officinale for, 1:88
- Gastrodia elata* (tian ma)
 for cerebral vascular insufficiency, 2:61
 for depression and anxiety, 4:94, 101t, 103t
 for epilepsy and seizure disorders, 4:67, 72
 formulas containing
 headaches, 4:164
 schizophrenia, 4:124
 seizures, 4:72
 for headaches, 4:160
 for multiple sclerosis, 5:82
 for neuralgia, 4:34
 neuroprotective effects, 4:30
 for peripheral neuropathy, 4:42, 43t
 specific indications, 2:95; 4:79; 5:90
 for vertigo, 5:167, 168
 for wound healing, 4:192t
- gastrodia mushroom (*Armillaria* fungus), 2:95
- gastrodin, 2:61
- gastroenteritis
Allium sativum for, 1:81
 formulas for, 1:61–62
 overview, 1:59
Ricinus communis for, 1:87
- gastroesophageal reflux disorder (GERD)
 antimicrobials for, 1:24
 definition of, 1:39
 formulas for, 1:39–44, 77
Humulus lupulus for, 1:85
Matricaria chamomilla for, 1:86
Mentha contraindications, 1:24, 39, 42
 overlap with gastroenteritis, 1:59
 seaweed alginates for, 1:42
- gastrointestinal bleeding, 1:66–67, 101
- gastrointestinal disorders
 categories of herbs for, 1:24–26
 herbs for, 1:80–88
 listing of formula types, 1:23
 relationship with food allergies and
 intolerances, 1:24
See also specific disorders
- gastrointestinal hypersensitivity
 formulas for, 5:37–40
 overview, 5:36–37
- gastrointestinal mucosa wounds, herbs for,
 4:192t
- gastroparesis, 1:76–78
- Gaultheria fragrantissima* (wintergreen), 5:71
- Gaultheria procumbens* (wintergreen)
 for arthritis, 5:117
 for benign prostatic hypertrophy, 1:147
 for cystitis and pyelonephritis, 1:116
 for dysuria, 1:116
 formulas containing
 ear pain, 4:176
 headaches, 4:164
 menstrual cramps, 3:125
 muscle pain, 4:183
 musculoskeletal trauma, 5:97
 peripheral neuropathy, 4:44
 for muscle pain, 4:183t
 for peripheral neuropathy, 4:43t
 safety concerns, 4:208
 specific indications, 1:161; 4:79–80, 208–9;
 5:137
- gegen. *See Pueraria montana* var. *lobata*
 (kudzu, gegen, Japanese arrowroot)
- gelatin squares, 3:85–86
- Gelidium* spp. (red algae), 3:85
- Gelsemium elegans* (heartbreak grass), 4:209
- Gelsemium sempervirens* (yellow jessamine)
 antispasmodic qualities, 1:135, 138t
 for arrhythmias, 2:56
 for dental procedures, 5:177
 for depression and anxiety, 4:101t
 formulas containing
 autoimmune disorders, 5:66
 headaches, 4:161
 herpetic neuralgia, 4:182
 muscle pain, 4:183
 neuralgia, 4:35, 180
 ovarian cysts, 3:144
 ovarian neuralgia, 4:196
 pain, 4:167
 sciatica, 5:131
 for headaches, 4:159–160
 for nerve pain, 4:35, 180t
 for pain, 4:17, 156, 171t
 for peripheral neuropathy, 4:43t
 for pyelonephritis, 1:120t
 safety concerns, 4:35, 80, 101t, 143, 180, 209;
 5:131, 137, 197
 specific indications, 1:161; 4:80, 143, 209;
 5:137, 197
 for trigeminal neuralgia, 4:37
 for urinary colic, 1:138t
- General Education Board, 5:3
- genistein
 5 α -reductase inhibition, 1:145
 breast cancer and, 3:158
 for fracture healing, 5:100
 in *Glycine max*, 3:35
 hormonal and metabolic benefits, 3:156
 in *Medicago sativa*, 3:87
 for prostate cancer, 1:148
 for prostatic diseases, 1:143
- genital fungal infections, 1:197
- genital herpes
 formulas for, 3:109–11
 herbs for, 4:40
Hypericum perforatum for, 3:171
Melissa officinalis for, 3:173
 sitz bath for, 4:41
- genital infections, 3:104
- genital itching, 1:163
- genital mucosal pain, *Aloe vera* for, 4:203
- genital pain, 1:161
- genital warts
 escharotic treatments, 1:200
 formulas for, 3:113
Rheum palmatum for, 1:166
Thuja spp. for, 1:166; 3:178
 topical protocols, 3:112

- Gentiana lutea* (gentian, bitter root)
 as bile mover, 1:18
 formulas containing
 acne, 1:202
 alcohol abstinence, 4:132
 anorexia, 1:36–37
 biliary insufficiency, 1:98
 dyspepsia, 1:28
 gastritis, 1:61
 GERD, 1:41
 malabsorption, 1:73
 for halitosis, 1:50
 for *Helicobacter pylori* infections, 1:43
 for hepatitis, 1:90
 as lymph mover, 2:20; 3:20; 4:22; 5:22
 for malabsorption, 1:74
 specific indications, 1:84, 104, 243
Gentiana macrophylla (gentian, qin jao), 4:110
 gentian violet, for thrush, 5:181
Geranium spp., 1:32, 52; 2:137
Geranium maculatum (wild geranium)
 astringent qualities, 1:54; 3:21t; 4:24t
 for dermatitis, 1:188
 for dermatologic conditions, 1:171t
 formulas containing
 diarrhea, 1:53
 gastrointestinal bleeding, 1:67
 inflammatory bowel diseases, 1:36
 otitis externa, 5:163
 otitis media, 5:161
 skin lesions, 5:55t
 ulcers, 1:64
 vaginitis, 3:106, 107
 wounds, 1:173
 for fungal skin infections, 1:196, 197
 for genital fungal infections, 1:197
 for otitis externa, 5:163
 for poison ivy/oak dermatitis, 1:203
 for skin allergic conditions, 5:54t
 for skin ulcers, 1:231
 specific indications, 1:243
 uterine hemostatic properties, 3:133
Geranium robertianum (wild geranium), 1:64
 Gerard, John, 4:190, 217
 GERD. *See* gastroesophageal reflux disorder (GERD)
 German chamomile. *See* *Matricaria chamomilla* (chamomile)
 ginger. *See* *Zingiber officinale* (ginger)
 gingerol, 2:77
 gingival conditions
Echinacea purpurea for, 5:196
Foeniculum vulgare for, 5:196
 formulas for, 5:175–77
Ginkgo biloba for, 5:197
Morella cerifera for, 5:199
 overview, 5:174–75
Sanguinaria canadensis for, 5:180, 201
Spilanthes acmella for, 5:202
Thuja occidentalis for, 5:202
Zingiber officinale for, 5:203
 gingival pain
 formula for, 4:178–79
Phytolacca americana for, 4:213
 gingivitis
Apis mellifica for, 5:193
Camellia sinensis for, 5:194
Commiphora myrrha for, 5:195
Convallaria majalis for, 5:195
Coptis trifolia for, 5:195
 formulas for, 5:181–82, 184
Glycyrrhiza glabra for, 5:197
Gymnema sylvestre for, 5:197
Hypericum perforatum for, 5:198
Momordica charantia for, 5:199
Origanum vulgare for, 5:199
 overview, 5:179–181
Salvia multiorrhiza for, 5:201
 specific causes of, 5:185
Ginkgo biloba (ginkgo, maidenhair tree), 2:69; 5:165
 for angina, 2:38
 antiallergic qualities, 5:33t
 for arrhythmias, 2:53, 55, 56
 for attention deficit hyperactivity disorder, 4:119
 for autoimmune disorders, 5:65
 for Behçet's disease, 5:74
 for bone density, 5:125
 for bone health, 5:127
 bronchodilating properties, 2:108t
 for cerebral vascular insufficiency, 2:62–63, 64, 65
 for congestive heart failure, 2:50
 for COPD, 2:148
 for cor pulmonale, 2:155
 for CREST, 5:84
 for cystic fibrosis, 2:135
 for dementia, 4:53–54
 for depression, 4:92, 103t
 for dermatologic conditions, 1:170
 for digestive pain, 1:26
 for enuresis, 1:131
 for erectile dysfunction, 3:15, 16, 94, 161
 for exophthalmia, 3:45
 for eye conditions, 5:147, 148, 149t
 fibrinolytic properties, 2:73
 flavonoids in, 2:33
 formulas containing
 allergic airway disorders, 5:49
 Alzheimer's disease, 4:56
 angina, 2:38
 anginal coronary spasm, 4:201
 angioedema, 5:57
 arrhythmias, 2:53, 55
 arthritis, 5:122
 asthma, 2:145, 146, 147
 attention deficit hyperactivity disorder, 4:119, 120, 121
 autoimmune disorders, 5:66
 bronchitis, 2:134
 cardiopulmonary disease, 2:84, 85
 cataract prevention, 5:152
 cerebral vascular insufficiency, 2:62–63, 64, 65
 chest pain, 4:193
 congestive heart failure, 2:50
 conjunctivitis, 5:149
 COPD, 2:150
 coughs, 2:120
 CREST, 5:84
 cystic fibrosis, 2:135
 dementia, 4:55, 57
 depression and anxiety, 4:102
 diabetic cutaneous ulcerations, 3:74
 diabetic neuropathy, 3:73
 dyspnea, 2:124
 emphysema, 2:138
 esophageal disorders, 1:45
 eye irritation, 5:149
 fracture-related pain, 4:184, 185
 gangrene, 1:236
 glaucoma, 5:155, 156
 heart stress at high altitudes, 2:52
 hives, 1:185
 hyperlipidemia, 2:36
 hyperthyroidism, 3:45
 hypotension, 2:86
 impotence, 2:87
 insomnia, 4:115
 labyrinthitis, 5:162
 macular degeneration, 5:158
 malabsorption, 1:73
 Ménière's disease, 5:164
 menopause-related hypertension, 3:141
 metabolic conditions, 3:71
 migraines, 5:61
 multiple sclerosis, 5:83
 muscle pain, 5:109
 muscle spasms and tension, 5:113
 nasal polyps, 5:173
 nephropathy, 3:73
 neuropathic pain, 4:179
 otitis externa, 5:163
 otitis media, 5:160
 overactive bladder, 1:130
 pain, 4:172
 pancreatitis, 1:69, 70
 Parkinson's disease, 4:61
 peripheral neuropathy, 4:44, 45
 peripheral vascular insufficiency, 2:58, 59, 61
 pigmentation disorders, 1:224, 226
 pneumonia, 2:142
 Raynaud's syndrome, 2:67
 retinopathies, 5:157
 schizophrenia, 4:124, 125
 skeletal fractures and bone injuries, 5:101
 skin fissures, 1:234
 stridor, 2:121

- Ginkgo biloba* (ginkgo, maidenhair tree)
(continued)
 styes, 5:153
 tinnitus, 5:166
 urinary conditions, 1:111, 115
 varicosities, 2:74
 vascular damage, 3:74
 vascular reactivity, 5:62, 63
 vascular support, 2:29
 vasculitis, 2:82
 vertigo, 5:167, 168
 wound healing, 1:183
for fungal skin infections, 1:197
GABAergic qualities, 4:110
for gingivitis, 5:184, 185
for headaches, 4:159
for hormone-related infertility, 3:130
for hypertension, 2:44
for interstitial cystitis, 1:123
mast-cell stabilizing effects, 2:144t
for Ménière's disease, 5:164
for multiple sclerosis, 5:82
for muscle weakness, 5:110
for nasal polyps, 5:172
nervine qualities, 4:91
for neuralgia, 4:34
for neurogenic bladder, 1:127
for neurological conditions, 4:27, 28
neuroprotective effects, 4:30
for otitis externa, 5:162
for otitis media, 5:159
for overactive bladder, 1:128, 129
PAF inhibiting properties, 2:77
for pain, 4:154, 166t
for peripheral neuropathy, 4:43t
for poor circulation, 2:58, 69
for renal failure, 1:152, 153, 154t
for retinopathies, 5:156
for schizophrenia, 4:125
for skin hypersensitivity, 1:232
for skin infections, 1:183
specific indications, 1:161, 243; 2:95; 3:58, 94, 170; 4:80, 142–43; 5:90, 138, 165, 197
for stasis ulcers, 2:60
for urinary conditions, 1:115
for varicosities, 2:81
for vascular pain, 4:200t
for vascular reactivity, 5:60
for vascular support, 2:27, 65
for vasculature protection, 2:26
 as warming stimulant, 3:21t
 for wound healing, 1:181, 182
ginkgolides, 4:80, 142
ginseng. *See Eleutherococcus senticosus*
 (Siberian ginseng); *Panax ginseng*
 (ginseng, ren shen)
GLA (g-linolenic acid), 4:76
glaucoma
 Curcuma longa for, 5:195
 Erigeron breviscapus for, 4:78
 formulas for, 5:155–56
 Ginkgo biloba for, 5:197
 overview, 5:155
 Physostigma venenosum for, 4:84
 Pilocarpus jaborandi for, 5:200
glioblastoma
 cucurbitacin for, 4:46
 liposomes for, 4:64
 Melissa officinalis for, 4:83
globus hystericus, 1:44
glomerulonephritis, lupus-induced, 5:77
glorybower. *See Clerodendron serratum*
 (glorybower)
glossary, 4:235–38; 5:223–26
glossitis
 allergic, 5:50
 Artemisia absinthium for, 5:193
 causes and remedies, 5:179
 from malabsorption, 1:72
 overview, 5:178–79
glossy buckthorn. *See Rhamnus frangula* (alder
 buckthorn)
glossy privet. *See Ligustrum lucidum* (Chinese
 privet)
glucosamine sulfate
 for bladder mucosal lesions, 1:123
 for connective tissue support, 5:104, 127
 for damaged intervertebral discs, 5:130
 for interstitial cystitis, 1:126
 for joint pain, 4:187
glucosinolates
 in *Armoracia rusticana*, 5:193
 cholagogue action, 1:99
 in cruciferous foods, 3:38–39; 4:47, 51
 for detoxification, 4:46, 51
 in *Lepidium meyenii*, 1:162–63
 for peripheral neuropathy, 4:42, 43t
 for prostatic diseases, 1:144
 in radishes, 3:158, 176
glucosuria, *Chionanthus virginicus* for, 1:83, 103
glutamate, 4:65, 66, 121
glutamine
 for bladder mucosal lesions, 1:123
 for bowel reactivity, 5:39t
 for connective tissue support, 5:104
 for diarrhea, 1:52, 55
 for fatty liver, 1:96
 formulas containing
 inflammatory bowel diseases, 5:81
 stomatitis, 5:183
 for GERD, 1:39, 43
 inclusion in FDA's category 1 list, 5:4
 for interstitial cystitis, 1:126
 for leaky gut syndrome, 1:79
 for liver support, 1:93
 for malabsorption, 1:73
 mucous-enhancing qualities, 1:63
 for oral lesions, 1:38
 for peripheral neuropathy, 4:43
 as restorative, 1:43
 for stomatitis, 5:50, 179, 182
 for topical skin products, 1:228
 for traveler's diarrhea prevention, 1:53
 for ulcers, 1:63, 64
glutathione
 for heavy metal detoxification, 4:51
 for heavy metal neuropathy, 4:50
 for Parkinson's disease, 4:65
gluten-free diet, for schizophrenia, 4:124
gluten intolerance, 1:24
 See also celiac disease
gluten sensitivity, 5:49
glycerin
 Capsicum annuum with, 5:134
 in children's formulas, 5:16, 160
 formulas containing
 glaucoma, 5:155
 nasal polyps, 5:43
 tinctures with, 4:136
glycerites, 5:160
Glycine max (soy), 3:35
 for bladder cancer, 1:132
 for bone density, 5:125, 126
 formulas containing, 2:35
 for hyperlipidemia, 2:34, 35
 neuroprotective effects, 4:30
 for osteoporosis, 5:127
 for prostatic diseases, 1:143
 soy milk, 3:160, 164
 specific indications, 2:95; 3:58
 thyroid function and, 3:35
glycosaminoglycans (GAGs), 1:79, 121, 122, 159;
 5:95, 96, 118
Glycyrrhiza spp.
 anti-inflammatory actions, 1:51, 71
 antimicrobial qualities, 1:71
 demulcent qualities, 1:52
 formulas containing, 1:38, 43, 45
 for gastroenteritis, 1:59
 for GERD, 1:39
 for leaky gut syndrome, 1:78
 for malabsorption, 1:73
 mucous-enhancing qualities, 1:62, 63
 in Sweet and Sour Alginate “Cordial” for
 GERD, 1:39
Glycyrrhiza glabra (licorice), 1:65; 3:53, 146
 5 α -reductase inhibition, 1:218; 3:162
 adaptogenic qualities, 3:49, 53; 4:90
 for adrenal disorders, 3:46, 48, 49
 for allergic pain in the gut, 5:39t
 alterative qualities, 1:27
 for amenorrhea, 3:122, 123, 146
 for angioedema, 5:56
 antiallergy qualities, 1:33
 antifibrotic qualities, 1:91
 antiviral qualities, 1:201
 aromatase inhibition, 3:120
 for arthritis, 5:115
 for Bell's palsy, 4:36
 for bladder mucosal lesions, 1:123

Glycyrrhiza glabra (licorice) (continued)

- for bone density, 5:126
- for burning tongue syndrome, 5:182
- carminative qualities, 1:31
- for colds, 5:170t
- for connective tissue support, 5:105
- dehydrogenase inhibiting effects, 1:146; 3:155
- as demulcent, 1:24
- for depression and anxiety, 4:95, 101t
- for dermatitis, 1:188, 189
- for digestive pain, 1:26
- in Dr. Stansbury's General Alterative Tea, 1:27
- for dry mouth, 5:185–86
- for eczema and allergic dermatitis, 1:188
- fluoride in, 5:175, 176, 197
- formulas containing
 - acne rosacea, 1:205, 207
 - Addison's disease, 3:51
 - adrenal disorders, 3:48, 49, 50
 - alcohol abstinence, 4:132
 - alcohol withdrawal seizures, 4:71
 - allergic airway disorders, 5:46
 - allergic hypersensitivity, 5:36
 - alopecia, 1:216, 217
 - amenorrhea, 3:122, 123
 - angioedema, 5:57
 - anorexia, 1:38
 - anovulatory cycles, 3:123
 - aphthous ulcers, 5:183, 184
 - arthritic pain, 4:185
 - arthritis, 5:116, 120
 - asthma, 2:145, 146
 - autoimmune disorders, 5:68
 - Behçet's disease, 5:74
 - Bell's palsy, 4:37
 - benign prostatic hyperplasia, 3:164
 - biliary insufficiency, 1:98
 - biliousness, 4:105
 - bladder cancer, 1:134
 - bronchitis, 2:133
 - bursitis and tendinitis, 5:102
 - childhood skin eruptions, 1:193
 - colds, 5:170
 - cold sores, 5:184
 - conjunctivitis, 5:148, 149
 - constipation, 1:47, 48
 - contact dermatitis, 5:53
 - COPD, 2:151
 - corneal ulcers, 5:151, 152
 - coughs, 2:117, 120
 - crankiness in children, 4:104
 - Cushing's syndrome, 3:52, 54
 - cystic fibrosis, 2:135
 - cystitis, 4:199
 - dementia, 4:57, 58
 - dental conditions, 5:175, 176, 177
 - depression and anxiety, 4:96, 106
 - dermatitis, 1:183, 184, 185, 191
 - diabetes, 3:74
 - diarrhea, 1:53, 54, 55, 57, 58
 - dissociative disorders, 4:108
 - dry mouth, 5:186
 - dyspepsia, 1:29
 - dyspnea, 2:125; 4:194
 - eczema, 1:184, 185
 - emphysema, 2:138
 - endocarditis, 2:72
 - enuresis, 1:131
 - erythema multiforme, 1:220
 - erythema nodosum, 1:221
 - esophageal disorders, 1:45, 46
 - fibromyalgia, 5:110
 - gastritis and gastroenteritis, 1:60, 61, 62
 - gastrointestinal bleeding, 1:67
 - gastrointestinal hypersensitivity, 5:37, 38, 39
 - gastroparesis, 1:77, 78
 - genital herpes, 3:110, 111
 - GERD, 1:42
 - gingivitis, 5:184
 - goiter, 3:33, 34
 - gout, 5:124
 - headaches, 4:164
 - heart stress at high altitudes, 2:52
 - hemoptysis, 2:126
 - Henoch-Schönlein purpura, 5:75
 - hepatitis, 1:92, 93, 94, 95
 - herpes-induced ophthalmia, 5:150, 151
 - herpes lesions, 1:232
 - herpetic neuralgia, 4:40, 41
 - hirsutism, 1:214
 - hormonal cancers, 3:158
 - hormone-related infertility, 3:130, 131
 - hot flashes, 3:135
 - hyperhidrosis, 1:227
 - hyperlipidemia, 2:35
 - hyperthyroidism, 3:41, 42, 43, 44, 45
 - hyperventilation, 2:140
 - hypotension, 2:86
 - hypothyroidism, 3:37
 - inflammatory bowel diseases, 1:34, 36; 5:81
 - insomnia, 4:114, 115, 116
 - interstitial cystitis, 1:123, 124
 - irritable bowel syndrome, 1:31, 32, 33
 - laryngitis, 5:191
 - leaky gut syndrome, 1:78
 - lichen planus, 1:211, 212
 - lupus, 5:76, 77, 78
 - male infertility, 3:164
 - menorrhagia, 3:119
 - menstrual cramps, 3:117, 124
 - metabolic conditions, 3:71
 - miscarriage, 3:133
 - multiple sclerosis, 5:83
 - muscle pain, 5:107, 108
 - muscle tension, 5:106, 107
 - muscle weakness, 5:111
 - musculoskeletal trauma, 5:98
 - myositis conditions, 5:71
 - nasal polyps, 5:43
 - nephropathy, 3:73
 - oral allergic reactivity, 5:50, 51, 52, 186
 - oral erythema multiforme, 5:187, 188
 - oral leukoplakia, 5:186
 - oral pain, 4:177
 - oral ulcers, 5:184
 - osteoporosis, 3:141; 5:129
 - otitis media, 5:161
 - ovarian cysts, 3:144
 - overactive bladder, 1:130
 - Paget's disease, 5:130
 - pain, 4:172
 - painful mucous membranes, 4:167
 - pancreatitis, 1:69, 70
 - panic disorder, 4:110
 - Parkinson's disease, 4:61, 63
 - pemphigus support, 1:221
 - peripheral neuropathy, 4:45, 47
 - pharyngitis, 5:189
 - pigmentation disorders, 1:223, 225
 - pneumonia, 2:141
 - polycystic ovarian syndrome, 3:145, 147
 - premenstrual syndrome, 3:126
 - prostate cancer, 1:149; 3:164
 - prostatic diseases, 1:146
 - prostatitis, 1:151
 - psoriasis, 1:211
 - PTSD, 4:111, 113
 - renal failure, 1:153
 - respiratory allergies, 5:40
 - restless legs syndrome, 4:33
 - schizophrenia, 4:125
 - scratchy throat, 5:191
 - seizures, 4:72
 - SIBO, 1:76
 - Sjögren's syndrome, 5:69
 - skin infections, 1:178
 - smoking cessation, 4:133
 - spotting, 3:122
 - steroids, withdrawal from, 1:188
 - stomatitis and gingivitis, 5:182, 183
 - stridor, 2:121
 - tea for nursing mothers, 3:134
 - throat pain, 4:178
 - thyroiditis, 3:30, 31
 - tuberculosis, 2:156
 - ulcerated skin, 1:231
 - ulcers, 1:64, 66
 - urinary and prostatic pain, 4:196
 - urinary colic, 1:138
 - urinary conditions, 1:110, 111, 115, 117
 - urinary lithiasis, 1:140
 - urinary tract infections, 3:136
 - urinary tract reactivity, 5:57, 59
 - uterine fibroids, 3:150
 - vascular reactivity, 5:61, 63
 - vascular support, 2:27
 - vasculitis, 2:82
 - venous congestion, 2:80
 - vocal strain, 5:191
 - withdrawal symptoms, 4:136

- Glycyrrhiza glabra* (licorice) (continued)
 for fracture healing, 5:100
 for hepatitis, 1:90, 91, 94t
 for herpes simplex viral infections, 5:180, 181
 for herpetic neuralgia, 4:40
 for hormone-related infertility, 3:131t
 for hyperventilation, 2:140
 for increasing deficient adrenergic tone, 4:95
 for insomnia, 4:114
 for insulin resistance, 3:70, 71
 for interstitial cystitis, 1:123
 isoflavones in, 3:156
 in Legume Truffle Superfood for
 Chemotherapy Patients, 3:159
 leukotriene-inhibiting qualities, 5:44
 for menopausal insomnia, 3:136t
 for menstrual cramps, 3:117, 124
 for mouth conditions, 5:146
 mucous-enhancing qualities, 1:64, 65
 for muscle weakness, 5:110
 for neuralgia, 4:34
 for neurological conditions, 4:27
 for oral allergic reactivity, 5:50
 for otitis externa, 5:163
 for ovarian cysts, 3:146
 PAF inhibiting properties, 2:77
 for Paget's disease, 5:129
 for pain, 4:155, 166t, 171t
 for panic disorder, 4:109
 for peripheral neuropathy, 4:43t
 for polycystic ovarian syndrome, 3:145, 146
 for prostatic diseases, 1:143
 regulation of reproductive hormones and, 4:96
 for reproductive endocrine conditions, 3:102
 as restorative, 1:43
 for schizophrenia support, 4:123
 for skin eruptions, 1:194
 for skin ulcers, 1:231
 specific indications, 1:84–85, 161, 243; 2:96;
 3:58–59, 94, 170–71; 4:80, 143; 5:90–91, 138, 197
 for stomatitis, 5:50
 testosterone-reducing effects, in women,
 3:145, 147
 for throat pain, 5:190, 191t
 for thyroid disorders, 3:41
 for tonsillitis and pharyngitis, 5:188
 for ulcers, 1:65
 for warts, 1:199
 in Winter Tea for Metabolic Support, 3:86
 for wound healing, 4:192t
- Glycyrrhiza inflata*, *G. uralensis* (Chinese licorice)
 anti-allergic qualities, 5:33t
 formulas containing
 allergic airway disorders, 5:46
 allergic rhinosinusitis, 2:130
 angina, 2:38
 depression and anxiety, 4:99
 lupus, 5:78
 pigmentation disorders, 1:223
 for viral infections, 2:131
 glycyrrhizin, 5:4, 90–91
 goat's rue. *See Galega officinalis* (goat's rue)
 gobo root. *See Arctium lappa* (burdock)
 goiter
 formulas for, 3:32–34
Fucus vesiculosus for, 3:58, 170
 herbs for, 3:32
Iris versicolor for, 3:59
Phytolacca spp. for, 3:61
 goitrogens, 3:38
 goji berry. *See Lycium chinense* (goji berry, wolf berry)
 golden chain. *See Laburnum anagyroides* (laburnum, golden chain)
 Golden Milk for Liver Disease and Inflammation, 1:97
 Golden Milk Variant for Neurodegeneration, 4:59, 61, 71
 golden ragwort (*Senecio aureus*), 3:119
 goldenrod. *See Solidago* spp.
 golden root. *See Rhodiola rosea* (arctic rose)
 goldenseal. *See Hydrastis canadensis* (goldenseal)
 goldthread. *See Coptis* spp.
 Google, 5:1, 2, 4
 goosefoot. *See Chenopodium ambrosioides* (wormseed)
Gossypium hirsutum (cotton), 3:128
 gotu kola. *See Centella asiatica* (gotu kola, brahmi)
 gout
Aconitum napellus for, 5:132
Apium graveolens for, 5:133
Atropa belladonna for, 5:133
Colchicum autumnale for, 4:185, 206, 207;
 5:88, 135
Eupatorium perfoliatum for, 5:137
 formulas for, 4:185; 5:123–24
 herbal therapies for, 4:183t
 overview, 5:122–23
 gou teng. *See Uncaria* spp.
 GPR55 (G protein-coupled receptor 55), 1:32
Gracilaria spp. (red algae), 3:85
 granadilla. *See Passiflora edulis* (passionflower, granadilla)
 grapefruit. *See Citrus paradisi* (grapefruit)
 grapes (*Vitis vinifera*), 4:31
 grape-seed extract, for epilepsy and seizure disorders, 4:68, 70
Gratiola officinalis (hedge hyssop), 3:128
 gravel root. *See Eupatorium purpureum* (gravel root)
 Graves' disease
Bupleurum falcatum for, 3:55
 exophthalmia from, 3:40, 44, 45
 interrelationship with Hashimoto's disease, 3:28, 42
Lycopus virginicus for, 3:60
Melissa officinalis for, 3:60
 overview, 3:39–40
 T cell-mediated inflammatory processes, 3:29
 Graves' exophthalmia
Artemisia annua for, 3:54
Centella asiatica for, 3:56
 formulas for, 3:44–45
Ginkgo biloba for, 3:58
 herbs for, 3:45
 overview, 3:40
Salvia miltiorrhiza for, 3:62
 gray mangrove. *See Avicennia marina* (white mangrove)
 green algae (cyanobacteria), 1:206
 green tea. *See Camellia sinensis* (green tea)
 green tea polyphenols
 for genital warts, 3:112
 for human papillomavirus, 3:113
 Grieve, Maude, 4:104
Griffonia simplicifolia (griffonia, kajja, atooto), 4:92
Grifola frondosa (hen of the woods; maitake)
 for bladder cancer, 1:134
 formulas containing, 5:39
 for hepatitis, 1:94t, 104
 as medicinal food, 3:69
 for respiratory allergies, 5:42
 specific indications, 1:104, 161, 243; 5:91, 138
Grifola umbellata
 for bladder cancer, 1:132
 specific indications, 1:161
Grindelia spp.
 for bronchitis, 2:131
 as counterirritant, 2:132
 formulas containing
 asthma, 2:147
 bronchitis, 2:133
 coughs, 2:119
 emphysema, 2:137
Grindelia hirsutula (gumweed), 2:167
Grindelia robusta (gumweed)
 formulas containing, 2:135
 specific indications, 2:167
Grindelia squarrosa (gumweed)
 formulas containing
 bronchitis, 2:134
 cystic fibrosis, 2:135
 itching skin, 1:186
 skin lesions, 5:55t
 for itching skin, 1:187
 mast-cell stabilizing effects, 5:31t
 for poison ivy/oak dermatitis, 1:203, 237
 specific indications, 1:243; 2:167; 5:91
 gripeweed (*Phyllanthus urinaria*), 4:166t
 Grof, Stanislav, 4:5
 gromwell. *See Lithospermum officinale* (gromwell)
 ground pine. *See Lycopodium* spp. (ground pine, creeping cedar, club moss)
 guaco (*Mikania glomerata*), 2:108t, 172
Guaiacum officinale (guaiaicwood), 4:45–46; 5:191t
 guarana (*Paullinia cupana*), 3:161
 guar gum, 1:79, 96
 guava. *See Psidium guajava* (guava)

- guduchi. *See* *Tinospora cordifolia*
(guduchi, amrita)
- guelder rose. *See* *Viburnum opulus* (crampbark)
- guggul. *See* *Commiphora mukul* (guggul)
- guggulsterones, 2:32, 34; 3:36, 56; 5:80, 135, 136
- Guillain-Barré syndrome
causes of, 4:48
formula for, 4:48–49
Glycyrrhiza glabra for, 4:80
- Gui Pi Tang Tea, 4:115–16
- gum chewing, 1:41
- gum conditions. *See* gingival conditions
- gumweed. *See* *Grindelia* spp.
- gurmar. *See* *Gymnema sylvestre* (sugar destroyer, cow plant)
- gut-joint axis, 5:114
- Gymnema sylvestre* (sugar destroyer, cow plant), 3:75
for beta cell regeneration, 3:74
for dermatologic conditions, 1:202*t*
for diabetes, 3:75, 76
formulas containing
 cataract prevention, 5:152
 diabetes, 3:76
 hyperlipidemia, 2:35, 36
 peripheral neuropathy, 4:44
for fungal skin infections, 1:197
hypoglycemic effects, 3:73
specific indications, 1:243; 2:96; 3:95; 5:197
for thrush, 5:181
- Gynostemma pentaphyllum* (jiaogulan), 3:95
- gypsywort (*Lycopus europaeus*), 3:60
- ## H
- H2 antagonists, dangers of, 1:40, 63
- hacking coughs, 2:114
- Hahnemann, Samuel, 4:181
- hair loss. *See* alopecia
- halitosis
Echinacea spp. for, 1:241
Eucalyptus globulus for, 1:242
formulas for, 1:50–51
Morella cerifera for, 1:86, 105
- hallucinogenic plants. *See* entheogens
- Hamamelis virginiana* (witch hazel)
anti-inflammatory qualities, 5:97
astringent qualities, 1:51, 54; 3:21*t*
compresses with, 1:50
for dermatitis, 1:188
for digestive pain, 1:26
for ear pain, 4:175*t*
for eye conditions, 5:147*t*
for eye injuries, 5:154
formulas containing
 aching veins, 4:200
 anal fissures, 1:235
 capillary fragility, 2:67
 ear pain, 4:175
 erythema multiforme, 1:220
 gastric ulcers, 1:63
 gastrointestinal bleeding, 1:67
 genital herpes, 3:111
 GERD, 1:40
 hemorrhoids, 1:49; 2:78
 herpetic neuralgia, 4:41
 inflammatory bowel diseases, 5:81
 musculoskeletal trauma, 5:97
 otitis externa, 5:163
 otitis media, 5:161
 phlebitis, 2:81
 reactive arthritis, 5:72
 shingles, 4:182
 skin lesions, 5:55*t*
 skin protection, 1:229
 skin trauma, 1:174
 superficial pain, 4:191
 ulcerated skin, 1:231
 uterine prolapse, 3:153
 vaginitis, 3:106, 107
 varicoceles, 2:75
 varicosities, 2:75
 vascular reactivity, 5:63
 vasculitis, 2:82
 venous congestion, 2:76
 wounds, 1:173
for fungal skin infections, 1:196, 197
for genital fungal infections, 1:197
for hematuria, 1:115
for impetigo, 1:179
for menorrhagia, 3:118, 171
for menstrual cramps, 3:124
for microvascular fragility, 2:66*t*
for otitis externa, 5:163
for pain, 4:170, 170*t*, 171*t*
for pyuria, 1:115
for skin eruptions, 1:194
for skin fissures, 1:235
for skin protection, 1:230
for skin ulcers, 1:231
specific indications, 1:85, 161–62, 243; 2:96; 3:171; 4:209; 5:91, 138, 197
for tongue conditions, 5:178*t*
for topical skin products, 1:228
for vaginitis, 3:105, 106, 107
for vascular pain, 4:200*t*
for vascular support, 2:65
for wound healing, 4:192*t*
- hangovers
Pueraria montana var. *lobata* for, 4:150
remedy for, 4:132–33
- haptens, 5:52
- harmala alkaloids, 4:97
- harmine alkaloids, 4:137
- Harpagophytum procumbens* (devil's claw)
for arthritis, 5:114
for bursitis and tendinitis, 5:102
formulas containing
 arthritis, 5:117, 118
 bursitis and tendinitis, 5:102
 connective tissue support, 5:121
 insomnia, 4:116
 joint pain, 4:185
 muscle cramps, 5:106
 neuropathic pain, 4:179
 opiate withdrawal and musculoskeletal pain, 4:185
 osteoarthritis, 5:115
 pancreatitis, 1:70
 peripheral neuropathy, 4:45, 47
for insomnia, 4:114
for muscle pain and spasms, 5:106
for opiate addiction, 4:129
opiate agonist qualities, 4:134
specific indications, 4:209; 5:138
- harpagoside, 5:138
- Hashimoto, Hakaru, 3:29
- Hashimoto's disease
Berberis aquifolium for, 3:55
formulas for, 3:30
interrelationship with Graves' disease, 3:28, 42
Melissa officinalis for, 3:60
T cell-mediated inflammatory processes, 3:29
- hawthorn. *See* *Crataegus* spp.
- hay fever
Achillea millefolium for, 2:156
Angelica sinensis for, 2:158
Armoracia rusticana for, 2:159
conjunctivitis related to, 5:148
Curcuma longa for, 2:162
Ephedra sinica for, 5:89, 196
Equisetum arvense for, 5:196
Euphorbia spp. for, 2:165
Euphrasia officinalis for, 2:165; 5:89
formulas for, 2:128; 5:42, 43, 44
herbs for, 5:42
Juniperus communis for, 2:169
Petasites hybridus for, 2:175; 5:41
Solidago canadensis for, 5:201
Sticta pulmonaria for, 2:181
Tanacetum parthenium for, 2:182; 5:94, 142, 202
Thymus vulgaris for, 2:182
Tinospora cordifolia for, 2:182
varying qualities of, 5:17
Xanthium cavanillesii for, 2:184
- headaches
Actaea racemosa for, 3:127, 165; 4:202
Angelica dahurica for, 2:158
Angelica sinensis for, 4:203
Apium graveolens for, 2:90
Atropa belladonna for, 4:204
Capsicum frutescens for, 4:205
Cinnamomum verum for, 5:87
Cnidium monnieri for, 2:92
common types and causes of, 4:160
formulas for, 3:127; 4:160–65
Gastrodia elata for, 4:79; 5:90
Gelsemium sempervirens for, 4:209
herbs for, 2:27
Huperzia serrata for, 2:97
Hyoscyamus niger for, 4:210

- headaches (*continued*)
 with hypertension, formula for, 2:44
Iris versicolor for, 1:104, 244; 4:210; 5:198
Juglans cinera for, 5:198
Lavandula angustifolia for, 4:210
Leonurus cardiaca for, 4:144
Leptandra virginica for, 1:104
Ligusticum porteri for, 2:169
Ligusticum striatum for, 2:98, 169
Magnolia officinalis for, 2:171
Melilotus officinalis for, 2:99; 4:82
Melilotus suaveolens for, 2:171
Melissa officinalis for, 4:146
Mentha piperita for, 4:211
Mucuna pruriens for, 4:83
Nigella sativa for, 5:92
 overview, 4:156–57
Petasites hybridus for, 2:175
Piscidia piscipula for, 4:213
 principles of creating formulas for, 4:158–160
Rhodiola rosea for, 4:150
Sanguinaria canadensis for, 4:215
Scutellaria baicalensis for, 4:215
Scutellaria lateriflora for, 3:177
Spilanthes acmella for, 5:141
Tanacetum parthenium for, 2:182; 4:86, 216
Taraxacum officinale for, 1:88, 106; 3:62, 99
Tilia americana for, 4:87
Tinospora cordifolia for, 2:182
 underlying contributors to, 4:158t
Valeriana officinalis for, 3:179; 4:152
Veratrum viride for, 4:217
Vinca minor for, 2:106
Vitex agnus-castus for, 3:63, 127, 180; 4:218
 See also migraines
- head injuries
Centella asiatica for, 4:77
 formula for seizures related to, 4:71–72
 herbs for, 4:192t
Hypericum perforatum for, 4:81, 93, 210
- heal-all (*Prunella vulgaris*), 3:43
- healing, principles of, 1:7; 2:9; 3:9; 4:11; 5:11
- healing crises, 1:8; 2:10; 3:10; 4:12; 5:12
- heart, weak. See weak heart
- heartbreak grass (*Gelsemium elegans*), 4:209
- heart disease. See cardiomyopathy
- heart failure
Aconitum spp. for, 4:138
Aspidosperma quebracho for, 2:159
Coleus forskohlii for, 2:101
 cor pulmonale, 2:85, 154–55
Digitalis purpurea for, 2:94, 163
 dyspnea with, 2:124
 hypotension with, 2:86
 lack of research on formulas for, 2:7
Panax ginseng for, 2:100
Petroselinum crispum for, 2:100
Rhodiola rosea for, 2:102
Salvia miltiorrhiza for, 2:102
Selenicereus grandiflorus for, 2:103
Theobroma cacao for, 2:105
 See also congestive heart failure
- heart infections and inflammation,
 herbs for, 2:72
- heart-leaf sida (*Sida cordifolia*), 4:61
- heart palpitations
Crataegus spp. for, 3:93, 168
 formulas for, 3:138–141
Leonurus cardiaca for, 3:59, 139, 172
Lobelia inflata for, 3:60
Lycopus europaeus for, 3:60
Melissa officinalis for, 3:60
 menopause-related, 3:138–141
Valeriana officinalis for, 3:62
- heat packs
 for bursitis and tendinitis, 5:102
 for eye infections, 5:147
 homemade, 5:102
 for muscle cramps, 5:106
 for pain, 4:170–71
 for pleurisy, 2:139
 for sinusitis, 5:171
 for venous congestion, 2:80–81
- heat stroke, *Lobelia inflata* for, 2:98
- heat therapy
 carpal tunnel syndrome, 4:48
 for trigeminal neuralgia, 4:37
- heavy, full, aching pain, herbs for, 4:171t
- heavy energy, removing, 4:4
- heavy menses. See menorrhagia
- heavy metal chelators, 4:43t
- heavy metal detoxification, *Equisetum arvense*
 potential benefits, 3:93–94
- heavy metal toxicity, 4:47, 50
- Hedeoma patens* (oregano chiquito), 3:128
- Hedeoma pulegioides* (pennyroyal)
 for dysuria, 1:116
 as emmenagogue, 3:128
 for epilepsy and seizure disorders, 4:67
 iron in, 2:70
 for scabies and lice, 1:198
 specific indications, 1:162, 243–44; 2:99; 5:138
 for thick and cloudy urine, 1:139
- hedgehog-signaling pathways, 4:191
- hedge hyssop (*Gratiola officinalis*), 3:128
- Hedyotis diffusa* (snake needle grass,
 baihua sheshhecao), 5:78
- Helianthus annuus* (sunflower), 4:69, 69
- Helianthus tuberosus* (Jerusalem artichoke), 3:69
- Helichrysum* spp. (curry plant, immortal,
 everlasting), 1:228, 244; 4:110
- Helichrysum italicum* (curry plant, immortelle),
 2:81; 5:98
- Helicobacter pylori* infections
Azadirachta indica for, 1:82
 bismuth for, 1:63
 formulas for, 1:40, 41, 64–65
 gastrointestinal disorders linked to,
 1:39, 59, 60, 62
 herbs for, 1:43
- Origanum vulgare* for, 1:86
 restorative agents for, 1:43
 thyroid disorders linked to, 3:29, 30
- hellebore. See *Veratrum* spp. (hellebore)
- helminths, for inflammatory bowel disease,
 5:78–79
- hematuria
Achillea millefolium for, 1:156, 238
Agrimonia eupatoria for, 4:203
Arnica montana for, 1:158; 4:203
Elymus repens for, 1:160
Equisetum spp. for, 1:160
Eupatorium purpureum for, 1:161; 4:208
Hamamelis virginiana for, 1:162
 herbs for, 1:115
Hydrangea arborescens for, 1:162
Piper cubeba for, 1:164
Rhus toxicodendron for, 1:165
Hemerocallis citrina (daylily), 4:92
- Hemidesmus indicus* (hemidesmus,
 Indian sarsaparilla)
 for asthma, 2:145, 147
 formulas containing
 asthma, 2:147
 hemoptysis, 2:126
 tuberculosis, 2:156
 specific indications, 2:167; 4:80–81
- hemming symptoms, 2:114
- hemochromatosis, 2:70–71, 94
- hemoptysis
Achillea millefolium for, 2:156
Digitalis purpurea for, 2:163
 formulas for, 2:125–27
Hamamelis virginiana for, 2:96
Lycopus virginicus for, 2:170
Melilotus suaveolens for, 2:171
 overview, 2:125–26
Sticta pulmonaria for, 2:181
Usnea barbata for, 2:183
- hemorrhage
Achillea millefolium for, 2:89
Cinnamomum spp. for, 2:92
Hamamelis virginiana for, 2:96
 nosebleeds, 2:99
- hemorrhagic strokes, nutraceuticals for, 2:63
- hemorrhoids
Achillea millefolium for, 1:81, 238
Aesculus hippocastanum for, 1:81; 4:202
Arnica montana for, 4:204
Atropa belladonna for, 1:82
Capsella bursa-pastoris for, 1:82
Collinsonia canadensis for, 1:83, 159; 2:93
Dioscorea villosa for, 1:84
Echinacea spp. for, 1:241
 formulas for, 1:49–50; 2:78
Hamamelis virginiana for, 1:85, 161, 243; 4:209
Hypericum perforatum for, 1:85
Mentha piperita for, 1:246
Myristica fragrans for, 4:212
 overview, 2:74

- hemorrhoids (*continued*)
Petroselinum crispum for, 1:163
Podophyllum peltatum for, 1:105
Quercus spp. for, 1:247; 2:101
Scrophularia nodosa for, 1:88
topical protocol for, 4:198
- hemostatics
Achillea millefolium, 2:89; 4:201
Agrimonia eupatoria, 4:202–3
for bleeding from the lungs, 2:126
Cinnamomum spp., 2:92
definition of, 1:54
in formulas, 1:12
Gardenia latifolia, 2:166
Rubia cordifolia, 4:214
- hemp. *See Cannabis sativa* (marijuana, hemp)
- HEMP (*Hydrastis*, *Echinacea*, *Myrrha*, *Phytolacca*) tincture, 5:189–190
- henbane. *See Hyoscyamus* spp.
- Henoch-Schönlein purpura, 5:74–75
- hen of the woods. *See Grifola frondosa* (hen of the woods, maitake)
- hepatic function. *See* liver function
- hepatitis
Andrographis paniculata for, 1:101
Artemisia capillaris for, 1:102
Astragalus membranaceus for, 1:103
Berberis aquifolium for, 1:85, 105
Bryonia spp. for, 4:205
Bupleurum spp. for, 1:103; 4:140
Centella asiatica for, 1:82
Chionanthus virginicus for, 1:103
Curcuma longa for, 1:104
Echinacea spp. for, 1:84
Eclipta alba, 1:104
formulas for, 1:91–95
Ganoderma lucidum for, 1:104
Glycyrrhiza glabra for, 1:85
Grifola frondosa for, 1:94t, 104
herbs for, 1:90, 91, 94t
molecular constituents against, 1:93
nutraceutical support for, 1:93
overview, 1:91
Phyllanthus amarus for, 4:212
role of viruses in, 1:24
Rubia cordifolia for, 4:214–15
Schisandra chinensis for, 1:106
TCM herbs, 1:90
- hepatocellular carcinoma (HCC), 1:101
See also liver cancer
- herbal formulation, art of. *See* art of herbal formulation
- Herbal Sipping-Vinegar Spritzers, 3:89
- herbal syrups, 1:37
- herbal teas
preparation of, 1:19–21; 2:22–23; 3:22–23; 4:25; 5:25
pros, cons, and indications, 1:26; 2:21–22; 3:22–23; 4:24; 5:24
- herbal vinegars, 1:74, 236
- Hercules' club/Hercules' herb. *See Zanthoxylum clava-herculis* (southern prickly ash)
- hereditary hemorrhagic telangiectasia, topical protocol for, 2:127
- Herniaria glabra* (rupturewort), 1:139, 162
- herniated disks
Colchicum autumnale for, 4:206
Hypericum perforatum for, 4:210
therapies for, 5:130–31
- herpangina, herbs for, 4:40
- herpes-induced ophthalmia
Echinacea purpurea for, 5:196
formula for, 5:150–51
Glycyrrhiza glabra for, 5:197
Hypericum perforatum for, 5:198
- herpes lesions
formulas for, 1:232
herbs for, 1:241, 242, 243, 244, 245, 249
Hypericum perforatum for, 4:81
Melissa officinalis for, 4:82–83
overview, 1:230
- herpes simplex virus
Glycyrrhiza glabra for, 5:197
Hypericum perforatum for, 5:198
Melissa officinalis for, 5:199
oral lesions from, 5:146, 180
overview, 3:104, 109; 5:180–81
Pimpinella anisum for, 5:200
Terminalia arjuna for, 3:178
topical treatments for lesions from, 5:184, 194
See also genital herpes
- herpes zoster. *See* shingles
- herpetic neuralgia
Aconitum napellus for, 4:74
Aloe spp. for, 4:75
formulas for, 4:40–41, 180, 182
Glycyrrhiza glabra for, 4:80
Hypericum perforatum for, 4:81
overview, 4:39–40
- he shou wu. *See Reynoutria multiflora* (fo ti, he shou wu, Chinese knotweed)
- hesperetin, 3:157
- heterosides, 4:142
- Hibiscus rosa-sinensis* (Chinese hibiscus, hibiscus)
flavonoids in, 2:33
formulas containing
hyperlipidemia, 2:35
hypertension, 2:43
for lipid health, 3:82
for poor circulation, 2:58
- Hibiscus sabdariffa* (flor de Jamaica, hibiscus, flor de Jamaica), 1:203
as aromatase inhibitor, 1:146
in Cashew Custard with a Nut Crust, 3:86
chromium in, 3:78, 79, 80t
flavonoids in, 2:33
formulas containing
acne, 1:203
acne rosacea, 1:205
- hyperlipidemia, 2:36
hypertension, 2:42
leaky gut syndrome, 1:78
retinopathies, 5:157
vascular support, 2:27
in High Chromium Summer Tea for Metabolic Support, 3:87
for hypertension, 2:42
in iced tea, 3:79
for leaky gut syndrome, 1:79
for retinopathies, 5:156
specific indications, 2:96; 3:95
syrup of, 3:78
for vascular infections, 2:72
for vascular support, 2:30
- high blood pressure. *See* hypertension
- high cholesterol
Allium sativum for, 3:90
Cinnamomum spp. for, 2:92
Commiphora mukul for, 1:83
Cynara scolymus for, 1:84, 104; 2:94
Dr. Stansbury's General Alterative Tea for, 1:27
formula for, 3:74–75
herbs for, 3:82
Medicago sativa for, 1:245
Opuntia spp. for, 3:60
Polygonum cuspidatum for, 2:101
Terminalia spp. for, 1:106
See also hyperlipidemia
- High Chromium Summer Tea for Metabolic Support, 3:87
- high-fiber diet, 3:67
- High-Fiber Truffles, 3:82, 97
- high-mineral herbs list, 5:100t
- High-Mineral Vinegar, 5:100
- hijiki (*Hizikia fusiformis*), 3:27
- Himalayan cedar (*Cedrus deodara*), 5:31t
- Hippocrates, 2:9; 3:9; 4:11; 5:11
- Hippophae rhamnoides* (sea buckthorn), 1:229
for allergic stomatitis, 5:181
for allergies, 5:48
for arthritis, 5:115
for cheilosis and cheilitis, 5:183
for dermatitis, 1:186, 189
for epilepsy and seizure disorders, 4:68
essential fatty acids in, 5:84
formulas containing
demyelinating polyneuropathy, 4:49
dermatitis, 1:186
dry mouth, 5:186
musculoskeletal trauma, 5:98
phlebitis, 2:81
pigmentation disorders, 1:223
skin fissures, 1:234
skin protection, 1:228
skin trauma, 1:175
varicosities, 2:75
- for musculoskeletal trauma, 5:98
for otitis externa, 5:163
phytosterols in, 3:155

- Hippophae rhamnoides* (sea buckthorn)
(continued)
seed oil from, 2:43; 4:57
for skin protection, 1:228, 229, 230
specific indications, 1:244; 2:96; 5:91, 197
for wound healing, 4:192t
- hirsutism
Foeniculum vulgare for, 1:242
Glycyrrhiza glabra for, 1:243
Mentha spicata for, 1:214, 246
overview, 1:213, 214
polycystic ovarian syndrome-related, 3:144, 145
Serenoa repens for, 1:214, 248
Urtica spp. for, 1:249
- hispidulin, 2:167, 179; 5:91
- histamine
migraines and, 4:159
role in allergies, 5:31–32
schizophrenia and, 4:123–24
seizural disorders and, 4:66
- historical suppression of natural medicine, 5:2–3
- hives
Apium graveolens for, 1:238; 5:86
Astragalus membranaceus for, 5:86
Cnidium monnieri for, 2:92
Crataegus spp. for, 1:241
Echinacea spp. for, 1:241
Ephedra sinica for, 5:89
formulas for, 1:184, 185; 5:53–54
Ginkgo biloba for, 5:90
Glycyrrhiza glabra for, 1:243
herbs for, 1:185; 4:189t
Mentha piperita for, 1:245
Rehmannia glutinosa for, 5:93
Rumex crispus for, 1:247
Salix alba for, 1:247
Salvia miltiorrhiza for, 5:93
Tanacetum parthenium for, 1:248; 2:104; 5:94
Urtica spp. for, 1:249; 5:94
Vaccinium myrtillus for, 5:94
- Hizikia fusiformis* (hijiki), 3:27
- hoelen. *See Poria cocos* (hoelen, fu ling)
- hofarighon (*Hypericum scabrum*), 4:71
- Hoffer, Abram, 4:5
- hollyhock. *See Alcea rosea* (hollyhock)
- holy basil. *See Ocimum sanctum, O. tenuiflorum* (holy basil)
- homeopathic remedies
Aconitum napellus preparations, 5:192
Allium cepa preparations, 5:85
Apis, 4:75
Arnica montana preparations, 5:133, 193
Atropa belladonna preparations, 5:133, 176, 193
for bites and stings, 1:171t
for bladder irritation, 5:57, 86
for burns, 1:173t
Colchicum autumnale preparations, 5:135
for eczema and allergic dermatitis, 1:188
for enuresis, 1:131
for eye conditions, 5:147t, 153, 154, 192
for eye injuries, 5:154
Gelsemium sempervirens preparations, 5:66, 137, 197
for headaches, 4:161
Lycopodium spp. preparations, 5:198
for pain, 4:154, 181
for panic disorder, 4:109
for skin allergic conditions, 5:54t
for styes, 5:153
for traumatic injuries, 5:98, 131
Veratrum album preparations, 5:203
- honey, for burns, 1:173; 4:190–91
- honey bee. *See Apis mellifica* (honey bee)
- honeysuckle. *See Lonicera japonica* (honeysuckle)
- honokiol, 4:82, 145
- hop marjoram (*Origanum dictamnus*), 4:67
- hops. *See Humulus lupulus* (hops)
- hops bag, 4:182, 197t
- horchata, antioxidant benefits, 4:107, 142
- hordeolums, 5:153
See also styes
- horehound. *See Marrubium vulgare* (horehound)
- hormonal cancers
aromatase inhibitors for, 3:120
dehydrogenase enzymes for, 3:155
formula for, 3:158
Fucus vesiculosus for, 3:58
isothiocyanate for, 3:157
phytoestrogens for, 3:156
Pueraria montana var. *lobata* for, 3:97
See also reproductive cancers
- hormonal therapies, for dementia, 4:54–55
- horny goatweed. *See Epimedium* spp.
- horse chestnut. *See Aesculus hippocastanum* (horse chestnut)
- horseradish. *See Armoracia rusticana* (horseradish)
- horsetail. *See Equisetum* spp.
- hot flashes
Actaea racemosa for, 3:140
Cinchona officinalis for, 1:83
formulas for, 1:226–27; 3:135
Salvia officinalis for, 1:247; 3:177
Sanguinaria canadensis for, 1:87, 247
- hot packs. *See* heat packs
- hot peppers. *See Capsicum* spp.
- hot vs. cold presentations, 5:66–67
- House-Cleaning Spray, Antifungal, 5:36
- household allergens, 5:47
- HPA axis (hypothalamic-pituitary-adrenal axis), 4:112
- HSV. *See* herpes simplex virus (HSV)
- huaco (*Mikania glomerata*), 2:108t, 172
- Huang Lian Su tablets, 1:53, 54, 56
- huang qi. *See Astragalus membranaceus* (milk vetch, huang qi)
- Huangqi Guizhi Wuwutang, 5:120
- huang qin. *See Scutellaria baicalensis* (huang qin)
- hub failure, 4:5
- human papillomavirus (HPV)
formulas for, 3:111–15
nutraceuticals for, 3:114
overview, 1:199; 3:104, 111–13
therapies for, 1:200
- humid asthma, 2:146–47, 164
See also asthma
- humoral immune response, 5:29
- humulone, 4:210
- Humulus lupulus* (hops)
antiallergic qualities, 5:33t
anti-inflammatory qualities, 4:128
carminative qualities, 1:31
for depression and anxiety, 4:101t, 103t
formulas containing
dyspepsia, 1:28
hormonal cancers, 3:158
insomnia, 4:115
menopausal insomnia, 3:138
GABAergic qualities, 4:110
for menopausal symptoms, 3:136t, 138, 138t
nervine qualities, 4:91
for premenstrual syndrome, 3:125
specific indications, 1:85; 3:171; 4:143, 209–10; 5:197
as uterine sedative, 3:124
- Huperzia serrata* (Chinese club moss, qian ceng ta)
for cerebral vascular insufficiency, 2:62
for cognition, 4:53
for dementia, 4:52
for depression and anxiety, 4:101t
for epilepsy and seizure disorders, 4:67
formulas containing
dementia, 4:55
depression and anxiety, 4:102
for multiple sclerosis, 5:82
for neurological conditions, 4:28
neuroprotective effects, 4:30
specific indications, 2:96–97; 4:81
- huperzines, 2:97; 4:67, 81
- hurricane weed. *See Phyllanthus amarus* (chanca piedra, bahupatra, hurricane weed)
- hu zhang. *See Polygonum cuspidatum* (Japanese knotweed)
- hyaluronic acid
in *Centella asiatica*, 1:159
for joint pain, 4:187
promotion of, for leaky gut syndrome, 1:79
in Sweet and Sour Alginate “Cordial” for GERD, 1:39
- Hydrangea* spp.
for dysuria, 1:116
for hematuria, 1:115
for pyuria, 1:115
for thick and cloudy urine, 1:116, 139
for urinary lithiasis, 1:142

- Hydrangea arborescens* (hydrangea), 1:162
Hydrangea macrophylla (hydrangea)
 anti-allergic qualities, 5:33t
 mast-cell stabilizing effects, 2:144t
 for pyuria, 1:115
 specific indications, 2:167
- Hydrastis canadensis* (goldenseal), 5:189
 alterative qualities, 1:27
 antimicrobial qualities, 1:39, 51, 52, 56, 61, 71; 3:21t
 antiparasitic qualities, 1:54
 cholagogue action, 1:25
 for dermatitis, 1:188
 as drying agent, 2:133
 for eye conditions, 5:147t, 148
 for eye injuries, 5:154
 formulas containing
 anorexia, 1:37
 diarrhea, 1:53
 dyspepsia, 1:29
 enteritis, 1:61
 gastritis, 1:60
 gastrointestinal bleeding, 1:67
 GERD, 1:40
 human papillomavirus, 3:114
 nasal polyps, 5:173t, 174
 oral allergic reactivity, 5:51
 pyelonephritis, 1:120
 respiratory allergies, 5:43
 SIBO, 1:76
 skin infections, 1:176, 177
 skin lesions, 5:55t
 ulcers, 1:64
 vaginitis, 3:106
- for fungal skin infections, 1:197
 for genital fungal infections, 1:197
 for *Helicobacter pylori* infections, 1:43
 for impetigo, 1:179
 for menorrhagia, 3:118
 for mucous membranes, 5:189
 for nasal polyps, 5:173t
 for pain, 4:154
 for pelvic inflammatory disease, 3:108
 pill form, 1:54
 for sinusitis, 5:171
 for skin fissures, 1:235
 for skin infections, 1:176
 for skin lesions and cancers, 1:237
 for skin ulcers, 1:231
 specific indications, 1:85, 104, 244; 2:97, 167; 3:171
 for stasis ulcers, 2:60
 for throat pain, 5:191t
 for tongue conditions, 5:178t
 for vaginitis, 3:105
 in vag packs, 3:114
 for vascular pain, 4:200t
 for warts, 1:200
- hydrogogues vs. renal depurants, 1:111
 See also renal depurants
- hydrotherapy
 for emphysema, 2:136–37
 for headaches, 4:163
 for neuralgia, 4:35
 for pneumonia, 2:141
 for trigeminal neuralgia, 4:37
- hygiene hypothesis, 5:30–31
- hyoscine, 1:141
- hyoscyamine
 for urinary colic, 1:141
 for urinary retention and bladder spasm, 1:128, 135, 136, 158
- Hyoscyamus niger* (henbane)
 antispasmodic qualities, 1:135
 for cramping pain in the bladder, 1:124
 for epilepsy and seizure disorders, 4:68
 formulas containing, 1:139
 for overactive bladder, 1:128
 for pain, 4:17, 166t, 171t
 for Parkinson's disease, 4:60
 specific indications, 1:162; 2:167–68; 4:210
 tropane alkaloids from, 2:152
 for urinary colic, 1:137, 138t, 141
- Hyoscyamus reticulatus* (henbane, shikkaron merushat), 4:61
- hyperemic pain, herbs for, 4:167, 190, 200t, 217
- hyperglycemia
Allium cepa for, 3:89
Astragalus membranaceus for, 3:73, 90
Avena sativa for, 2:91
Berberis aquifolium for, 3:55, 90
Castanospermum australe for, 2:92
Centella asiatica for, 3:91
Cinnamomum spp. for, 2:92; 3:91, 167
Commiphora mukul for, 1:241
Coptis trifolia for, 3:92
Crataegus spp. for, 2:93; 3:93, 168
Curcuma longa for, 1:104
Cynara scolymus for, 1:104; 2:94; 3:169
 diabetes and, 3:68
 formulas for, 2:35
Glycine max for, 2:95
Gynostemma pentaphyllum for, 3:95
 herbs for, 3:73
Lepidium meyenii for, 3:96
Nigella sativa for, 2:99
Ophiopogon japonicus for, 2:99
Opuntia ficus-indica for, 2:100
Plantago spp. for, 3:61, 97
Punica granatum for, 3:97
Raphanus sativus var. *niger* for, 2:101
 role in cardiovascular disease, 2:26
Salvia miltiorrhiza for, 3:97
Silybum marianum for, 1:88, 106
Stevia rebaudiana for, 3:98
Syzygium spp. for, 2:104
Syzygium aromaticum for, 3:98
Trifolium pratense for, 3:178
Trigonella foenum-graecum for, 3:99
Urtica dioica for, 2:105
- Vaccinium myrtillus* for, 3:99
Vitis vinifera for, 3:99
Zingiber officinale for, 2:106; 3:99
- hyperhidrosis
Centella asiatica for, 1:240
 formulas for, 1:226–27
Hydrastis canadensis for, 1:244
Hypericum perforatum for, 1:244
Paeonia spp. for, 1:105
Pilocarpus jaborandi for, 1:246
Salvia officinalis for, 1:247
- hypericin, 1:132, 133
- Hypericum perforatum* (St. Johnswort), 1:133; 4:93
 anti-inflammatory qualities, 5:97
 antispasmodic qualities, 1:138t
 for arthritis, 5:115
 for attention deficit hyperactivity disorder, 4:119
 for Behçet's disease, 5:74
 for Bell's palsy, 4:36
 for bladder cancer, 1:132
 for bladder mucosal lesions, 1:123
 for breast conditions, 3:142
 for bruising, 2:66
 for connective tissues, 1:233
 for contractures, 5:104
 for crawling and tingling sensations, 1:232
 for dental procedures, 5:146, 177
 for depression and anxiety, 3:2; 4:91–92, 93, 101t, 143
 for dermatitis, 1:188, 189
 for dermatologic conditions, 1:171t
 for digestive pain, 1:26
 for enuresis, 1:131
 for epilepsy and seizure disorders, 4:66
 for eye conditions, 5:147, 147t, 154
 flavonoids in, 2:33
 formulas containing
 acne rosacea, 1:205
 Addison's disease, 3:51
 alcohol recovery, 4:136
 alcohol withdrawal seizures, 4:71
 angioedema, 5:57
 arrhythmias, 2:55
 arthritis, 5:119, 120
 attention deficit hyperactivity disorder, 4:121
 Behçet's disease, 5:74
 Bell's palsy, 4:36, 37
 black eyes, 5:155
 bladder cancer, 1:134
 breast conditions, 3:143
 burns, 1:172, 173
 capillary fragility, 2:67
 carpal tunnel syndrome, 4:48
 cold sores, 5:184
 contact dermatitis, 5:54
 contractures, 5:105
 costochondritis, 2:123
 Cushing's syndrome, 3:52, 54
 dental conditions, 5:176, 177

Hypericum perforatum (St. Johnswort)

(continued)

- depression and anxiety, 4:96, 98, 100
 - dermatitis, 1:186
 - diabetic neuropathy, 3:73
 - ear pain, 4:176
 - endometriosis, 3:149
 - enuresis, 1:131
 - erythema multiforme, 1:220
 - erythema nodosum, 1:221
 - esophageal disorders, 1:45
 - fibromyalgia, 5:110
 - frostbite, 1:237
 - genital herpes, 3:110
 - Guillain-Barré syndrome, 4:49
 - head injury-related seizures, 4:71
 - hemorrhoids, 1:49; 2:78
 - Henoch-Schönlein purpura, 5:75
 - herpes-induced ophthalmia, 5:150, 151
 - herpes lesions, 1:232
 - herpetic neuralgia, 4:40, 41, 182
 - hot flashes, 3:135
 - hyperhidrosis, 1:227
 - insomnia, 4:114, 116
 - interstitial cystitis, 1:123, 124
 - itching skin, 1:186
 - labyrinthitis, 5:162
 - lupus, 5:76
 - lymphedema, 2:83
 - Ménière's disease, 5:164
 - menopausal symptoms, 3:138; 4:100
 - menstrual cramps, 3:125
 - metastatic pain, 4:195
 - multiple sclerosis, 5:83
 - muscle pain, 5:106, 108, 109
 - musculoskeletal trauma, 5:96, 97, 98
 - myositis conditions, 5:71
 - nephropathy, 3:73
 - neuralgia, 4:35, 180
 - neurogenic bladder, 1:127
 - nociceptive pain, 4:179
 - oral allergic reactivity, 5:51
 - orbital cellulitis, 5:148
 - otitis externa, 5:163
 - otitis media, 5:161
 - overactive bladder, 1:130
 - pain, 4:169, 187
 - pancreatitis, 1:70
 - peripheral neuropathy, 4:44, 45, 46, 47
 - pigmentation disorders, 1:224, 226
 - pleurisy, 2:139
 - polycystic ovarian syndrome, 3:147
 - pompholyx, 5:55
 - premenstrual syndrome, 3:126
 - psoriasis, 1:210
 - PTSD, 4:111
 - restless legs syndrome, 4:33
 - sciatica, 5:131
 - seizures, 4:72
 - shingles, 1:231; 4:182
 - skeletal fractures and bone injuries, 5:101
 - skin trauma, 1:174, 175
 - smoking cessation, 4:133
 - streptococcal infections, 1:233
 - superficial pain, 4:191
 - telangiectasias, 2:66
 - tinnitus, 5:166
 - traumatic brain injury, 4:55
 - trigeminal neuralgia, 4:38, 39
 - ulcerated skin, 1:231, 232
 - urinary tract infections, 3:136
 - urinary tract reactivity, 5:57, 59
 - vaginal lubrication, 3:153
 - varicosities, 2:74, 75
 - venous congestion, 2:76
 - vertigo, 5:168
 - warts, 1:200
 - withdrawal symptoms, 4:130, 135, 136
- GABAergic qualities, 4:110
- for genital herpes, 3:109
 - for headaches, 4:159
 - for heart infections, 2:72
 - for Henoch-Schönlein purpura, 5:75
 - for herpes simplex viral infections, 5:181
 - for herpetic neuralgia, 4:40
 - for inflammatory bowel diseases, 1:34
 - for insomnia, 4:114
 - for itching skin, 1:187
 - for menopausal symptoms, 3:136t, 138t
 - multiple mechanisms of action, 3:2
 - for muscle pain, 4:183t
 - for musculoskeletal trauma, 5:96, 98
 - for myositis conditions, 5:70
 - nervine qualities, 1:30; 4:91
 - for neuralgia, 4:34–35, 180t; 5:131
 - for neurogenic bladder, 1:126, 127
 - for neurological conditions, 4:27
 - opiate agonist qualities, 4:134
 - for otitis externa, 5:163
 - for overactive bladder, 1:129
 - for pain, 4:154, 170t, 171t
 - for peripheral neuropathy, 4:42, 43t
 - photosensitizing qualities, 1:225
 - for pleurisy, 2:138
 - for premenstrual syndrome, 3:125
 - for restless insomnia, 1:15; 2:17; 3:17, 18; 4:20; 5:20
 - for restless legs syndrome, 4:32
 - for schizophrenia, 4:125
 - serotonin-promoting qualities, 4:92
 - for skin allergic conditions, 5:54t
 - for skin eruptions, 1:190, 194
 - for skin fissures, 1:235
 - for skin hypersensitivity, 1:232
 - for skin lesions and cancers, 1:237
 - for skin protection, 1:230
 - specific indications, 1:85, 162, 244; 2:97, 168; 3:59, 95–96, 171; 4:81, 143, 210; 5:91, 138, 197–98
 - for telangiectasias, 1:208
 - for thyroiditis, 3:31
 - for tinnitus, 5:165, 166
 - for topical skin products, 1:228
 - for trigeminal neuralgia, 4:37
 - for urinary tract reactivity, 5:58
 - for vascular pain, 4:200t
 - for vascular reactivity, 5:60
 - for warts, 1:199
 - for withdrawal symptoms, 4:128
 - for wound healing, 4:192t
- Hypericum scabrum* (hofarighon, alafe chai), 4:71
- hyperlipidemia
- Allium cepa* for, 3:89
 - Allium sativum* for, 3:90
 - Alpinia galanga* for, 3:165
 - Angelica sinensis* for, 3:90
 - Arctium lappa* for, 1:81, 101; 3:166
 - Atractylodes* spp. for, 2:91
 - Avena sativa* for, 2:91
 - Berberis aquifolium* for, 3:55, 90
 - Borago officinalis* for, 2:91
 - Centella asiatica* for, 1:182
 - Cinnamomum* spp., 3:91, 167
 - Commiphora mukul* for, 1:241; 2:93; 3:56, 168
 - Coptis chinensis* for, 2:93
 - Crataegus* spp. for, 2:93; 3:93, 168
 - Curcuma longa* for, 1:83, 104; 2:94; 3:57, 93, 168
 - Cynara scolymus* for, 1:104; 2:94; 3:93, 169
 - formulas for, 2:32–37, 47; 3:74–75
 - Ginkgo biloba* for, 3:58, 94
 - Glycine max* for, 2:95
 - Gynostemma pentaphyllum* for, 3:95
 - Hemidesmus indicus* for, 2:167
 - herbs for, 3:82
 - Hippophae rhamnoides* for, 2:96
 - hypolipidemic agents for, 2:34
 - Iris versicolor* for, 2:97
 - Leonurus cardiaca* for, 3:59
 - Linum usitatissimum* for, 2:98
 - Malus domestica* for, 2:99
 - Medicago sativa* for, 3:173
 - Ophiopogon japonicus* for, 2:99
 - Opuntia* spp. for, 2:100; 3:60
 - overview, 2:32
 - Panax ginseng* for, 2:100
 - as part of the deadly quartet, 3:65
 - Plantago* spp. for, 3:61, 97
 - Punica granatum* for, 3:97
 - Raphanus sativus* var. *niger* for, 2:101
 - Rheum palmatum* for, 2:102
 - role in cardiovascular disease, 2:26
 - Salvia miltiorrhiza* for, 2:103; 3:62, 97
 - Schisandra chinensis* for, 2:103
 - Scutellaria baicalensis* for, 2:103
 - Silybum marianum* for, 1:88, 106; 2:103
 - Stevia rebaudiana* for, 3:98
 - Syzygium cumini* for, 3:99
 - Taraxacum officinale* for, 2:104
 - Theobroma cacao* for, 2:105
 - Trachyspermum ammi* for, 2:105
 - Trifolium pratense* for, 3:178

hyperlipidemia (continued)

Trigonella foenum-graecum for, 3:179

Vitis vinifera for, 3:99

Zingiber officinale for, 2:106; 3:63, 99

See also high cholesterol

hyperpigmentation, with Addison's disease, 3:51

hypersensitivity immune response

formulas for, 5:35–36

overview, 5:29

hypertension

Achillea millefolium for, 2:89

Allium sativum for, 2:90; 3:90

Ammi visnaga for, 2:90

Angelica sinensis for, 2:90

Apium graveolens for, 2:90

Avena sativa for, 2:91

Camellia sinensis for, 2:91; 3:91

Castanospermum australe for, 2:92

Ceanothus americanus for, 3:91

from chronic renal failure, 1:152

Cinnamomum spp. for, 2:92; 3:91

Cnidium monnieri for, 2:92

Coleus forskohlii for, 2:177

Coptis chinensis for, 2:93

Crataegus spp. for, 2:93; 3:93, 168

Crinum glaucum for, 2:93

Desmodium styracifolium for, 2:94

Dr. Stansbury's General Alterative Tea for, 1:27

Eleutherococcus senticosus for, 2:94

energetic considerations, 2:14–15

Eschscholzia californica for, 2:95

Foeniculum vulgare for, 3:94

folkloric herbs for, 2:44

formulas for, 2:41–47; 3:141

Ginkgo biloba for, 2:95

Glycyrrhiza max for, 2:95

Glycyrrhiza glabra concerns, 3:146

Gymnema sylvestre for, 2:96; 3:95

herbs for, 1:103, 240, 247

Hibiscus sabdariffa for, 2:96; 3:95

Iris versicolor for, 2:97

Lavandula spp. for, 2:97

Leonurus cardiaca for, 2:98; 3:59, 139

Lepidium latifolium for, 2:98

Lepidium meyenii for, 3:96

Lobelia inflata for, 3:60

Lycopus europaeus for, 3:60

Matricaria chamomilla for, 2:99

Melissa officinalis for, 2:99; 4:146

menopause-related, 3:141

Mitragyna speciosa for, 4:146

Nigella sativa for, 2:99

Oplopanax horridus for, 2:99

overview, 2:41–42

Panax ginseng for, 2:100

as part of the deadly quartet, 3:65

Passiflora spp. for, 2:100; 4:148

Pinus pinaster for, 2:100

Piscidia piscipula for, 4:149

Plantago psyllium for, 2:101

Pueraria montana var. *lobata* for, 2:101; 3:97

Rauvolfia serpentina for, 3:61; 4:150

role in cardiovascular disease, 2:25–26

Salvia miltiorrhiza for, 2:102

Schisandra chinensis for, 2:103

Scutellaria baicalensis for, 2:103

Selenicereus grandiflorus for, 2:103

Senna spp. for, 2:103

Silybum marianum for, 2:103

Taraxacum officinale for, 2:104

Theobroma cacao for, 2:105

Tilia × *europaea* for, 2:105

Trachyspermum ammi for, 2:105

Uncaria tomentosa for, 2:105

Urtica dioica for, 2:105

Valeriana officinalis for, 2:106; 3:62

Veratrum viride for, 4:87

Ziziphus spinosa for, 2:106

hyperthyroidism

Berberis aquifolium for, 3:55

Bupleurum falcatum for, 3:55

Citrus sinensis for, 3:56

Eleutherococcus senticosus for, 3:57

formulas for, 2:53; 3:39–45

hyperhidrosis with, 1:227

Hypericum perforatum for, 3:59

Iris versicolor for, 3:59

Leonurus cardiaca for, 3:172

Lithospermum spp. for, 3:59

Lobelia inflata for, 3:60

Lycopus virginicus for, 1:163; 3:60, 172

Melissa officinalis for, 3:60, 173

overview, 3:26, 28, 39–41

Rauvolfia serpentina for, 3:61

rosmarinic acid for, 3:43

Rosmarinus officinalis for, 3:62

Valeriana officinalis for, 3:62

hyperthyroid-related diarrhea, 1:51, 57

See also diarrhea

hyperventilation, dyspnea with, 2:124

hyperventilation syndrome, treating, 2:140

hypochlorhydria

alteratives for, 1:25, 26

Artemisia absinthium for, 1:81

digestive stimulants for, 1:25

formulas for, 1:28–29

herbs for, 1:74

malabsorption from, 1:72–73

Rumex crispus for, 1:87, 105, 247

hypolipidemic agents, 2:34

hypotension

Aconitum carmichaelii for, 2:89

with Addison's disease, 3:51

Adonis vernalis for, 2:89

with adrenal insufficiency, 3:48

Coleus forskohlii for, 2:101

Crataegus spp. for, 2:93; 3:93

formulas for, 2:85–86; 3:51

Fucus vesiculosus for, 2:95

Glycyrrhiza glabra for, 3:58

Gymnema sylvestre for, 2:96; 3:95

Strophanthus hispidus for, 2:104

hypothalamic-pituitary-adrenal (HPA) axis, 3:46, 53

hypothyroidism

Camellia sinensis for, 3:91

Coleus forskohlii for, 3:56

Coptis trifolia for, 3:92

dry, scaly skin from, 1:189

dysfunctional uterine bleeding and, 3:117

Echinacea spp. for, 3:93

Eleutherococcus senticosus for, 3:57

formulas for, 3:34–39

Fucus vesiculosus for, 2:95; 3:58

hair loss from, 1:213

heel fissures from, 1:234

Hypericum perforatum for, 3:59

Iris versicolor for, 3:59

Opuntia spp. for, 3:60

overlap with metabolic syndrome, 3:66

overview, 3:26–28, 34–35

Panax ginseng for, 3:61, 96

with polycystic ovarian syndrome, 3:147

Raphanus spp. for, 3:176

Rosmarinus officinalis for, 3:61, 62

Zingiber officinale for, 3:63

Hyssopus officinalis (hyssop), 2:133, 168; 3:110

I

IBD. See inflammatory bowel diseases (IBD)

Iberis amara (candytuft), 1:77

iboga. See *Tabernanthe iboga* (iboga)

ibogaine, 4:137

IBS. See irritable bowel syndrome (IBS)

ice chips, for throat pain, 5:187, 190

ice packs, for headaches, 4:163–64

Illicium verum (star anise), 4:120

imiquimod ointments, 3:111, 112

immortal. See *Helichrysum* spp.

immune deficiency

Cordyceps sinensis for, 5:88

Eleutherococcus senticosus for, 5:89

immunomodulating herbs for, 5:64

Oenothera biennis for, 5:92

immune-modulating and -supporting herbs

for allergies, 5:28, 32, 33–34t, 44

Aloe spp., 3:110

Andrographis paniculata, 3:54

for arthritis, 5:114, 119

Asparagus racemosus, 3:166

Astragalus membranaceus, 2:159; 3:31, 55, 84, 90, 166; 5:75, 193

for autoimmune disorders, 5:64, 66

Bupleurum falcatum, 3:55, 73

for colds, 5:169

Coleus forskohlii, 2:177

for debility, 3:49

Echinacea spp., 3:93; 5:136, 196

Eleutherococcus senticosus, 1:84; 2:94;

3:47, 57, 169

- immune-modulating and -supporting herbs
(continued)
- Epimedium grandiflorum*, 3:57, 169
for eye, ear, nose, mouth, and throat conditions, 5:145
Ganoderma lucidum, 3:58, 94; 5:37, 66, 75, 90
Glycyrrhiza glabra, 2:96; 3:53, 58; 5:51, 52, 53, 75
Grifola frondosa, 1:104, 243; 5:91, 138
Gynostemma pentaphyllum, 3:95
for inflammatory bowel diseases, 1:34
for leaky gut syndrome, 1:78
Melaleuca alternifolia, 5:92
Morinda citrifolia, 2:172
for multiple sclerosis, 5:82
mushrooms, 3:69
Neopicrorhiza scrophulariiflora, 2:172
Oenothera biennis, 2:173; 5:92
Panax ginseng, 1:246; 2:174; 3:174; 5:92
Perilla frutescens, 5:45
Persicaria tinctoria, 2:175
Phyllanthus amarus, 5:93
Phytolacca americana, 3:175
Piper longum, 2:177
Piper methysticum, 2:177
plant alkaloids, 5:79, 80
for prostatitis, 1:151
Rehmannia glutinosa, 5:67
Saussurea costus, 2:179
Schisandra chinensis, 2:180
Selaginella uncinata, 2:180
for SIBO, 1:75
Smilax spp., 3:177
Thuja spp., 3:178
for thyroiditis, 3:29
Uncaria tomentosa, 1:166
for warts, 1:199
Withania somnifera, 2:184; 3:47
- immune responses, types of, 5:29
- immunizations, childhood, 4:70–71
- immunoglobulin A vasculitis, 5:74–75
- immunoglobulin E (IgE), 5:28, 31
- immunosuppressants
for autoimmune disorders, 5:64–65
Celastrus aculeatus as, 5:87
colchicine as, 5:73, 123
for lupus, 5:76
for multiple sclerosis, 5:81–82
Phyllanthus amarus as, 5:93
- Impatiens balsamina* (garden balsam), 4:129, 134
- impetigo, herbs and formula for, 1:179, 249
- impotence. *See* erectile dysfunction
- incontinence
Atropa belladonna for, 1:158
Elymus repens for, 1:160
Equisetum spp. for, 1:160
formulas for, 1:130–31
Thuja spp. for, 1:166
Turnera diffusa for, 1:166
- Indian coleus. *See* *Coleus forskohlii*
(coleus, Indian coleus)
- Indian frankincense. *See* *Boswellia serrata*
(frankincense)
- Indian ginseng. *See* *Withania somnifera*
(ashwagandha, Indian ginseng)
- Indian gooseberry. *See* *Phyllanthus emblica*
(amla, amalaki, Indian gooseberry)
- Indian ipecac. *See* *Tylophora asthmatica*,
T. indica (Indian ipecac)
- Indian lotus. *See* *Nelumbo nucifera* (lotus,
Indian lotus)
- Indian sarsaparilla. *See* *Hemidesmus indicus*
(hemidesmus, Indian sarsaparilla)
- Indian snakeroot. *See* *Rauwolfia serpentina*
(Indian snakeroot)
- Indian tobacco. *See* *Lobelia inflata* (pukeweed,
Indian tobacco)
- indigenous knowledge, honoring of, 2:1–8
- indirubin, 2:131, 175
- indole-3-carbinol, 3:157
- indole alkaloids, 5:80
- indoles, 3:103
- indwelling catheters, 1:117, 126
- infants
Chionanthus virginicus for jaundice in, 1:83, 103
diarrhea in, 1:58
otitis media in, 5:160
Pimpinella anisum for, 1:86
seborrhea in, 5:54
teething in, 5:198, 200, 202
thrush in, 5:181
- infections
Achillea millefolium for, 1:237
Aconitum napellus for, 5:131
Albizia lebbek for, 2:157
Allium cepa for, 3:89
Alstonia scholaris for, 2:157
Andrographis paniculata for, 1:157, 238;
2:158; 3:54, 90
Armoracia rusticana for, 5:193
Astragalus membranaceus for, 1:103, 239;
2:159; 3:90, 166; 5:86, 193
Berberis aquifolium for, 1:245; 2:160; 5:194
Caesalpinia sappan for, 2:160
Capsicum annum for, 5:134
Chelone glabra for, 1:83, 103
Cinnamomum verum for, 5:195
Commiphora myrrha for, 1:241; 5:195
cooling and warming antimicrobials, 1:19t;
2:21t; 3:21t; 4:23t, 24t; 5:23t, 24t
Coptis trifolia for, 1:83; 3:56, 92, 168; 5:195
Curcuma longa for, 3:57, 93, 168; 5:89, 195
depression and anxiety with, 4:99
with diabetes, 3:71
diarrhea from, 1:51
digestive pain associated with, 1:26
Echinacea spp. for, 1:241; 2:94, 163; 3:93;
5:136, 195, 196
Eleutherococcus senticosus for, 1:242; 5:89
Ganoderma lucidum for, 1:104; 5:90
Glycyrrhiza glabra for, 1:243; 5:138
Grifola frondosa for, 5:91
Henoch-Schönlein purpura linked to, 5:74
Hypericum perforatum for, 4:143
Hyssopus officinalis for, 2:168
Isatis tinctoria for, 2:168
Juniperus communis for, 2:168–69
Lomatium dissectum for, 5:139
Lycium barbarum for, 2:170
Melissa officinalis for, 4:146
Ocimum sanctum for, 2:173
Oenothera biennis for, 5:92
Origanum vulgare for, 1:246; 5:199
Panax ginseng for, 1:246; 2:174; 5:139
Phellodendron amurense for, 3:174
Phytolacca americana for, 3:175; 5:139
Pimpinella anisum for, 5:200
reactive arthritis from, 5:71
Reynoutria multiflora for, 2:102
role of terrain in addressing, 2:9–10
Rosmarinus officinalis for, 2:179
Rubia cordifolia for, 4:214–15
Salix alba for, 5:201
Salvia officinalis for, 3:176; 5:201
skin eruptions from, 1:194
Spilanthes acmella for, 5:141
as symptom of healing crises, 1:8
Tabebuia impetiginosa for, 5:202
Thuja spp. for, 3:178
Thymus vulgaris for, 5:202
Uncaria tomentosa for, 2:105, 183
Zingiber officinale for, 5:203
See also specific types
- infectious arthritis
Achillea millefolium for, 5:131
Melaleuca alternifolia for, 5:139
- infectious diarrhea, 1:54, 56, 84, 87
See also diarrhea
- infertility
Angelica sinensis for, 3:166
antiandrogenic herb concerns, 3:148, 173–74
Astragalus membranaceus for, 3:166
Epimedium grandiflorum for, 3:169
Eurycoma longifolia for, 3:169
Foeniculum vulgare for, 3:170
formulas for, 3:129–134, 164
Glycyrrhiza glabra for, 3:170
herbs for, 3:131t
Leonurus cardiaca for, 3:172
Lepidium meyenii for, 3:96, 132, 163, 172
Panax ginseng for, 3:174
Tribulus terrestris for, 3:178
Trifolium pratense for, 3:178
Urtica spp. for, 3:179
- inflammation
Achillea millefolium for, 4:201
Aconitum napellus for, 4:181; 5:131
Acorus calamus for, 4:202
Aloe vera for, 1:81; 4:203
Alstonia scholaris for, 2:157
Ananas comosus for, 5:132

inflammation (continued)

- Andrographis paniculata* for, 5:132
Anemone pulsatilla for, 4:203
 apitherapy for, 5:86
Arctium lappa for, 3:166; 5:133
Arctostaphylos uva ursi for, 1:157–58
Artemisia dracunculus for, 4:204
Astragalus membranaceus for, 3:166
Berberis aquifolium for, 3:166; 5:134
Boswellia serrata for, 4:204–5
 bromelain for, 5:108
Bryonia dioica for, 4:205
Bupleurum spp. for, 3:55, 90–91; 4:27, 140
Butea monosperma for, 4:205
Camellia sinensis for, 2:91
Cannabis sativa for, 4:205
Caulophyllum thalictroides for, 5:134
Celastrum acaule for, 4:206
Centella asiatica for, 2:92; 3:55, 91
Chelidonium majus for, 4:206
Cinnamomum spp. for, 5:87, 135
Citrullus colocynthis for, 4:206
Cnidium monnieri for, 5:135
Coleus forskohlii for, 3:56, 92, 167; 4:78
Conium maculatum for, 5:136
Crataegus spp. for, 3:57; 5:136
Cucurbita pepo for, 3:168
Curcuma longa for, 1:104; 3:93, 168; 4:78, 207; 5:89, 136
Dioscorea villosa for, 4:207
Echinacea spp. for, 5:136
Eclipta alba for, 1:104
Eleutherococcus senticosus, 3:57
Epimedium brevicornu for, 5:137
Equisetum arvense for, 3:93
Filipendula ulmaria for, 5:137
Foeniculum vulgare for, 1:242
Fucus vesiculosus for, 5:90
Ganoderma lucidum for, 1:243
Gastrodia elata for, 4:79
Gaultheria procumbens for, 5:137
Ginkgo biloba for, 4:80
Glycyrrhiza glabra for, 1:161, 243; 2:96; 3:170; 4:80, 143; 5:90
Hamamelis virginiana for, 1:161, 243; 4:209
Harpagophytum procumbens for, 4:209; 5:138
Hemidesmus indicus for, 2:167
Humulus lupulus for, 4:210
Huperzia serrata for, 4:81
Hydrastis canadensis for, 3:171
Hypericum perforatum for, 1:85; 2:168; 3:59, 95–96; 4:27, 81, 210
Jasminum grandiflorum for, 4:81
Lavandula angustifolia for, 4:82, 210
Ligusticum striatum for, 4:145, 211
Linum usitatissimum for, 2:169; 4:82
Magnolia officinalis for, 2:171; 4:82
Matricaria chamomilla for, 4:82, 146
Medicago sativa for, 3:173
Melaleuca alternifolia for, 5:92
Melissa officinalis for, 4:146
Morinda citrifolia for, 2:172
Nigella sativa for, 4:212
Ocimum sanctum for, 2:173; 3:173; 4:148, 212
Oenothera biennis for, 2:173
Olea europaea for, 2:173
Paeonia lactiflora for, 2:174
Panax ginseng for, 4:27, 148; 5:139
Passiflora incarnata for, 2:175
Perilla frutescens for, 2:175; 4:148, 149
Persicaria tinctoria for, 2:175
Petasites hybridus for, 1:163; 4:212; 5:41, 93
Petroselinum crispum for, 2:175; 3:174
Phellodendron amurense for, 3:174
Phyllanthus amarus for, 5:93
Phytolacca americana for, 3:175; 4:213
Picrorhiza kurroa for, 5:93
Pimpinella anisum for, 5:200
Pinus pinaster for, 2:176; 5:139
Piper longum for, 2:177
Piper methysticum for, 2:177; 4:27
Polygonum cuspidatum for, 2:178
Populus tremuloides for, 1:164
Poria cocos for, 2:101
Rehmannia glutinosa for, 4:213; 5:93
Reynoutria multiflora for, 2:102
Rheum palmatum for, 2:178
Rhodiola rosea for, 3:61
Ribes nigrum for, 4:85
Ricinus communis for, 4:214
 role in depression, 4:90
Rosa canina for, 2:179
Rosmarinus officinalis for, 2:179; 4:214
Rubia cordifolia for, 4:214
Salix alba for, 5:140, 201
Salvia miltiorrhiza for, 3:176; 4:151; 5:93, 201
Salvia officinalis for, 4:85
Saussurea costus for, 2:179
Scutellaria baicalensis for, 1:106; 2:103, 180; 4:27, 215; 5:93, 141
Selaginella uncinata for, 2:180
Sesamum indicum for, 5:141
Silybum marianum for, 2:103, 180
Smilax spp. for, 3:177; 4:86
 smoothie for, 4:173
Solidago canadensis for, 5:201
Stemona spp. for, 2:181
Strychnos nux-vomica for, 4:215
Tabebuia impetiginosa for, 5:202
Tanacetum parthenium for, 4:86, 216; 5:142, 202
Taraxacum officinale for, 2:104
Tephrosia purpurea for, 2:182
Terminalia chebula for, 2:182
Tinospora cordifolia for, 2:182
Trichosanthes kirilowii for, 2:182
Trigonella foenum-graecum for, 3:99
Tripterygium wilfordii for, 4:216
Turnera diffusa for, 3:179
Tylophora asthmatica for, 2:183
Uncaria spp. for, 2:183; 4:216
Urtica spp. for, 5:142
Vaccinium myrtillus for, 2:183; 4:87; 5:203
Valeriana officinalis for, 4:87
Veratrum viride for, 4:87
Verbena hastata for, 5:143
Vitis vinifera for, 2:184
Withania somnifera for, 4:88; 5:143
Yucca schidigera for, 5:143
Zingiber officinale for, 1:167; 2:106, 184; 3:63, 99; 4:88; 5:94, 143, 203
See also specific types of inflammation
 inflammatory bowel diseases (IBD)
 formulas for, 1:34–36; 5:80–81
 herbs for, 5:79, 90
 overview, 5:78–80
 inflammatory diarrhea, 1:51
See also diarrhea
 influenza
 Achillea millefolium for, 2:156
 Actaea racemosa for, 2:157
 Echinacea purpurea for, 5:196
 Ephedra sinica for, 5:89
 Eupatorium perfoliatum for, 2:165; 5:196
 formulas for, 2:123
 hemoptysis with, 2:127
 herbs for, 2:131; 5:148, 188
 Hydrastis canadensis for, 2:167
 Isatis tinctoria for, 2:168
 Ligusticum porteri for, 2:169
 Ligusticum striatum for, 2:169
 Lomatium dissectum for, 2:170; 5:139
 Lonicera japonica for, 2:170
 Lophatherum gracile for, 2:170
 Melissa officinalis for, 2:172
 myalgia with, 5:108
 Nepeta cataria for, 2:173
 Ocimum sanctum for, 2:173
 Pelargonium sidoides for, 2:175
 Persicaria tinctoria for, 2:175
 Sambucus canadensis for, 2:179
 Stemona spp. for, 2:180
 Sticta pulmonaria for, 2:181
 Taraxacum officinale for, 2:182
 Terminalia chebula for, 2:182
 infusions, definition of, 1:20; 2:22; 3:23; 4:25; 5:25
 inhalers, for asthma, 5:46
 innate immune response, 5:29
 inner ear infections, 5:162, 168
Inonotus obliquus (chaga mushroom), 3:69
 inositol
 biliary support qualities, 1:73
 in *Ceratonía siliqua*, 3:91
 for hormone-related infertility, 3:130
 for insulin sensitivity, 3:70, 77
 in legumes, 3:70
 for malabsorption, 1:74
 in *Medicago sativa*, 3:87
 for supporting fertility, 3:132

- insect bites, formulas for, 4:188–89
See also bites and stings
- insomnia
Albizia julibrissin for, 4:139
 cortisol-related, 3:50
Corydalis cava for, 4:141
Eschscholzia californica for, 1:84; 4:142
 formulas for, 1:124; 3:50, 136, 138; 4:114–16
 herbs for, 3:136t
Humulus lupulus for, 1:85; 3:171; 4:143, 210
Lavandula angustifolia for, 4:144
Leonurus cardiaca for, 4:144
Magnolia officinalis for, 4:145
Matricaria chamomilla for, 4:146, 211
Melissa officinalis for, 4:146
 menopause-related, 3:136, 138
Nelumbo nucifera for, 4:147
Nepeta cataria for, 4:147
Nymphaea nouchali var. *caerulea* for, 4:147
 overview, 4:113–14
Passiflora spp. for, 4:97, 148
Piscidia piscipula for, 4:149
Rhodiola rosea for, 4:150
 sample cases, 1:14–15, 14, 15; 2:16–17, 16, 17; 3:16–18, 16, 17; 4:18–20, 19; 5:18–20, 19
Schisandra chinensis for, 2:180; 4:86, 151; 5:141, 201
Scutellaria lateriflora for, 3:177; 4:151
Tilia americana for, 4:87
Tilia × *europaea* for, 2:105
Valeriana officinalis for, 3:62; 4:87, 152, 217
Withania somnifera for, 3:63; 4:152; 5:143
Ziziphus jujuba for, 4:152
Ziziphus spinosa for, 2:106
- insulin resistance
Astragalus membranaceus for, 3:90
Coleus forskohlii for, 3:92
Commiphora mukul for, 3:92
 diabetes and, 3:65
Glycyrrhiza glabra for, 3:59, 94
 herbs for, 3:71
 legume family herbs for, 3:70
Opuntia spp. for, 3:60, 83
 with polycystic ovarian syndrome, 3:144
- insulin sensitivity
Berberis aquifolium for, 3:90
Camellia sinensis for, 3:91
Ceratonia siliqua for, 3:91
Glycyrrhiza glabra for, 3:170
Gymnema sylvestre for, 3:95
Gynostemma pentaphyllum for, 3:95
Hibiscus sabdariffa for, 3:95
 legumes for, 3:68
Momordica charantia, 3:96
Nigella sativa for, 3:96
Ophiopogon japonicus for, 2:99
Tamarindus indica for, 3:99
Taraxacum officinale for, 2:104
Vaccinium myrtillus for, 3:99
- insurance, denial of natural medicine practitioners, 5:1, 4
- intercourse, painful. *See* dyspareunia (painful intercourse)
- “Interim Policy on Compounding Using Bulk Drug Substances Under Section 503A of the Federal Food, Drug, and Cosmetic Act” (FDA), 5:4
- interleukins, role in allergies, 5:29
- intermittent fasting, 3:66–67
- interstitial cystitis
 as bladder hypersensitivity, 1:127
 formulas for, 1:121–26
 herbs for, 1:158, 159, 162, 165
 overview, 1:121, 123
 potassium sensitivity test for, 1:150
 protocol for, 1:126
- intestinal cramps
 antispasmodics for, 1:24
 carminatives for, 1:31
Carum carvi for, 1:82
Foeniculum vulgare for, 1:84, 242
 formulas for, 1:28, 32
Matricaria chamomilla for, 1:86
Nepeta cataria for, 1:86
Pimpinella anisum for, 1:86
Syzygium aromaticum for, 1:88
Viburnum prunifolium for, 1:88
- intestinal dysbiosis
Allium sativum for, 1:81
 alterative herbs for, 5:34
Arctium lappa for, 1:81; 3:166
Berberis aquifolium for, 1:245; 3:55, 90, 167; 5:134, 194
Coptis trifolia for, 1:83; 3:92, 168; 5:195
Curcuma longa for, 1:84, 104; 3:57, 93, 168; 5:89
 fungal infections with, 1:195
 halitosis associated with, 1:50–51
Origanum vulgare for, 1:246; 5:199
Punica granatum for, 5:200
Rhamnus purshiana for, 1:247
 role in allergies, 5:28, 29
 role in musculoskeletal conditions, 5:96
Tabebuia impetiginosa for, 5:202
Taraxacum officinale for, 1:166
- intestinal gas. *See* flatulence; gas, intestinal
- intestinal health
 gut-joint axis linked to, 5:114
 importance of intestinal flora, 3:81
 importance to musculoskeletal health, 5:96, 105
- intestinal infections
Azadirachta indica for, 1:82
Coptis trifolia for, 1:83
Hydrastis canadensis for, 1:85
Tabebuia impetiginosa for, 1:88
- intestinal inflammation
Achillea millefolium for, 1:81, 238
Filipendula ulmaria for, 1:84
Salix alba for, 1:87
- intestinal pain. *See* digestive pain
- intestinal parasites
Artemisia absinthium for, 1:81
Chenopodium ambrosioides for, 1:83
Juglans nigra for, 1:85
Origanum vulgare for, 1:86, 246
Punica granatum for, 1:87
 therapies for, 1:55
- intestinal spasms
 formula for, 4:197
Hyoscyamus niger for, 4:210
Lobelia inflata for, 4:211
Matricaria chamomilla for, 4:211
Mentha piperita for, 4:211
- intestinal ulcerations
Equisetum arvense for, 1:242
Equisetum for, 1:84
Glycyrrhiza glabra for, 1:85
Matricaria chamomilla for, 1:86
Inula cappa (sheep’s ear), 5:80
Inula helenium (elecampane)
 for bronchitis, 2:131, 133
 formulas containing
 bronchitis, 2:133
 otitis media, 5:161
 inulin in, 3:69
 neuroprotective effects, 4:30
 for respiratory infections, 2:130
 specific indications, 2:168
Inula racemosa (inula), 2:144t; 5:31t, 33t
 inulin, 3:69, 81
- iodine
 for goiter, 3:32
 in paronychia hand soak, 1:194
 for skin infections, 1:176
 sources of, 3:27, 34
 for thyroid function, 3:30, 34
 iodine deficiency, 3:32, 34
Ipomoea batatas (sweet potato), 4:30
 Irish moss. *See* *Chondrus crispus* (Irish moss)
Iris tenax (wild iris), 5:24t
Iris versicolor (wild iris, blue flag, vegetable mercury), 3:33
 alterative qualities, 1:27
 for appendectomy recovery, 1:67
 for breast cysts, 3:143
 cholagogue action, 1:90
 for dermatologic conditions, 1:171t
 for dry mouth, 5:185
 energy dispersant qualities, 3:21t
 for eye conditions, 5:147t, 149t
 formulas containing
 acne, 1:202, 203
 anorexia, 1:38
 arthritis, 5:120
 autoimmune disorders, 5:68
 conjunctivitis, 5:150
 dry mouth, 5:186
 eczema, 1:189
 emphysema, 2:137
 gastroparesis, 1:77

- Iris versicolor* (wild iris, blue flag, vegetable mercury) (continued)
 goiter, 3:32, 33, 34
 headaches, 4:164
 hyperlipidemia, 2:37
 lung conditions, 2:123
 peripheral vascular insufficiency, 2:58
 renal failure, 1:155
 thyroiditis, 3:30
 vascular support, 2:28
 for goiter, 3:32, 33, 34
 for headaches, 4:160, 164
 for malabsorption, 1:74
 for otitis media, 5:159
 for ovarian cysts, 3:144
 overview, 3:33
 for poor circulation, 2:63
 for skin eruptions, 1:194
 specific indications, 1:85, 104, 244; 2:97, 168; 3:59; 4:210; 5:198
 for thyroiditis, 3:31
 for tongue conditions, 5:178t
 for varicosities, 2:74
 as warming stimulant, 3:21t
- iritis, formula for, 5:84
- iron
 absorption of, 5:128
 for attention deficit hyperactivity disorder, 4:118
 for glossitis, 5:179
 for nerve pain, 4:180t
 Plummer-Vinson syndrome and, 5:182
 potential toxicity of, 2:68
 for restless legs syndrome, 4:33
 sources of, 2:68, 70
- iron deficiency anemia, formulas for, 2:68–70
- irritable bowel syndrome (IBS)
Achillea millefolium for, 1:81, 101, 238
Carum carvi for, 1:82
 cautions about bitter alteratives, 1:31
Chionanthus virginicus for, 1:83, 103
 definition of, 1:30
Elettaria cardamomum for, 1:84
 energetic considerations, 1:12–13
 formulas for, 1:30–33; 4:125
 laxatives and, 1:48
Matricaria chamomilla for, 1:86
 restorative agents for, 1:43
 ruling out food allergies and intolerances, 1:24
 SIBO associated with, 1:75
- irritant diuretics, 1:109
- irritant laxatives, 1:46, 47, 48
- Isatis tinctoria* (woad, dyer's woad, ban lan gen), 2:131, 144t, 168; 5:80
- ischemia-induced neuropathy, herbs for, 4:34
- isoflavones
 amphoterism and, 3:127
 for bladder cancer, 1:132, 134
 for bone density, 5:125, 126
 chemopreventive effects, 3:157
 in Dairy-Free Isoflavone Bean Chowder, 3:160
 for dental conditions, 5:175
 for fracture healing, 5:100
 influence on reproductive cancers, 3:155–56
 in legumes, 3:150, 157–58, 178
 in *Medicago sativa*, 5:139
 for prostate cancer, 1:148
 for prostatic diseases, 1:143, 146
 in *Pueraria* spp., 5:140
 in *Trifolium pratense*, 5:142
 for uterine fibroids, 3:150
- isopetasins, 4:194
- isoquinoline alkaloids, 5:79–80
- isothiocyanates, 1:123, 132; 3:38–39, 157
- ispaghula. *See* *Plantago ovata* (plantain, ispaghula)
- itching skin
Avena sativa for, 1:239; 5:86
Chelidonium majus for, 1:240
 from chronic renal failure, 1:152
Cnidium monnieri for, 5:87
Eugenia caryophyllata for, 5:89
 formulas for, 1:186–87; 5:54, 55
Gaultheria procumbens for, 4:208
Grindelia squarrosa for, 5:91
Hamamelis virginiana for, 5:91
 herbs for, 1:185, 187, 197
Hypericum perforatum for, 1:244; 5:91
Iris versicolor for, 1:244
Juglans spp. for, 1:244
Lavandula angustifolia for, 1:244
Mentha piperita for, 1:245; 4:211; 5:92
Phytolacca spp. for, 1:246
Picrorhiza kurroa for, 5:93
Rumex crispus for, 1:105, 247
Sanguinaria canadensis for, 1:247
Scrophularia nodosa for, 1:247
Symphytum officinale for, 1:248
Syzygium aromaticum for, 1:248; 4:216
Tanacetum parthenium for, 5:94
 therapies for, 4:189t
 topical protocols, 5:54
Urtica spp. for, 1:249; 5:94
- IV-induced phlebitis, compress for, 5:63
- J**
- jaborandi. *See* *Pilocarpus jaborandi* (jaborandi);
Pilocarpus microphyllus (jaborandi)
- Jacobaea maritima* (dusty miller, silver ragwort), 5:152
- Jamaican dogwood. *See* *Piscidia piscipula* (Jamaican dogwood)
- jambolan, jambul. *See* *Syzygium cumini* (jambul, jambolan)
- jambul. *See* *Syzygium jambos* (roseapple)
- Japanese arrowroot. *See* *Pueraria montana* var. *lobata* (kudzu, gegen, Japanese arrowroot)
- Japanese bigleaf magnolia (*Magnolia obovata*), 2:144t
- Japanese cornel. *See* *Cornus officinalis* (Japanese cornel)
- Japanese knotweed. *See* *Polygonum cuspidatum* (Japanese knotweed)
- Japanese pepper. *See* *Zanthoxylum piperitum* (Japanese pepper)
- Japanese wireweed. *See* *Sargassum muticum* (Japanese wireweed)
- Jasminum grandiflorum* (jasmine)
 for depression and anxiety, 4:102
 for epilepsy and seizure disorders, 4:67
 specific indications, 4:81, 144
- Jasminum sambac* (Arabian jasmine), 3:153
- jatamansi (*Valeriana jatamansi*), 4:87
- jaundice
Andrographis paniculata for, 1:101
Bupleurum spp. for, 1:103
Chelidonium majus for, 1:82, 103
Chelone glabra for, 1:103
Chionanthus virginicus for, 1:83, 103
Curcuma longa for, 1:104
Hydrastis canadensis for, 1:104
Morella cerifera for, 1:105
Podophyllum peltatum for, 1:105
Silybum marianum for, 1:106
Stillingia sylvatica for, 1:106
Taraxacum officinale for, 1:88, 106
Terminalia spp. for, 1:106
Tinospora cordifolia for, 1:106
- Java plum (*Syzygium cumini*), 3:98–99
- Jell-O-like dessert, 3:85–86
- Jerusalem artichoke (*Helianthus tuberosus*), 3:69
- jervanine alkaloids, 4:191
- jiaogulan. *See* *Gynostemma pentaphyllum* (jiaogulan)
- jimsonweed. *See* *Datura stramonium* (jimsonweed, devil's snare)
- Jiu Wei Zhen Xin, 4:106
- Job's tears. *See* *Coix lacryma-jobi* (Job's tears)
- joint pain
Alpinia galangal for, 4:203
Bryonia dioica for, 4:205
Colchicum autumnale for, 4:206, 207
Conium maculatum for, 4:207
Dioscorea villosa for, 4:207; 5:136
Equisetum spp. for, 5:101
Filipendula ulmaria for, 5:137
 formula for, 4:185
Gaultheria procumbens for, 4:208
Harpagophytum procumbens for, 4:209; 5:138
 herbs for, 4:166t
Mentha piperita for, 4:211
Rumex crispus for, 5:140
Salix alba for, 5:140
Sanguinaria canadensis for, 5:141
Scutellaria baicalensis for, 5:141
Spilanthes acmella for, 5:141
Stellaria media for, 5:141
 topical protocol for, 4:187
Uncaria spp. for, 4:216
Urtica spp. for, 5:142
Withania somnifera for, 4:218

- joint pain (*continued*)
Zingiber officinale for, 5:143
- joboba (*Simmondsia chinensis*), 5:48
- Jones, Eli, 4:200
- Juglans* spp., 1:54, 73
- Juglans cinera* (walnut), 5:198
- Juglans nigra* (black walnut)
 antimicrobial qualities, 1:61
 for dermatitis, 1:189
 for dermatologic conditions, 1:171t
 formulas containing
 acne, 1:202, 203
 diarrhea, 1:55
 malabsorption, 1:73
 seborrhea, 5:55
 skin lesions, 5:55t
 as irritant laxative, 1:47, 48
 for itching skin, 1:187
 for malabsorption, 1:74
 for seborrheic dermatitis, 1:190
 for skin infections, 1:176, 197
 specific indications, 1:85, 244
 for warts, 1:199
- Juglans regia* (English walnut), 1:73, 244; 4:69
- juices
 for arthritis, 5:117
 for bone health, 5:129
 for capillary fragility, 2:67
 for heavy metal neuropathy, 4:46, 50
 for retinopathies, 5:157
 vegetable, 2:31
- jujube. *See Ziziphus jujuba* (Chinese date, jujube)
- Juniperus communis* (juniper)
 for congestive heart failure, 2:50
 formulas containing
 arthritis, 5:119
 carpal tunnel syndrome, 4:48
 congestive heart failure, 2:50
 peripheral neuropathy, 4:45
 renal failure, 1:155
 urinary conditions, 1:111, 112, 116
 for *Helicobacter pylori* infections, 1:43
 irritant diuretic qualities, 1:109
 for peripheral neuropathy, 4:43t
 for renal failure, 1:154t
 specific indications, 1:162; 2:97, 168–69; 3:172
 for tuberculosis, 2:156
 for urinary conditions, 1:108
- Juniperus sabina* (savin juniper), 3:128
- Justicia adhatoda* (Malabar nut), 2:169; 5:33t
- Justicia vasica*, 2:108t
- lyotishmati. *See Celastrus paniculatus* (lyotishmati, malkangani)
- K**
- kaempferol, 5:125
- Kaiser Permanente, 4:90
- kajya (*Griffonia simplicifolia*), 4:92
- kanten diet, 3:85
- kavain (kawain), 1:125, 135; 4:85; 5:107, 140
- kava kava. *See Piper methysticum* (kava)
- kavalactones, 1:125; 4:42, 149, 213
- keloids
Allium cepa for, 5:85
Centella asiatica for, 5:87
Curcuma longa for, 5:89
 formulas for, 1:181–83
 herbs for, 1:181, 238, 239, 241, 242
Hippophae rhamnoides for, 5:91
- kelp. *See Ascophyllum nodosum* (kelp); *Laminaria* spp. (kelp); *Macrocystis pyrifera* (kelp)
- keratitis
Apis mellifica for, 5:192
 herpes-induced, 5:150–51
 infectious, 5:151
- keratitis sicca. *See* dry eyes
- ketogenic diet
Borago officinalis in, 4:76
 for epilepsy and seizure disorders, 4:68, 70
Oenothera biennis in, 4:84
Ribes nigrum in, 4:85
- ketum. *See Mitragyna speciosa* (kratom, kratom, ketum)
- khadira (*Acacia catechu*), 5:141
- khella. *See Ammi visnaga* (khella)
- khellin, 5:46, 62, 85
- khellinone, 5:85
- kratom. *See Mitragyna speciosa* (kratom, kratom, ketum)
- kicking the habit, as term, 4:135
- kidney congestion. *See* renal congestion
- kidney disorders. *See* renal disorders
- kidney insufficiency. *See* renal insufficiency
- kidney stones. *See* urinary lithiasis
- king of bitters. *See Andrographis paniculata* (king of bitters)
- kinnickinick. *See Arctostaphylos uva ursi* (uva ursi)
- kino tree. *See Pterocarpus marsupium* (kino tree)
- Kloss, Jethro, 1:177
- knee pain
Boswellia serrata for, 4:205
Colchicum autumnale for, 4:207
Withania somnifera for, 4:218
- Korean perilla. *See Perilla frutescens* (Korean perilla, shiso, perilla)
- koumine, 4:209; 5:66
- kratom. *See Mitragyna speciosa* (kratom, kratom, ketum)
- kudzu. *See Pueraria* spp. (kudzu)
- kutki. *See Picrorhiza kurroa* (kutki)
- kwandari. *See Terminalia* spp.
- L**
- labor
Lobelia inflata for, 3:172
Rubus idaeus for, 3:176
- Laburnum anagyroides* (laburnum, golden chain)
 formulas containing, 4:134–35
 for inflammatory bowel diseases, 5:79
- safety concerns, 4:144
 specific indications, 4:144
- labyrinthitis, 5:162, 168
- Lachesis mutus* (bushmaster snake), 1:171f
- lacrimal gland strictures, 5:153
- lactation
 antilactagogue for excessive, 3:134
Cnicus benedictus for, 3:167
Foeniculum vulgare for, 3:170
 formulas for, 3:133, 143
 galactagogues for, 3:134
Salvia officinalis for reducing, 3:177
Urtica spp. for, 3:179
Vitex agnus-castus concerns, 3:148
- lactoferrin, 5:68
- lactose intolerance, 1:24
- lady's mantle. *See Alchemilla vulgaris* (lady's mantle)
- Laminaria* spp. (kelp), 1:42, 214; 3:27, 27, 33
- Langerhans cells, 5:49
- lanolin, 4:189
- large-headed atractylodes. *See Atractylodes ovata* (white atractylodes)
- Larrea tridentata* (chaparral), 1:224, 225, 230; 3:112, 113
- laryngitis
Achillea millefolium for, 2:156
Aconitum napellus for, 2:156
Cinnamomum camphora for, 2:161
Collinsonia canadensis for, 2:161; 5:195
Dracocephalum rupestre for, 2:163
Eupatorium perfoliatum for, 2:165
 formulas for, 5:190–91
 herbs for, 5:191t
Lomatium dissectum for, 5:198
Lycopodium spp. for, 5:198
Rumex crispus for, 2:179
Sticta pulmonaria for, 2:181
Stillingia sylvatica for, 2:181
- Lavandula* spp. (lavender)
 formulas containing
 phlebitis, 2:81
 pneumonia, 2:141
 stasis ulcers, 2:60
 for hypertension, 2:41
 for poison ivy/oak dermatitis, 1:237
 for scabies and lice, 1:198
 specific indications, 2:97
- Lavandula angustifolia* (lavender)
 in Antifungal House-Cleaning Spray, 5:36
 anti-inflammatory qualities, 4:128
 for anxiety, 4:16, 17, 104; 5:17
 in aphrodisiac tea, 3:153
 aromatherapy with, 4:72–73, 104
 for bites and stings, 1:170–71
 carminative qualities, 1:31
 for depression and anxiety, 4:94, 101t, 102
 for eczema and allergic dermatitis, 1:188
 for epilepsy and seizure disorders, 4:67, 72–73
 footbaths with, 4:105

Lavandula angustifolia (lavender) (continued)

formulas containing
 burns, 1:172, 173
 bursitis and tendinitis, 5:103
 dermatitis, 1:186
 headaches, 4:165
 itching skin, 1:187
 neuralgia, 4:182
 restless legs syndrome, 4:33
 for fungal skin infections, 1:195, 196, 197
 for *Helicobacter pylori* infections, 1:43
 in mocktail syrup base, 4:136
 in Mouthwash for Halitosis, 1:51
 nerve qualities, 4:91
 opiate agonist qualities, 4:134
 for pain, 4:170t, 171t
 for painful itching, 4:189t
 for panic disorder, 4:109
 for poison ivy/oak dermatitis, 1:203
 for scabies and lice, 1:198
 for schizophrenia, 4:125
 specific indications, 1:244–45; 4:82, 144, 210
 for warts, 1:199
 for withdrawal symptoms, 4:128

Lavandula officinalis. See *Lavandula angustifolia* (lavender)

lawn daisy (*Bellis perennis*), 4:186

laxatives
Aloe vera, 1:101
 formulas for, 1:32–33
 irritant vs. bulk, 1:47, 48
Rhamnus purshiana, 1:247
Ricinus communis, 1:87

lead herbs. See base herbs

leafless mistletoe (*Viscum articulatum*), 2:48

leaky gut syndrome
 autoimmune disorders linked to, 5:63
 inflammation from, 4:172
 overview, 1:78–81
 role in allergies, 5:28
 role in musculoskeletal conditions, 5:96

lebbeck tree. See *Albizia lebbeck* (siris, lebbeck tree)

lecithin
 in Better Butter, 3:85
 for childhood immunization support, 4:71
 formulas containing
 Bell's palsy, 4:37
 leaky gut syndrome, 1:79
 liver disease, 1:97
 Parkinson's disease, 4:65
 peripheral neuropathy, 4:45
 in legumes, 3:70
 for liver support, 1:93
 sulfur in, 1:122

lectins, 1:144; 2:54, 80, 132, 178

Ledum palustre (marsh tea), 1:171t

legumes, 5:126
 for bone health, 5:125, 126
 Dairy-Free Isoflavone Bean Chowder, 3:160

for diabetes, 3:68–69
 for fracture healing, 5:100
 in high-fiber diet, 3:67
 hormonal cancers and, 3:157–58, 159
 for insulin resistance, 3:70
 isoflavones in, 3:150, 157–58
 in Legume Truffle Superfood for Chemotherapy Patients, 3:159
 as medicinal food, 3:69
 for supporting fertility, 3:131

Legume Truffle Superfood for Chemotherapy Patients, 3:159–160

lei gong teng. See *Tripterygium wilfordii* (thunder god vine)

leiomyomas. See uterine fibroids

lemon. See *Citrus limon* (lemon)

lemon balm. See *Melissa officinalis* (lemon balm)

lemon grass. See *Cymbopogon citratus* (lemon grass)

Lentinula edodes (shiitake)
 formulas containing, 5:39
 for inflammatory bowel diseases, 1:34
 inulin in, 3:69
 as mineral source, 5:125
 for respiratory allergies, 5:42
 in soup, 1:35
 for warts, 1:199

Leonurus cardiaca (motherwort), 3:139
 for angina, 2:38
 for arrhythmias, 2:53, 55, 56–57
 beta-blocking properties, 3:41
 for depression and anxiety, 4:92, 101t
 fibrinolytic properties, 2:73
 formulas containing
 amenorrhea, 3:122, 123
 amphetamine cessation, 4:135
 arrhythmias, 2:53, 55
 depression and anxiety, 4:98
 diarrhea, 1:57
 headaches, 4:165
 hyperhidrosis, 1:227
 hypertension, 2:42, 44, 45–46, 47
 hyperthyroidism, 3:41, 44
 hypothyroidism, 3:37
 menopausal symptoms, 3:138, 139, 141; 4:110
 panic disorder, 4:110
 thyroiditis, 3:30
 uterine fibroids, 3:151
 for headaches, 4:158
 for heart palpitations, 3:59, 139
 hormonal-balancing effects, 3:157
 for hyperthyroidism, 3:28
 for menopausal symptoms, 3:138, 138t, 139, 141
 for menorrhagia, 3:118
 opiate agonist qualities, 4:134
 for overactive bladder, 1:128
 for premenstrual syndrome, 3:125
 specific indications, 2:98; 3:59, 172; 4:144–45

for thyroiditis, 3:31
 for uterine fibroids, 3:150
 for uterine vascular congestion, 3:128
 for withdrawal symptoms, 4:128

Leonurus japonicus (Chinese motherwort, yi mu co), 5:33t

leopard's bane. See *Arnica montana* (leopard's bane)

leourine, 3:139

Lepidium apetalum (du xing cai), 2:153

Lepidium latifolium (rompe piedras), 2:98

Lepidium meyenii (maca), 3:163

5 α -reductase inhibition, 1:218; 3:162
 for anxiety, 4:101t
 for arrhythmias, 2:55
 for asthma, 2:145
 for benign prostatic hypertrophy, 1:147
 bismuth in, 1:63
 for bone density, 5:125
 bronchodilating properties, 2:108t
 for congestive heart failure, 2:50
 for depression, 4:103t
 formulas containing
 arrhythmias, 2:55
 asthma, 2:145
 dyspnea, 2:124
 esophageal disorders, 1:44
 heart stress at high altitudes, 2:52
 hormone-related infertility, 3:130
 hypotension, 2:86
 impotence, 2:87
 menopausal symptoms, 3:139
 muscle weakness, 5:111
 overactive bladder, 1:130
 peripheral vascular insufficiency, 2:58, 61
 prostatic diseases, 1:146, 148, 151
 for fracture healing, 5:100
 for hormone-related infertility, 3:130, 131t
 hypoglycemic effects, 3:73
 lipid-lowering effects, 3:82
 for low libido, 3:152, 163
 milk shake recipe, 3:162
 minerals in, 5:100t
 for muscle weakness, 5:110, 111
 for myalgia, 5:109
 for myositis conditions, 5:70
 for poor circulation, 2:58, 63
 for prostatic diseases, 1:144
 specific indications, 1:162; 2:98, 169; 3:96, 172; 4:145
 for supporting fertility, 3:96, 132, 163

Leptandra virginica (Culver's root)
 alterative qualities, 1:27
 cholagogue action, 1:90
 specific indications, 1:85, 104

leptin, 4:130

Lespedeza capitata (roundhead bushclover), 1:139, 154t, 163

lesser periwinkle. See *Vinca minor* (lesser periwinkle)

- leukoplakia
 formula for, 5:186
 natural medicine for, 5:187
- leukotrienes, 5:35, 44
- Levisticum officinale* (lovage)
 antispasmodic qualities, 1:138t
 for cramping pain in the bladder, 1:124
 diuretic qualities, 1:112
 specific indications, 1:163
- levodopa (L-dopa), 4:60, 62
- levothyroxine, for hypothyroidism, 3:34
- Lewy bodies, 4:60
- libido, low
Asparagus racemosus for, 3:166
Epimedium grandiflorum for, 3:169
 herbs for, 3:152–53, 163
 overview, 3:151
Ptychopetalum olacoides for, 3:175
Serenoa repens for, 3:177
Tribulus terrestris for, 3:178
Turnera diffusa for, 3:153, 179
 See also aphrodisiacs
- lice
Azadirachta indica for, 1:82, 239
Eucalyptus globulus for, 1:242
 formulas for, 1:197–98
Hedeoma pulegioides for, 1:243
Lavandula angustifolia for, 1:245
Melaleuca alternifolia for, 1:245
Syzygium aromaticum for, 1:248
Thymus vulgaris for, 1:249
- lichen planus
Cannabis sativa for, 1:240
Commiphora myrrha for, 1:241
 formulas for, 1:211–12
Glycyrrhiza glabra for, 1:243
Sanguinaria canadensis for, 1:247
- lichen simplex chronicus, 1:192
- licorice. See *Glycyrrhiza glabra* (licorice)
- lidocaine, 2:114, 115
- lidocaine therapy, 4:169
- lignins, 3:156
- Ligusticum* spp.
 for COPD, 2:148
 for opportunistic lung infections, 2:134
 for pleurisy, 2:138
- Ligusticum chuanxiong*. See *Ligusticum striatum* (ligusticum)
- Ligusticum officinale*. See *Cnidium officinale* (snow parsley)
- Ligusticum porteri* (osha)
 for bronchitis, 2:131
 formulas containing
 arrhythmias, 2:53
 bronchitis, 2:132
 COPD, 2:151
 coughs, 2:117
 pneumonia, 2:141
 for respiratory infections, 2:121
 specific indications, 2:169
- Ligusticum striatum* (Chinese lovage root, Szechuan lovage, chuanxiong)
 antiallergic qualities, 5:33t
 for benign prostatic hyperplasia, 3:161
 for cerebral vascular insufficiency, 2:61, 62
 for depression, 4:103t
 formulas containing
 coronary artery disease, 2:40
 depression, 4:105
 goiter, 3:33
 headaches, 4:164
 hemochromatosis, 2:71
 hyperthyroidism, 3:43
 respiratory allergies, 5:43
 schizophrenia, 4:125
 vertigo, 5:167, 168
 GABAergic qualities, 4:110
 for headaches, 4:159
 for hemochromatosis, 2:71
 for neuralgia, 4:34
 for peripheral neuropathy, 4:42, 43t
 for respiratory infections, 2:130
 specific indications, 2:98, 169; 4:145, 210–11
 for strokes, 2:65
 for viral infections, 2:131
- ligustrazine, 2:61
- Ligustrum lucidum* (Chinese privet), 1:132
- lily of the valley. See *Convallaria majalis* (lily of the valley)
- linden. See *Tilia* spp.
- Lindera aggregata* (evergreen lindera, wu yao), 5:80
- liniments
 for arthritis, 5:117
 for bursitis and tendinitis, 5:102, 103
 for lung conditions, 2:111, 113
 for lung pain, 4:195
 for muscle pain, 4:183
 for muscle spasms and myalgia, 5:109
 for musculoskeletal trauma, 5:96–97
 for peripheral neuropathy, 4:45
- Linum usitatissimum* (flax), 4:69
 for allergies, 5:48
 in Better Butter, 3:85
 for bladder cancer, 1:134
 as bulk laxative, 1:47, 48
 for burning tongue syndrome, 5:182
 for dermatitis, 1:189
 for eczema and allergic dermatitis, 1:188
 for epilepsy and seizure disorders, 4:69
 essential fatty acids in, 5:84
 in Flax Crax, 3:79
 formulas containing
 Bell's palsy, 4:37
 demyelinating polyneuropathy, 4:49
 hyperhidrosis, 1:227
 in high-fiber diet, 3:67
 in oatmeal, 2:33
 PAF inhibiting properties, 2:77
 for peripheral neuropathy, 4:43, 43t
- in *Poria* steam cakes, 4:107
 for respiratory conditions, 2:108
 for seborrheic dermatitis, 1:190
 seed oil from, 2:43; 4:57
 for skin fissures, 1:235
 specific indications, 2:98, 169; 4:82; 5:91
 for vascular support, 2:31
 in Yacon Cookies, 3:80
- lip conditions
Echinacea purpurea for, 5:196
 formulas for, 5:181–86
 overview, 5:178–181
- lipids, elevated. See hyperlipidemia
- α -lipoic acid, 4:47
- liposomes, 4:64–65
- lipotropic formula capsules, 1:93
- Lippia alba* (bushy matgrass, pitiona), 4:110
- Lithospermum officinale* (gromwell)
 for goiter, 3:32
 rosmarinic acid in, 3:43
 specific indications, 3:59
 for thyroiditis, 3:31
- Lithospermum ruderalis* (stoneseed), 3:41, 59
- Liu-He-Dan Ointment for Pancreatitis, 1:71
- liver and gallbladder formulas
 categories of herbs for, 1:90–91
 listing of formula types, 1:89
- liver cancer, 1:101, 104
- liver congestion
Achillea millefolium for, 1:81, 101, 238; 5:192
Berberis aquifolium for, 1:85, 105; 5:134, 194
Bupleurum spp. for, 1:103
Ceanothus americanus for, 1:82, 103, 240
Chelidonium majus for, 1:83, 103
Chelone glabra for, 1:83, 103
Cynara scolymus for, 1:84
 eye conditions linked to, 5:149
 formula for, 5:107
Iris versicolor for, 1:104
Morella cerifera for, 1:86, 105; 5:199
Podophyllum peltatum for, 1:164
Quercus spp. for, 1:247
Raphanus sativus var. *niger* for, 2:101
Rumex crispus for, 5:140
Silybum marianum for, 2:103; 5:201
Stillingia sylvatica for, 1:106; 5:94, 141
Taraxacum officinale for, 1:166, 248; 2:104; 5:142, 202
- liver disease
Arctium lappa for, 1:101
Astragalus membranaceus for, 1:103
Bupleurum falcatum for, 3:55
Bupleurum spp. for, 1:103
Glycyrrhiza glabra for, 1:85
Grifolia frondosa for, 1:104
Hydrastis canadensis for, 1:104
Morella cerifera for, 1:86, 105
Paeonia spp. for, 1:105
Picrorhiza kurroa for, 1:246
Podophyllum peltatum for, 1:105

liver disease (continued)

Quercus alba for, 1:105
Schisandra chinensis for, 1:106
Scutellaria baicalensis for, 1:106
Silybum marianum for, 1:106; 3:62, 98
Smilax ornata for, 3:177
Syzygium cumini for, 3:99
Taraxacum officinale for, 1:106
 See also cirrhosis of the liver

liver disorders

herbs for, 1:86, 88, 101–6
 overview, 1:89
 See also specific disorders

liver enlargement

Bupleurum spp. for, 1:103
Chionanthus virginicus for, 1:83, 103
Eclipta alba for, 1:104
Iris versicolor for, 1:104, 244
Podophyllum peltatum for, 1:105
Taraxacum officinale for, 1:106

liver function

Achillea millefolium for, 3:165
 alteratives for, 1:26
Andrographis paniculata for, 1:101, 238
Apium graveolens for, 2:90
Arctium lappa for, 1:239; 3:166
Berberis aquifolium for, 3:167
Bupleurum falcatum for, 3:55, 91
 cholagogues for, 1:25
Cnicus benedictus for, 1:103, 240; 2:92; 3:56, 167
Coptis chinensis for, 2:93
Coptis trifolia for, 3:56, 92
Curcuma longa for, 1:103–4; 3:57, 93; 5:60, 84, 89, 195
Cynara scolymus for, 2:94; 3:93, 168
 environmental toxins exposure and, 3:67
 importance to musculoskeletal health, 5:95–96, 105, 111
Juglans cinera for, 5:198
Nigella sativa for, 2:99
Peumus boldo for, 1:105
Phyllanthus amarus for, 5:93
Raphanus spp. for, 3:176
Rumex for, 1:13
Schisandra chinensis for, 2:103; 5:201
Silybum marianum for, 3:98
Taraxacum for, 1:13
Taraxacum officinale for, 3:62, 99; 5:202
 in TCM, 2:17
Tinospora cordifolia for, 1:106
 toxin-triggered disorders and, 5:68, 122
Trigonella foenum-graecum for, 3:179

liver herbs

alterative, 1:26, 27
 biliary support qualities, 1:73
 for cystic fibrosis, 2:135
 for esophageal varices, 1:45
 for hypertension and hyperlipidemia, 2:35
 for leaky gut syndrome, 1:79

overview, 1:89–90; 4:95–96

for poor circulation, 2:63
 for SIBO, 1:75

for varicosities, 2:74

liver infections, 1:94t, 106

liver inflammation

Cnicus benedictus for, 1:103
Cynara scolymus for, 1:104
Ganoderma lucidum for, 1:104
Morella cerifera for, 1:86, 105

overview, 1:89

liver pain and fullness

Chionanthus virginicus for, 1:83, 103
Iris versicolor for, 1:104, 244
Scutellaria baicalensis for, 1:106
Silybum marianum for, 1:106

liver tonics

Andrographis paniculata, 1:101
Cynara scolymus, 1:104
Eclipta alba, 1:104
Schisandra chinensis, 1:106

Lloyd Brothers formulas, 1:63, 96, 125, 142, 189

Lobaria pulmonaria. See *Sticta pulmonaria* (lungwort)

Lobelia inflata (pukeweed, Indian tobacco), 2:122

for altered breath sounds, 2:118

for angina, 2:38

anti-inflammatory qualities, 4:128

antispasmodic qualities, 1:11, 135, 136, 138t,

163; 2:13; 3:13; 4:16; 5:16, 97, 109

bronchodilating properties, 2:108t

in calming formulas, 1:18; 2:20; 3:20

for COPD, 2:149t

for coughs, 2:117, 130

as counterirritant, 2:132

for cramping pain in the bladder, 1:124

for depression and anxiety, 4:101t

for emphysema, 2:136, 137

formulas containing

allergic airway disorders, 5:47, 49

amphetamine cessation, 4:135

angina, 2:39

anginal coronary spasm, 4:201

asthma, 2:145, 146

bronchitis, 2:133

chest pain, 4:193

coughs, 2:117, 119, 120, 123

cystic fibrosis, 2:135

dyspepsia, 1:28

dyspnea, 2:125

emphysema, 2:137

enuresis, 1:131

hyperthyroidism, 3:44

interstitial cystitis, 1:124

lung pain, 4:195

menopausal cardiac symptoms, 3:141

methamphetamine and nicotine addiction, 4:133–34

miscarriage, 3:132

muscle pain, 5:109

overactive bladder, 1:130

pain, 4:172–73

panic disorder, 4:110

pleurisy, 2:139

renal colic, 4:199

smoking cessation, 4:133

ulcerated veins, 4:201

urinary colic, 1:139, 142

urinary tract reactivity, 5:59

for headaches, 4:158

for hemoptysis, 2:127

liniments containing, 2:111, 113

for lung conditions, 2:109, 122

for menstrual cramps, 3:124–25

for pain, 4:154, 166t, 171t

plasters containing, 2:110

for pleurisy, 2:139

for poison ivy/oak dermatitis, 1:203

for respiratory conditions, 2:115

safety concerns, 1:18; 2:20; 3:20; 4:22; 5:22

specific indications, 1:163, 245; 2:98, 170;

3:60, 172; 4:145, 211; 5:92, 198

for tempering adrenaline surges, 4:109

for tongue conditions, 5:178t

for urinary colic, 1:136, 137

as uterine sedative, 3:124

for vascular pain, 4:200t

for wheezing, 5:32

lobeline, 2:98, 109, 111, 122; 4:133–34, 145

locust bean gum, 3:91

Lomatium dissectum (biscuitroot)

for altered breath sounds, 2:118

antimicrobial qualities, 3:21t; 4:24t

for colds, 5:170t

for COPD, 2:148

formulas containing

chest pain, 4:193

colds, 5:170

cold sores, 5:184

conjunctivitis, 5:148

COPD, 2:148

coughs, 2:117, 119, 121

laryngitis, 5:190, 191

pharyngitis, 5:189

pleurisy, 2:139

pneumonia, 2:141

psoriasis, 1:210

respiratory allergies, 5:43

for opportunistic lung infections, 2:134

for pleurisy, 2:138

for respiratory infections, 2:121, 130

for skin eruptions, 1:194

specific indications, 1:245; 2:170; 5:138–39, 198

for throat pain, 5:191t

for thyroiditis, 3:28

for tonsillitis and pharyngitis, 5:188

for viral infections, 2:131

for warts, 1:199

long pepper. See *Piper longum* (pippali, long pepper)

- Lonicera japonica* (honeysuckle, ren dong teng)
antiallergic qualities, 5:33t
formulas containing
Behçet's disease, 5:74
colds, 5:170
contact dermatitis, 5:55
hives, 1:185
specific indications, 1:245; 2:170
- Lophatherum gracile* (dan zhu ye gen), 2:131, 170
lopimmune, 3:111, 112
- lotus. *See Nelumbo nucifera* (lotus, Indian lotus)
lovage. *See Levisticum officinale* (lovage)
- love-in-a-mist. *See Nigella sativa* (black cumin,
black seed, love-in-a-mist)
- low back pain
Capsicum frutescens for, 4:205
Celastrus aculeatus for, 5:87
formula for, 4:196
Harpagophytum procumbens for, 4:209
therapies for, 5:130–31
Verbascum thapsus for, 4:217
Viburnum spp. for, 5:143
- lower urinary epithelial dysfunction (LUED),
1:109, 125, 127, 150; 5:57
See also urinary tract reactivity
- LSD (lysergic acid diethylamide). *See* lysergic
acid diethylamide (LSD)
- lubricant, for painful intercourse, 3:151, 153
- lucerne. *See Medicago sativa* (alfalfa)
- lucuma. *See Pouteria lucuma* (lucuma)
- Lugol's solution, 3:40, 142–43
- lung cancer
apigenin for, 2:113
Camellia sinensis for, 2:160
Hemidesmus indicus for, 2:167
lack of formulas for, 2:7
Origanum vulgare for, 2:174
Saussurea costus for, 2:179
Scutellaria baicalensis for, 2:180
Silybum marianum for, 2:180
- lung disorders
Andrographis paniculata for, 2:158
Angelica dahurica for, 2:158
Brassica nigra for, 2:160
Camellia sinensis for, 2:160
Centella asiatica for, 2:161
Cnidium monnieri for, 2:161
Corydalis cava for, 2:162
Curcuma longa for, 2:162
Digitalis purpurea for, 2:163
Dracocephalum rupestre for, 2:163
Echinacea angustifolia for, 2:163
Epimedium brevicornu for, 2:164
Equisetum spp. for, 2:164
Eriodictyon californicum for, 2:164
Euphorbia spp. for, 2:165
Foeniculum vulgare for, 2:166
herbs for, 2:89–106
Inula helenium for, 2:168
Lepidium meyenii, 2:169
- Ligusticum porteri* for, 2:169
Ligusticum striatum for, 2:169
Magnolia officinalis for, 2:171
Marrubium vulgare for, 2:171
Matricaria chamomilla for, 2:171
Melaleuca alternifolia for, 2:171
Melilotus suaveolens for, 2:171–72
Melissa officinalis for, 2:172
Morella cerifera for, 2:172
Morinda citrifolia for, 2:172
Neopicrorhiza scrophulariiflora for, 2:172
Ophiopogon japonicus for, 2:174
Origanum vulgare for, 2:174
Paeonia lactiflora for, 2:174
Panax ginseng for, 2:174
Passiflora incarnata for, 2:175
Phyllanthus emblica for, 2:176
Piper nigrum for, 2:101
Polygonum cuspidatum for, 2:178
Pueraria montana var. *lobata* for, 2:177
Rhamnus purshiana for, 2:178
Selaginella uncinata for, 2:180
Silybum marianum for, 2:180
Stellaria media for, 2:104
Stillingia sylvatica for, 2:181
Syzygium aromaticum for, 2:181
Taraxacum officinale for, 2:182
topical protocols for, 2:109–14
Trichosanthes kirilowii for, 2:182
Verbascum thapsus for, 2:184
Zingiber officinale for, 2:184
See also specific disorders
- lung pain
Alpinia galangal for, 4:203
formulas for, 4:193–95
Mentha piperita for, 4:211
Myristica fragrans for, 4:212
topical protocols for, 2:114
- lungwort. *See Sticta pulmonaria* (lungwort)
- luo han guo. *See Siraikia grosvenorii* (monk fruit,
luo han guo)
- lupulin, 4:143
- lupus
chemical exposure linked to, 5:99
Cordyceps sinensis for, 5:88
formulas for, 5:76–78
Ganoderma lucidum for, 5:90
mouthwash for, 5:51–52
overview, 5:76
Ulmus fulva for, 5:142
- luteolin, 2:108, 144, 148
- Lycium barbarum* (goji berry, wolfberry)
formulas containing
COPD, 2:153
lupus, 5:77
Parkinson's disease, 4:61
for retinopathies, 5:157
for Sjögren's syndrome, 5:69
in soup, 1:35
specific indications, 2:170
- Lycium chinense*. *See Lycium barbarum*
(goji berry, wolfberry)
- lycopene, 1:39, 148, 151
- Lycopodiella cernua* (club moss), 4:53
- Lycopodium* spp. (ground pine, creeping cedar,
club moss), 4:53, 81; 5:198
- Lycopodium complanatum* (groundcedar), 5:80
- Lycopus europaeus* (gypsywort), 3:60
- Lycopus virginicus* (bugleweed)
formulas containing
arrhythmias, 2:53
diarrhea, 1:57
goiter, 3:34
hemoptysis, 2:127
hypertension, 2:47
hyperthyroidism, 3:43
menopausal anxiety, 4:110
ovarian cysts, 3:144
varicoceles, 2:75
venous congestion, 2:76
for goiter, 3:32, 34
for hyperthyroidism, 3:28
for menopausal insomnia, 3:136t
rosmarinic acid in, 3:43
specific indications, 1:163; 2:98, 170; 3:60, 172
- Lyme disease, *Spilanthes acmella* for, 5:141
- lymphatic pain
formula for, 4:201
Phytolacca americana for, 4:170, 201, 213
- lymphatic system
Aloe vera for, 1:238
alterative herbs having affinity for, 1:27
Ceanothus americanus for, 3:91
Galium aparine for, 1:161
Iris versicolor for, 2:97; 3:59
Phytolacca spp. for, 1:246; 2:100; 3:61, 175
Quercus robur for, 2:101
Scrophularia nodosa for, 1:88
- lymphedema
Echinacea spp. for, 2:94
formulas for, 2:82–83; 4:201
Phytolacca decandra for, 2:100
- lysergic acid diethylamide (LSD), 4:5
- lysine, for genital herpes, 3:109–10
- Lytta*. *See Cantharis vesicatoria* (Spanish fly)
- ## M
- maca. *See Lepidium meyenii* (maca)
- Maca Milkshake, 3:162
- Macrocystis pyrifera* (kelp), 1:42
- macrotyts. *See Actaea racemosa* (black cohosh)
- macular degeneration
Centella asiatica for, 5:194
formulas for, 5:158
Ginkgo biloba for, 5:197
Vaccinium myrtillus for, 5:203
- maculopathy, as term, 5:158
- Madagascar periwinkle (*Catharanthus roseus*),
4:88
madder (*Rubia cordifolia*), 4:214–15

- mad dog. *See Scutellaria lateriflora* (skullcap)
- magic mushroom. *See Psilocybe cubensis* (magic mushroom)
- magnesium
 for attention deficit hyperactivity disorder, 4:118, 119
 for glycemic control, 3:78
 for headaches, 4:165t
 for insulin sensitivity, 3:77
 for nerve pain, 4:180t
 for pain, 4:156
 for restless legs syndrome, 4:32, 33
 for supporting fertility, 3:132
 for withdrawal symptoms, 4:128
- Magnolia grandiflora* (magnolia), 3:162
- Magnolia macrophylla* var. *dealbata* (cloudforest magnolia), 4:82
- Magnolia obovata* (Japanese bigleaf magnolia), 2:144t
- Magnolia officinalis* (magnolia)
 5 α -reductase inhibition, 1:218
 antiallergic qualities, 5:33t
 formulas containing
 allergic airway disorders, 5:44, 46
 esophageal disorders, 1:44
 gastroparesis, 1:78
 insomnia, 4:116
 Parkinson's disease, 4:61
 vascular reactivity, 5:61
 mast-cell stabilizing effects, 2:144t; 5:31t
 for multiple sclerosis, 5:82
 neuroprotective effects, 4:31
 polyphenols in, 1:223
 specific indications, 2:171; 4:82, 145–46
- magnolia vine. *See Schisandra chinensis* (magnolia vine)
- magnolol, 4:82
- Mahonia aquifolium*. *See Berberis aquifolium* (Oregon grape, mahonia)
- ma huang. *See Ephedra* spp.
- maidenhair tree. *See Ginkgo biloba* (ginkgo, maidenhair tree)
- maiden's tears (*Silene vulgaris*), 4:50
- mai men dong. *See Ophiopogon japonicus* (mai men dong)
- maitake. *See Grifola frondosa* (maitake)
- majit (*Rubia cordifolia*), 4:214–15
- Malabar nut (*Adhatoda vasica*), 2:169; 5:33t
- malabsorption
 alteratives for, 1:25
Arctium lappa for, 1:81
Artemisia annua for, 1:81, 102
 digestive stimulants for, 1:25
Equisetum spp. for, 1:84, 242
 formulas for, 1:72–75
 herbs for, 1:74
Medicago sativa for, 1:86
 overview, 1:72–73
Rumex crispus for, 1:87, 105, 247
 therapies for, 1:74
- malaria
Alstonia scholaris for, 2:157
Cinchona officinalis for, 1:83
Hydrangea macrophylla for, 2:167
Silybum marianum for, 1:106
- maldigestion. *See* digestion, poor
- male pattern baldness
 formulas for, 1:214, 216, 217, 218
 overview, 1:212–13
Piper spp. for, 1:164
- male reproductive disorders, 3:160–64
- malkangani. *See Celastrus paniculatus* (jyotishmati, malkangani)
- mall meadow anemone (*Anemone pratensis*), 4:199
- malnutrition
 alteratives for, 1:25
Avena sativa for, 1:82, 239
Berberis aquifolium for, 1:105
Centella asiatica for, 1:82
Equisetum arvense for, 1:242
Equisetum for, 1:84
Fucus vesiculosus for, 1:84
Medicago sativa for, 1:86, 245
 mental-emotional effects, 4:4
 mild cognitive impairment risks from, 4:29
 nourishing herbs for, 1:37
Rubus idaeus for, 1:87
Taraxacum officinale for, 1:88, 248
- Malus* spp., as bulk laxative, 1:48
- Malus domestica* (apple), 2:39, 99; 5:32t
- mandarin (*Citrus reticulata*), 3:33; 4:194
- Mangifera indica* (mango), 1:218; 3:162
- mango. *See Mangifera indica* (mango)
- mangosteen. *See Garcinia* spp. (mangosteen)
- mania
Aconitum napellus for, 4:181
Conium maculatum for, 4:207
Passiflora spp. for, 4:148
Rauvolfia serpentina for, 4:150
- mannose powder
 for bladder mucosal lesions, 1:123
 for cystitis, 1:112, 114, 126
 for nasal polyps, 5:43
 for neurogenic bladder, 1:126, 127
 for pyelonephritis, 1:119
 for UTIs, 1:116, 117
- MAPS (Multidisciplinary Association for Psychedelic Studies), 4:4
- marijuana. *See Cannabis sativa* (marijuana, hemp)
- maritime pine. *See Pinus pinaster* (maritime pine)
- marlberry (*Ardisia japonica*), 2:153, 158
- Marrubium vulgare* (horehound)
 for bronchitis, 2:131
 formulas containing, 2:133
 specific indications, 2:171
- marshmallow. *See Althaea officinalis* (marshmallow)
- marsh tea. *See Ledum palustre* (marsh tea)
- Marsupella alpina* (Chinese liverwort), 4:53
- massage
 for headaches, 4:165
 with lavender oil, 4:32, 144
- mastalgia. *See* breast pain
- mast cells
 adaptogens for inappropriate activation of, 5:28
 role in allergies, 5:31–32
 role in autoimmune disorders, 5:65
- mast cell stabilizers
 for allergic airway disorders, 5:44
 definition of, 5:31
 list of herbs serving as, 2:144t; 5:31t
- mastering the actions of herbs, 1:11–13; 2:13–16; 3:13–16; 4:16–18; 5:15–17
- mastitis
 formula for, 3:143
Phytolacca americana for, 3:175
- material doses, 1:157
- materia medica
 specific herb choice and, 1:10; 2:12; 3:12–13, 23–24; 4:14, 15, 26; 5:14–15, 26
 as term, 1:3; 2:2
- Materia Medica* (Boericke), 1:113
- Matricaria chamomilla* (chamomile)
 for adrenal disorders, 3:46
 for allergic pain in the gut, 5:39t
 antiallergy qualities, 1:33
 anti-inflammatory actions, 1:51
 antimicrobial qualities, 1:39, 52, 61
 antiparasitic qualities, 1:54
 antispasmodic qualities, 1:25, 91
 for anxiety, 4:16, 17, 94, 101t; 5:17
 for burning tongue syndrome, 5:182
 carminative qualities, 1:31
 demulcent qualities, 1:52
 for depression, 4:94
 for dermatitis, 1:188, 189
 for digestive pain, 4:197t
 dopamine-reducing effects, 4:123
 for eczema and allergic dermatitis, 1:188
 for eye conditions, 5:147t
 footbaths with, 4:105
 formulas containing
 acne rosacea, 1:206, 207
 alcohol withdrawal seizures, 4:71
 anorexia, 1:36, 37, 38
 arrhythmias, 2:53
 childhood skin eruptions, 1:193
 contact dermatitis, 5:55
 crankiness in children, 4:104
 depression and anxiety, 4:96, 106
 dermatitis, 1:186, 188
 diarrhea, 1:53, 56, 57, 58
 digestive organ pain, 4:197
 diverticulitis and diverticulosis, 1:71
 dyspepsia, 1:28
 esophageal disorders, 1:44, 45, 46
 gastritis and gastroenteritis, 1:60, 61, 62
 gastrointestinal bleeding, 1:67
 gastrointestinal hypersensitivity, 5:37, 38

- Matricaria chamomilla* (chamomile) (continued)
 gastroparesis, 1:77
 GERD, 1:40
 inflammatory bowel diseases, 5:81
 insect bites, 4:188
 interstitial cystitis, 1:124
 intestinal spasms, 4:197
 irritable bowel syndrome, 1:31, 32, 33
 lupus, 5:77
 malabsorption, 1:73
 menorrhagia, 3:120
 menstrual cramps, 3:124
 migraines, 4:163
 multiple sclerosis, 5:83
 nausea of pregnancy, 3:132
 oral allergic reactivity, 5:186
 oral pain, 4:176
 otitis media, 5:161
 pancreatitis, 1:70
 peptic ulcer pain, 4:197
 premenstrual syndrome, 3:126
 PTSD, 4:113
 restless legs syndrome, 4:33
 smoking cessation, 4:133
 ulcers, 1:64, 66
 withdrawal symptoms, 4:135
 GABAergic qualities, 4:110
 for gastroenteritis, 1:59
 in General Carminative Tea, 1:30
 for GERD, 1:39
 GI tract and, 1:41
 for *Helicobacter pylori* infections, 1:43
 for hepatitis, 1:94t
 for liver support, 1:90
 for menopausal symptoms, 3:138t
 for nasal polyps, 5:173t
 nervine qualities, 1:30, 51, 245; 4:91
 for pain, 4:154, 155, 166t, 170t, 171t
 for panic disorder, 4:109
 in porridge, 1:66
 for restless insomnia, 1:15; 2:17; 3:17; 4:20; 5:20
 as restorative, 1:43
 for schizophrenia, 4:123, 125
 specific indications, 1:86, 245; 2:99, 171; 3:173; 4:82, 146, 211; 5:92, 198
 topical protocols, 2:114
 as uterine sedative, 3:124
 for vascular headaches, 2:27
 for withdrawal symptoms, 4:128
- Matricaria recutita*. See *Matricaria chamomilla* (chamomile)
 matricin, 1:41
 mayapple. See *Podophyllum peltatum* (mayapple)
Maytenus rigida (maytenus), 4:134
 MCT oil
 for childhood immunization support, 4:71
 in Superfood Dressing, 4:58
 MCTs. See medium-chain triglycerides (MCTs)
 MCT Snack, 4:58
 MDMA (ecstasy), 4:4
- meadowsweet. See *Filipendula ulmaria* (meadowsweet)
Medicago sativa (alfalfa), 3:87
 for arthritis, 5:114, 115
 for benign prostatic hypertrophy, 1:147
 for bladder cancer, 1:132
 for bone density, 5:125, 126
 in Digestive Vinegar, 1:74
 formulas containing
 alopecia, 1:216, 217
 anorexia, 1:38
 arthritis, 5:116
 cardiopulmonary disease, 2:84
 connective tissue weakness, 5:99, 100
 COPD, 2:150
 dental conditions, 5:175
 dyspnea, 2:124
 hormonal cancers, 3:158
 hormone-related infertility, 3:131
 hyperthyroidism, 3:42
 muscle pain, 5:107, 108
 musculoskeletal trauma, 5:98
 osteoporosis, 3:141; 5:128
 overactive bladder, 1:130
 Paget's disease, 5:130
 pigmentation disorders, 1:225
 prostate cancer, 1:149
 prostatic diseases, 1:146
 prostatitis, 1:151
 skeletal fractures and bone injuries, 5:101
 tea for nursing mothers, 3:134
 for fracture healing, 5:100
 for healthy hormone regulation, 3:87
 in High Chromium Summer Tea for Metabolic Support, 3:87
 hypoglycemic effects, 3:73
 for insulin resistance, 3:70
 isoflavones in, 3:156
 in Legume Truffle Superfood for Chemotherapy Patients, 3:159
 for malabsorption, 1:73
 minerals in, 5:100t, 112, 139, 198–99
 mineral tonic diuretic qualities, 1:110
 for musculoskeletal trauma, 5:96
 nourishing qualities, 1:37
 palmitoylethanolamide in, 4:44
 for prostatic diseases, 1:143
 regulation of reproductive hormones and, 4:96
 for schizophrenia support, 4:123
 specific indications, 1:86, 163, 245; 2:171; 3:96, 173; 5:139, 198–99
 with tincture for fracture, 4:184
 for weak fingernails, 1:236
 medical education, suppression of natural medicine, 5:3
 medicinal mushrooms, for bladder cancer, 1:134
 medium-chain triglycerides (MCTs)
 in Better Butter, 3:84–85
 from coconut oil, 3:92; 4:57
 in coconut oil dressing, 3:37, 39
 for dementia, 4:57
 for epilepsy and seizure disorders, 4:68
 for insulin sensitivity, 3:77
 in MCT Snack, 4:58
- Melaleuca alternifolia* (tea tree)
 in Antifungal House-Cleaning Spray, 5:36
 antimicrobial qualities, 1:61
 antiparasitic qualities, 1:54
 for bites and stings, 1:170–71
 for dental conditions, 5:175
 for dermatologic conditions, 1:171t
 for epilepsy and seizure disorders, 4:67
 formulas containing
 acne, 1:203
 alopecia, 1:213
 bites and stings, 4:188
 dermatitis, 1:186
 eyelid washes, 5:154–55
 genital herpes, 3:111
 paronychia hand soak, 1:194
 skin infections, 1:176, 177, 178, 179
 skin lesions, 5:55t
 stasis ulcers, 2:60
 thrush, 5:182
 vaginitis, 3:106
 for fungal skin infections, 1:195, 196, 197
 for genital fungal infections, 1:197
 for impetigo, 1:179
 liniments containing, 2:113
 for pain, 4:166t
 for scabies and lice, 1:198
 for skin infections, 1:176
 specific indications, 1:245; 2:171; 5:92, 139
 for urinary conditions, 1:14
 for vaginitis, 3:105
 for warts, 1:199
- melasma
Curcuma longa for, 1:241
 formulas for, 1:222–23
 melatonin, 4:114, 118
Melilotus officinalis (sweet clover), 2:79, 99; 4:82
Melilotus suaveolens (sweet clover)
 for ARDS, 2:154
 formulas containing, 2:85, 155
 specific indications, 2:171
- Melissa officinalis* (lemon balm)
 for amenorrhea, 3:122
 antiviral qualities, 1:201
 for breast conditions, 3:142
 for cognition, 4:53
 for dental procedures, 5:146
 for depression and anxiety, 4:92, 94, 101t, 103t
 for epilepsy and seizure disorders, 4:66
 formulas containing
 Addison's disease, 3:51
 adrenal disorders, 3:50
 Alzheimer's disease, 4:56
 arrhythmias, 2:53
 cold sores, 5:184
 Cushing's syndrome, 3:52

Melissa officinalis (lemon balm) (continued)

- depression and anxiety, 4:96, 102
- dyspnea, 2:125
- erythema multiforme, 1:220
- gastroparesis, 1:77
- genital herpes, 3:110, 111
- goiter, 3:34
- herpes-induced ophthalmia, 5:150, 151
- herpes lesions, 1:232
- herpetic neuralgia, 4:40, 41
- hyperhidrosis, 1:227
- hypertension, 2:46, 47
- hyperthyroidism, 3:41, 43, 44
- hyperventilation, 2:140
- irritable bowel syndrome, 1:33
- menopausal symptoms, 3:138; 4:110
- Parkinson's disease, 4:63
- polycystic ovarian syndrome, 3:145, 147
- premenstrual syndrome, 3:126
- restless legs syndrome, 4:33
- smoking cessation, 4:133
- thyroiditis, 3:30
- warts, 1:200
- withdrawal symptoms, 4:130, 135
- GABAergic qualities, 4:110
- for genital herpes, 3:110
- for headaches, 4:159
- for heavy metal neuropathy, 4:50
- for *Helicobacter pylori* infections, 1:43
- for herpes simplex viral infections, 5:181
- for herpetic neuralgia, 4:40
- for hypertension, 2:41, 46, 47
- for hyperthyroidism, 3:28
- for hyperventilation, 2:140
- for inflammatory bowel diseases, 1:34
- for menopausal symptoms, 3:138t
- in mocktail syrup base, 4:136
- nervine qualities, 1:30; 4:91
- for neurological conditions, 4:28
- neuroprotective effects, 4:31
- opiate agonist qualities, 4:134
- for pain, 4:171t
- for premenstrual syndrome, 3:125
- for restless insomnia, 1:15; 2:17; 3:17; 4:20; 5:20
- for restless legs syndrome, 4:32
- rosmarinic acid in, 3:43, 109; 5:65
- specific indications, 1:245; 2:99, 172; 3:60, 173; 4:82–83, 146; 5:139, 199
- for thyroiditis, 3:31
- for warts, 1:199
- for withdrawal symptoms, 4:128
- memory support
 - Acorus calamus* for, 4:74, 75
 - Avena sativa* for, 4:140
 - Bacopa monnieri* for, 4:76
 - Celastrus paniculatus* for, 4:77, 141
 - Centella asiatica* for, 4:77
 - Cistanche tubulosa* for, 4:77
 - Crocus sativus* for, 4:78
 - Cyperus rotundus* for, 4:142
- Ginkgo biloba* for, 4:142, 143
- Hypericum perforatum* for, 4:93
- Ligusticum striatum* for, 4:145
- Magnolia officinalis* for, 4:82
- Melissa officinalis* for, 4:83, 146
- Nicotiana rustica* for, 4:83
- Nigella sativa* for, 4:84
- Panax ginseng* for, 4:84
- Perilla frutescens* for, 4:148
- Physostigma venenosum* for, 4:84
- Rhodiola rosea* for, 4:150
- Rosmarinus officinalis* for, 4:85
- Salvia officinalis* for, 4:85
- Schisandra chinensis* for, 4:86
- Urtica* spp. for, 4:87
- Ziziphus jujuba* for, 4:152
- men
 - interstitial cystitis in, 1:121
 - male pattern baldness, 1:164, 212–13, 214, 216, 217, 218
 - See also prostatic diseases
 - Ménière's disease, 2:101; 5:164
- menopausal symptoms
 - Actaea racemosa* for, 1:238; 2:157; 3:165; 4:100, 139
 - Angelica sinensis* for, 3:165
 - Astragalus membranaceus* for, 3:166
 - Crataegus* spp. for, 3:168
 - Dioscorea villosa* for, 3:169; 4:208
 - Foeniculum vulgare* for, 3:170
 - formulas for, 3:134–141; 4:100, 109–10, 115
 - Glycine max* for, 2:95
 - hair loss, 1:216
 - heart palpitations, 2:53
 - herbs for, 3:138t
 - hot flashes, 1:83, 87, 226–27
 - Humulus lupulus* for, 3:171; 4:143
 - Hydrastis canadensis* for, 3:171
 - Hypericum perforatum* for, 3:171
 - insomnia, 4:114, 115
 - Leonurus cardiaca* for, 2:98; 3:172
 - Lepidium meyenii* for, 3:96; 4:145
 - Medicago sativa* for, 1:245; 3:96
 - overview, 3:134–35
 - Pimpinella anisum* for, 4:84
 - Pueraria* spp. for, 2:101; 3:97, 176
 - Salvia officinalis* for, 3:177
 - sample case, 1:10
 - Trifolium pratense* for, 1:249; 3:178–79
 - urinary tract infections, 1:118
 - Verbena* spp. for, 3:179
- menopause
 - burning tongue syndrome associated with, 5:182
 - Caulophyllum thalictroides* for, 5:134
 - myalgia formula for, 5:109
 - Pueraria montana* var. *lobata* for, 5:140
 - Trifolium pratense* for, 5:142
- menorrhagia
 - Achillea millefolium* for, 3:115, 118, 119, 120, 165
- Ceanothus americanus* for, 3:167
- Cinnamomum* spp. for, 3:167
- formulas for, 3:117–120
- Hamamelis virginiana* for, 2:96; 3:118, 171
- herbs for, 3:118
- Lepidium meyenii* for, 3:172
- Rubus idaeus* for, 3:176
- Urtica* spp. for, 3:179
- menstrual cramps
 - Actaea racemosa* for, 3:165
 - Angelica sinensis* for, 1:81, 238; 3:117, 124, 165
 - Avena sativa* for, 3:166
 - Cinnamomum* spp., 3:167
 - Dioscorea villosa* for, 1:84; 3:169
 - Foeniculum vulgare* for, 3:170
 - formulas for, 3:117, 123–25
 - Lobelia inflata* for, 3:124–25
 - Matricaria chamomilla* for, 3:173
 - Petroselinum crispum* for, 3:174
 - specifics from traditional literature, 3:124
 - uterine sedatives for, 3:124
 - Viburnum opulus* for, 3:117, 123–24, 179
- menstrual cycle disorders
 - Dioscorea villosa* for, 3:118, 120, 124
 - Foeniculum vulgare* for, 3:120, 125, 170
 - formulas for, 3:115–125
 - Fucus vesiculosus* for, 3:170
 - Glycyrrhiza glabra* for, 3:117, 119, 122, 123, 124, 146, 170
 - Leonurus cardiaca* for, 3:118, 122, 123, 172
 - Matricaria chamomilla* for, 3:120, 124, 173
 - overview, 3:115–16
 - Turnera diffusa* for, 3:179
 - Valeriana officinalis* for, 3:179
 - Verbena* spp. for, 3:179
 - Viburnum* spp. for, 3:179, 180
 - Vitex agnus-castus* for, 3:117, 118, 119, 120, 122, 123, 180
 - See also specific disorders
- menstrual pain
 - Angelica sinensis* for, 4:203
 - Foeniculum vulgare* for, 4:208
 - Hyoscyamus niger* for, 4:210
 - Lobelia inflata* for, 4:211
 - Rosmarinus officinalis* for, 4:214
 - Viburnum prunifolium* for, 4:217
- menstruation-related symptoms
 - depression and anxiety, 4:100
 - headaches, 4:164–65, 218
 - irregularities, 4:147
- mental-emotional health
 - definition of, 4:5
 - impediments to, 4:3–4
- mental health conditions
 - as energetic infections, 4:12
 - increasing use of psychiatric medications for, 4:2–3
 - shortcomings of formal diagnoses, 4:1–2
 - See also specific conditions

- Mentha* spp.
 antimicrobial qualities, 1:71
 antispasmodic qualities, 1:24, 39
 avoiding for GERD, 1:42
 for bites and stings, 1:170–71
 for ear itching, 4:175t
 essential oil of, 1:53, 170–71
 formulas containing
 COPD, 2:151
 hemorrhoids, 1:50; 4:198
 musculoskeletal trauma, 5:97
 pneumonia, 2:141
 scabies, 4:189
 shingles, 4:182
 sinusitis, 5:172
 stomatitis and gingivitis, 5:182
 throat pain, 4:178
 urinary colic, 1:139
 varicosities, 2:75
 for gastroenteritis, 1:59
 minerals in, 5:100t
 in Mouthwash for Halitosis, 1:51
 for nerve pain, 4:180t
 for painful itching, 4:189t
 for peripheral neuropathy, 4:43t
 for throat pain, 5:190
 in topical antipruritics, 5:54
 topical protocols using, 2:112–13
 for traveler's diarrhea prevention, 1:53
- Mentha aquatica* (water mint), 4:110
- Mentha canadensis* (American wild mint, Canada mint), 5:80
- Mentha piperita* (peppermint)
 for allergic pain in the gut, 5:39t
 anti-inflammatory qualities, 4:128
 antispasmodic qualities, 1:25, 91, 138t
 for biliary pain, 1:100t
 carminative qualities, 1:31
 cooling qualities, 3:21t
 for crawling and tingling sensations, 1:232
 for dental procedures, 5:177
 for digestive pain, 4:197t
 for eczema and allergic dermatitis, 1:188
 enteric-coated capsules of, 1:31, 32
 for epilepsy and seizure disorders, 4:67, 73
 footbaths with, 4:105
 formulas containing
 acne, 1:203
 anemia, 2:69
 anginal coronary spasm, 4:201
 anorexia, 1:36, 37, 38
 aphthous ulcers, 5:183
 arthritis, 5:116
 asthma, 2:146
 biliary colic, 1:99; 4:198
 bites and stings, 4:189
 bronchitis, 2:133
 capillary fragility, 2:66
 cardiopulmonary disease, 2:84
 chest pain, 4:193
 childhood skin eruptions, 1:193
 colds, 5:170
 congestive heart failure, 2:50
 connective tissue weakness, 5:99
 dental conditions, 5:176
 diarrhea, 1:54, 55, 56, 57, 58
 digestive pain, 4:197, 198
 diverticulitis and diverticulosis, 1:71, 72
 dry mouth, 5:186
 dyspepsia, 1:28
 endometriosis, 3:149
 esophageal disorders, 1:44
 gastroenteritis, 1:62
 gastroparesis, 1:77
 halitosis, 1:51
 headaches, 4:165
 hemorrhoids, 2:78
 herpetic neuralgia, 4:40
 inflammatory bowel diseases, 1:36; 5:80, 81
 intestinal spasms, 4:197
 irritable bowel syndrome, 1:31, 32
 itching skin, 1:186, 187
 laryngitis, 5:191
 menopausal cardiac symptoms, 3:141
 menstrual cramps, 3:125
 muscle pain, 5:109
 musculoskeletal trauma, 5:98
 nausea of pregnancy, 3:132
 neuralgia, 4:35, 182
 neurogenic bladder, 1:127
 oral erythema multiforme, 5:187, 188
 oral pain, 4:177
 oral ulcers, 5:184
 osteoporosis, 3:141; 5:128
 overactive bladder, 1:130
 peripheral neuropathy, 4:44
 pharyngitis, 5:189
 pleurisy, 2:139
 scratchy throat, 5:191
 SIBO, 1:76
 sinusitis, 5:172
 sinus pain, 4:177
 stomatitis and gingivitis, 5:183
 throat pain, 4:179
 throbbing pain, 4:200
 thrush, 5:181
 ulcers, 1:64, 66
 urinary conditions, 1:110
 vocal strain, 5:191
 for fungal skin infections, 1:197
 in General Carminative Tea, 1:30
 for genital fungal infections, 1:197
 for *Helicobacter pylori* infections, 1:43
 for itching skin, 1:187
 liniments containing, 2:111
 for liver support, 1:90
 with *Lobelia* compress, 3:125
 mast-cell stabilizing effects, 2:144t; 5:31t
 for nasal polyps, 5:173t
 nebulized form, 2:137
 for pain, 4:154, 170t, 171t
 for SIBO, 1:76
 for skin eruptions, 1:194
 for skin protection, 1:230
 specific indications, 1:86, 105, 245–46; 2:172; 4:83, 211; 5:92, 199
 for throat pain, 5:190
 as uterine sedative, 3:124
- Mentha pulegium*. See *Hedeoma pulegioides* (pennyroyal)
- Mentha spicata* (spearmint)
 5 α -reductase inhibition, 1:218; 3:162
 for amenorrhea, 3:122
 carminative qualities, 1:31
 for epilepsy and seizure disorders, 4:67
 formulas containing
 alopecia, 1:213, 216
 asthma, 2:145
 hirsutism, 1:214
 hot flashes, 3:135
 irritable bowel syndrome, 1:31
 polycystic ovarian syndrome, 3:147
 tea for nursing mothers, 3:134
 for hormone-related infertility, 3:131t
 nebulized form, 2:137
 for ovarian cysts, 3:144
 for polycystic ovarian syndrome, 3:145, 147
 specific indications, 1:86, 246
 testosterone-reducing effects, in women, 3:145, 147
- menthol
 for itching skin, 5:92
 for pain, 4:170t
 for peripheral neuropathy, 4:43t
 topical protocols using, 2:112–13
- Mercurius solubilis* (mercury), 4:186
 metabolic acidosis, dyspnea with, 2:124
 metabolic conditions, 3:65–100
Astragalus membranaceus benefits, 3:84, 84
 beta cell regenerators, 3:74
 blueberry benefits, 3:72, 72
 chromium benefits, 3:80
Coleus forskohlii for, 5:135
Commiphora mukul for, 5:136
 considerations for metabolic conditions, 3:77
Curcuma longa for, 5:136
 deadly quartet, 3:65
 diabetes formulas, 3:68–76
 dietary considerations, 3:66–67, 76, 77
Foeniculum vulgare for, 3:94
Gymnema sylvestre benefits, 3:75, 75
Hibiscus sabdariffa for, 3:95
 high-flavone fruits, 3:87
 hypoglycemic herbs, 3:73
 legume family herbs for, 3:70
 lipid-lowering herbs, 3:82
 magnesium benefits, 3:78
Medicago sativa benefits, 3:87, 87
 medicinal foods for diabetics, 3:66, 69, 76–89
Opuntia spp. benefits, 3:83, 83

- metabolic conditions (*continued*)
 overview, 3:65–66
Phellodendron amurense for, 3:174
 plantain benefits, 3:67, 67
 role of environmental toxins, 3:67–68
Smallanthus sonchifolius benefits, 3:80
 specific herbs for, 3:89–100
 sweetener alternatives, 3:79, 79, 85, 85, 88
- metabolic distress
Glycine max for, 3:58
Hypericum perforatum for, 3:59
Rosmarinus officinalis for, 3:62
Taraxacum officinale for, 3:62
- metabolic function
Berberis aquifolium for, 3:166
Cinnamomum spp., 3:167
Coleus forskohlii for, 3:56, 92
Curcuma longa for, 3:168
Pueraria montana var. *lobata* for, 3:176
Raphanus spp. for, 3:176
Trigonella foenum-graecum for, 3:179
- metabolic insufficiency
Panax ginseng for, 3:96
Smilax ornata for, 3:62
- Metabolic Medicine Smoothie, 3:77
- metabolic syndrome
Angelica sinensis for, 3:90
Astragalus membranaceus for, 3:90
Ceratonja siliqua for, 3:91
Chionanthus virginicus for, 3:91
Curcuma longa for, 3:57, 93
Cynara scolymus for, 3:93
 dietary considerations, 3:66–67
Equisetum arvense for, 3:93
 formulas for, 3:74–75, 76
Ginkgo biloba for, 3:58, 94
Hibiscus sabdariffa for, 2:96; 3:95
 legume family herbs for, 3:70
Leonurus cardiaca for, 3:59
Lepidium meyenii for, 3:96
 link to polycystic ovarian syndrome, 3:144, 145
Opuntia spp. for, 2:100; 3:96
 overview, 3:65–66, 68–70
Salvia miltiorrhiza for, 3:62, 97
Stevia rebaudiana for, 2:104
Trigonella foenum-graecum for, 3:99
Vitis vinifera for, 3:99
- metallothionein, 4:50, 51
- metals, oral allergic reactivity to, 5:49–50
- metal toxicity. *See* heavy metal toxicity
- metastatic pain
Corydalis cava for, 4:78
Dioscorea villosa for, 4:208
 formulas for, 4:179, 186, 188, 195
Petasites hybridus for, 4:194, 195, 212
Uncaria spp. for, 4:216
- methamphetamine addiction, lobeline for, 4:133–34
- Methicillin Resistant *Staphylococcus aureus* (MRSA), 1:114, 178–79
- methionine, 1:122; 4:47, 50, 51
- methylcobalamin, 4:36
- methyl salicylate, 4:208–9
- methylsulfonylmethane (MSM), 1:122, 126; 5:104
- methylxanthines, 5:44
- methysticin, 1:125
- microbes
 hygiene hypothesis considerations, 5:30–31
 potential therapeutic benefits, 5:31
 role in allergies, 5:28, 34
- microdosing, with *Psilocybe*, 4:137, 149
- microsporidiosis, 1:52
- migraines
Angelica sinensis for, 4:173
Atropa belladonna for, 4:204
 causes of, 4:157–58, 160
 enuresis connection, 1:130
 formulas for, 4:160–65; 5:61
Gastrodia elata for, 4:79
Gelsemium sempervirens for, 5:137
Ginkgo biloba for, 5:90
 herbs for, 1:33
Ligusticum striatum for, 4:211
Melissa officinalis for, 4:146
 overview, 4:156–57
 pathophysiology of, 4:157–58
Petasites hybridus for, 1:163; 5:93
Pimpinella anisum for, 4:84
 POUND criteria for, 4:157
 principles of creating formulas for, 4:158–160
Salvia miltiorrhiza for, 5:93
Scutellaria baicalensis for, 4:215
Tanacetum parthenium for, 2:104; 4:86, 216; 5:94, 142, 202
 underlying contributors to, 4:158t
Vitex agnus-castus for, 4:218
- Mikania glomerata* (huaco), 2:108t, 172
- milk thistle. *See* *Silybum marianum* (milk thistle)
- milk vetch. *See* *Astragalus membranaceus* (milk vetch)
- milkweed. *See* *Asclepius tuberosa* (pleurisy root)
- milkwort (*Polygala* spp.), 2:177
- mimosa. *See* *Albizia julibrissin* (silk tree, mimosa)
- Mimosa pudica* (sensitive plant, sleepy plant, dormilona), 4:31, 53
- minerals
 in *Apium graveolens*, 5:133
 in *Avena sativa*, 5:133
 in *Equisetum arvense*, 5:137, 196
 in *Foeniculum vulgare*, 5:100t, 196
 high-mineral vinegar, 5:100
 impairment of absorption by phytic acid, 5:128
 list of herbs high in, 5:100t
 in *Medicago sativa*, 5:100t, 112, 139, 198–99
 in mushrooms and seaweed, 5:125
 in *Taraxacum officinale*, 5:142
 in *Ulmus rubra*, 5:202
 in *Urtica dioica*, 5:203
- mineral tonic diuretics, 1:109–10
- miroestrol, 3:137
- miscarriage
 formulas for, 3:132–33
Trifolium pratense for, 3:178
Viburnum spp. for, 3:132, 179
- mistletoe. *See* *Viscum album* (mistletoe)
- Mitchella repens* (partridge berry)
 as emmenagogue, 3:128
 formulas containing, 3:132
 specific indications, 3:173
 as uterine tonic, 3:119
- Mitragyna speciosa* (kratom, khratom, ketum)
 for anxiety, 4:101t
 for depression, 4:103t
 for opiate addiction, 4:129
 opiate agonist qualities, 4:134
 for side effects of antipsychotic medications, 4:122
 specific indications, 4:146–47, 211
- MMR vaccine, possible link to seizures, 4:70
- mocktails, 2:30
- mocktail syrup base, 4:136
- A Modern Herbal* (Grieve), 4:104
- mogrosides, 3:85
- molasses, formulas containing, 2:68, 69, 70
- mold, role in allergies, 5:28, 47
- molecular constituents, against hepatitis, 1:93
- molecular research
 inflammatory bowel disease herbs, 5:79t
 limitations of, 3:1
 support for herbal formulas, 4:1
- molecular strategies, for neurological conditions, 4:29
- moles
Podophyllum peltatum for, 1:246
 scaly or precancerous, 1:225
Thuja spp. for, 1:249
- Momordica charantia* (bitter melon)
 fluoride in, 5:176
 hypoglycemic effects, 3:73
 for metabolic syndrome, 3:76
 specific indications, 3:96; 4:211; 5:199
- Momordica grosvenorii* (monk fruit). *See* *Siraitia grosvenorii* (monk fruit, luo han guo)
- Monascus purpureus* (red yeast), 2:37
- mondograss. *See* *Ophiopogon japonicus* (mai men dong)
- monk fruit. *See* *Siraitia grosvenorii* (monk fruit, luo han guo)
- monk's pepper. *See* *Vitex agnus-castus* (chaste tree)
- monoamine hypothesis, 4:3, 90
- monoamines, neurotransmitters as, 4:3, 90
- monoclonal antibodies, for autoimmune disorders, 5:65
- mononeuropathy, 4:41–42
See also peripheral neuropathy
- mood-altering medications, increasing use of, 4:2–3

- mood disorders
Aconitum napellus for, 4:138
Actaea racemosa for, 4:139
Albizia julibrissin for, 4:139
Ginkgo biloba for, 4:143
Melissa officinalis for, 4:146
Poria cocos for, 4:149
Rhodiola rosea for, 4:150
Salvia multiorrhiza for, 4:151
Schisandra chinensis for, 4:151
See also specific disorders
Morella cerifera (bayberry)
 for colds, 5:170t
 as drying agent, 2:133
 formulas containing, 5:170
 for fungal skin infections, 1:196
 specific indications, 1:86, 105; 2:172; 5:199
 for tongue conditions, 5:178t
Morinda citrifolia (noni), 2:172
Morinda officinalis (Indian mulberry), 4:99
 Mormon tea (*Ephedra* spp.), 4:154; 5:89
 morphea, 5:103
Morus alba (white mulberry)
 dopamine-reducing effects, 4:123
 formulas containing, 4:61
 neuroprotective effects, 4:31
 for psychosis, 4:122
 mosquito repellents
Hedeoma pulegioides, 1:243, 244
Syzygium aromaticum, 1:248
 Mother's Cordial, 3:132, 173
 motherwort. *See Leonurus cardiaca*
 (motherwort)
 motilin agonists, 1:75, 76
 motility-enhancing agents
Chenopodium ambrosioides, 1:83
 Dr. Stansbury's General Alterative Tea, 1:26
 for gastroparesis, 1:76, 77
 gum chewing, 1:41
Rheum palmatum, 1:87
 for SIBO, 1:75, 76
 motion sickness, herbal therapies for, 5:167, 168
 mountain germander (*Teucrium polium*), 3:109
 moutan. *See Paeonia × suffruticosa* (moutan,
 tree peony)
 mouth allergic reactivity. *See oral allergic*
 reactivity
 mouth conditions. *See oral conditions*
 mouth infections. *See oral infections*
 mouth pain. *See oral pain*
 mouth pastes
Aloe vera in, 5:192
Origanum vulgare in, 5:199
 for stomatitis, 5:50
 mouth rinses and mouthwashes
Achillea millefolium in, 5:192
 for angioedema, 5:57
 for aphthous ulcers, 5:183
Arnica montana in, 5:193
Azadirachta indica in, 5:193
Cinnamomum verum in, 5:195
Commiphora myrrha in, 5:195
Coptis trifolia in, 5:195
 for dental conditions, 5:175, 176, 177
 for erythema multiforme, 1:220
Eucalyptus globulus in, 1:242
 for glossitis, 5:179
 for halitosis, 1:51
Hamamelis virginiana in, 5:197
Hydrastis canadensis in, 1:244
Matricaria chamomilla in, 5:198
Morella cerifera in, 5:199
 for oral allergic reactivity, 5:51–52
 for oral erythema multiforme, 5:187
 for oral lichen planus, 1:211
 for oral pain, 4:40–41, 176, 177
Origanum vulgare in, 5:199
Punica granatum in, 5:200
Rubus idaeus in, 5:200
Salix alba in, 5:201
Sanguinaria canadensis in, 5:201
 for stomatitis and gingivitis, 5:50, 183
Syzygium aromaticum in, 5:202
Tabebuia impetiginosa in, 1:248
Thymus vulgaris in, 5:202
Vaccinium myrtillus in, 5:203
 mouth ulcers. *See oral ulcers*
 moving/driving formulas, 1:18; 2:20; 3:20;
 4:22; 5:22
 MRSA (Methicillin Resistant *Staphylococcus*
aureus), 1:114, 178–79
 MSM (methylsulfonylmethane), 1:122, 126; 5:104
 mucilage, extraction of, 1:20; 2:23; 3:23
 mucilaginous herbs
 for gastric ulcers, 1:65
 for GERD, 1:39
 as osmotic diuretics, 1:109, 111
 for renal and ureteral colic, 1:136, 137, 138t
 for urinary colic, 1:136
 mucolytic herbs, 2:88, 114, 120, 136
 mucopolysaccharides, 1:78, 79
 mucous in the urine
Agathosma betulina for, 1:156
Apocynum cannabinum for, 1:157
Equisetum arvense for, 1:113
Hamamelis virginiana for, 1:162
Piper cubeba for, 1:164
Turnera diffusa for, 1:166
Zingiber officinale for, 1:167
 mucous membranes
Agrimonia eupatoria for, 1:156
Aloe vera for, 1:101
Anemopsis californica for, 2:158
Berberis aquifolium for, 1:245; 2:160
Calendula officinalis for, 5:194
Centella asiatica for, 5:87, 194
Collinsonia canadensis for, 2:93
Commiphora mukul for, 1:83
Commiphora myrrha for, 5:88
Equisetum spp. for, 1:84, 242; 5:196
Filipendula ulmaria for, 1:84
Geranium maculatum for, 1:243
Glycyrrhiza glabra for, 1:85, 161; 2:166
Hamamelis virginiana for, 1:243; 2:96
Hydrastis canadensis for, 2:167; 5:189
Hyssopus officinalis for, 2:168
Marrubium vulgare for, 2:171
Morella cerifera for, 2:172
 overview, 2:120
Prunus serotina for, 2:177
Quercus spp. for, 1:246; 2:101
 restorative agents for, 1:43
Salvia officinalis for, 2:179
Sanguinaria canadensis for, 2:179
 stomach, 1:62, 63, 64, 65
 sulfur gasotransmitters and, 2:143
Symphytum officinale for, 2:181
Urtica spp. for, 1:249; 5:94
Mucuna pruriens (velvet bean, cowage,
 cow-itch), 4:62
 for erectile dysfunction, 3:161
 formulas containing
 dementia, 4:58
 Parkinson's disease, 4:61, 65
 withdrawal symptoms, 4:130
 for hemochromatosis, 2:71
 for low libido, 3:152
 for nerve pain, 4:180t
 for Parkinson's disease, 4:60
 for restless legs syndrome, 4:32
 serotonin-promoting qualities, 4:92
 specific indications, 4:83
 mud poultices, 1:170
 mugwort. *See Artemisia vulgaris* (mugwort)
 muira puama. *See Ptychopetalum olacoides*
 (muira puama)
 mullein. *See Verbascum thapsus* (mullein)
 Multidisciplinary Association for Psychedelic
 Studies (MAPS), 4:4
 multiple sclerosis
Ammi visnaga for, 5:85
 apitherapy for, 5:86
 bee-venom therapy for, 4:75
Camellia sinensis for, 5:87
 formulas for, 5:83
Gastrodia elata for, 5:90
 herbs for, 5:82
Linum usitatissimum for, 5:91
 neuropathy from, 4:45, 48
Oenothera biennis for, 5:92
 overview, 5:81–82
Rehmannia glutinosa for, 4:49
 mum. *See Chrysanthemum morifolium* (mum,
 chrysanthemum)
 muscarinic antagonists
 for gastroparesis, 1:76
 for overactive bladder, 1:128, 150
 in *Pilocarpus jaborandi*, 1:246
 in *Solidago* spp., 1:150
 as urinary antispasmodics, 1:135, 136, 141

- muscle cramps. *See* muscle spasms and tension
- muscle pain
- Aconitum napellus* for, 5:132
 - Actaea racemosa* for, 3:165; 4:183t, 202
 - Arnica montana* for, 4:183t, 204
 - categories of herbs for, 5:106t
 - Caulophyllum thalictroides* for, 4:206
 - Cinnamomum verum* for, 5:87
 - Curcuma longa* for, 5:136
 - Eleutherococcus senticosus* for, 5:136
 - Equisetum arvense* for, 3:57
 - Eupatorium perfoliatum* for, 4:208; 5:137
 - Filipendula ulmaria* for, 5:137
 - formulas for, 3:141; 4:182–88; 5:105–9
 - Gaultheria procumbens* for, 4:208
 - Hamamelis virginiana* for, 5:138
 - herbal therapies for, 4:183t
 - Lomatium dissectum* for, 5:139
 - Melissa officinalis* for, 5:139
 - Mentha piperita* for, 4:83
 - overview, 5:105
 - Piper methysticum* for, 3:13–14
 - Piscidia piscipula* for, 4:213
 - Spilanthes acmella* for, 5:141
 - Sticta pulmonaria* for, 4:215
 - Valeriana officinalis* for, 5:143
 - Viburnum spp.* for, 4:217
 - See also* musculoskeletal pain
- muscle relaxants
- Ammi visnaga*, 1:156
 - Apiaceae herbs, 1:135
 - list of herbs and minerals, 4:165t
 - Mentha* spp., 1:28, 32, 44
 - for overactive bladder, 1:129
 - Piper methysticum*, 1:14, 125, 129
 - sample case, 1:14–15
- muscles, observing, 3:11
- muscle spasms and tension
- Achillea millefolium* for, 4:201
 - Actaea racemosa* for, 3:165
 - Atropa belladonna* for, 5:133
 - Capsicum frutescens* for, 4:205
 - Corydalis* spp. for, 1:160
 - Curcuma longa* for, 5:136
 - Dioscorea villosa* for, 1:11, 160
 - Eschscholzia californica* for, 3:57, 169; 5:137
 - formulas for, 4:167; 5:105–9, 113
 - Herniaria glabra* for, 1:162
 - Humulus lupulus* for, 4:210
 - Hyoscyamus niger* for, 4:210
 - Lobelia inflata* for, 1:11, 163
 - Melissa officinalis* for, 5:139
 - overview, 5:105
 - Piper methysticum* for, 1:11, 135, 138t; 4:213; 5:107
 - Rosmarinus officinalis* for, 4:214
 - Valeriana officinalis* for, 4:217; 5:143
 - Viburnum opulus* for, 4:217
 - Viburnum spp.* for, 1:11, 88, 135
 - See also* specific types of spasms
- muscle stiffness, formula for, 3:141
- muscle weakness
- Avena sativa* for, 5:133–34
 - Berberis aquifolium* for, 1:105
 - Coleus forskohlii* for, 5:135
 - Commiphora mukul* for, 5:136
 - formulas for, 5:111–13
 - Glycyrrhiza glabra* for, 3:58; 5:138
 - Lepidium meyenii* for, 1:162
 - overview, 5:110–11
 - Paeonia* spp. for, 1:105
 - Rhodiola rosea* for, 3:61, 176; 5:140
 - Schisandra chinensis* for, 5:141
 - Smilax ornata* for, 1:88, 248; 3:62, 177; 5:94
 - Withania somnifera* for, 5:143
 - Zanthoxylum clava-herculis* for, 5:143
- musculoskeletal conditions
- Actaea racemosa* for, 5:132
 - Ananas comosus* for, 5:132
 - Andrographis paniculata* for, 5:132
 - Angelica sinensis* for, 5:132
 - Atropa belladonna* for, 5:133
 - Berberis aquifolium* for, 5:134
 - Calendula officinalis* for, 5:134
 - Caulophyllum thalictroides* for, 5:134
 - Cinnamomum verum* for, 5:135
 - Cnicus benedictus* for, 5:135
 - Commiphora mukul* for, 5:135–36
 - Eupatorium perfoliatum* for, 5:137
 - Glycyrrhiza glabra* for, 5:138
 - Grifola frondosa* for, 5:138
 - gut-joint axis linked to, 5:114
 - Harpagophytum procumbens* for, 5:138
 - Hedeoma pulegioides* for, 5:138
 - overview, 5:95–96
 - Panax ginseng* for, 5:139
 - Phytolacca americana* for, 5:139
 - Salix alba* for, 5:140
 - Schisandra chinensis* for, 5:141
 - Scutellaria lateriflora* for, 5:141
 - Tanacetum parthenium* for, 5:142
 - Ulmus fulva* for, 5:142
 - Vaccinium myrtillus* for, 5:143
 - Verbena hastata* for, 5:143
 - Viburnum* spp. for, 5:143
 - Withania somnifera* for, 5:143
 - Zingiber officinale* for, 5:143–44
 - See also* specific conditions
- musculoskeletal pain
- Arctium lappa* for, 5:133
 - Arnica montana* for, 4:203, 204
 - Boswellia serrata* for, 4:205
 - bromelain for, 5:108
 - Cannabis sativa* for, 4:205
 - Capsicum annuum* for, 5:134
 - Colchicum autumnale* for, 5:135
 - Curcuma longa* for, 4:207
 - Equisetum arvense* for, 4:208
 - Gaultheria procumbens* for, 5:137
 - Gelsemium sempervirens* for, 5:137
 - Phyllanthus amarus* for, 4:212
 - Piper methysticum* for, 4:16; 5:16, 140
 - Rheum officinale* for, 5:140
 - Ricinus communis* for, 4:214
 - Rumex crispus* for, 5:140
 - Scutellaria baicalensis* for, 5:141
 - Viburnum* spp. for, 5:143
 - Withania somnifera* for, 4:218
 - Yucca schidigera* for, 5:143
 - Zanthoxylum clava-herculis* for, 5:143
 - See also* muscle pain; myalgia
- musculoskeletal tightness
- Equisetum* spp. for, 1:160
 - Eschscholzia californica* for, 1:84
 - Piper methysticum* for, 1:11
- musculoskeletal trauma
- Achillea millefolium* for, 5:131
 - acute treatments for, 5:98
 - Arnica montana* for, 5:133
 - Calendula officinalis* for, 5:134
 - Capsicum annuum* for, 5:134
 - Crataegus* spp. for, 5:136
 - Curcuma longa* for, 5:136
 - Eschscholzia californica* for, 5:137
 - formulas for, 5:96–98
 - Hamamelis virginiana* for, 5:138
 - Hypericum perforatum* for, 5:138
 - overview, 5:96
 - Veratrum viride* for, 5:143
- mushrooms, 3:69; 5:125, 125
- See also* specific types
- muskroot (*Valeriana jatamansi*), 4:87
- mustard, medicinal, 3:44
- mustard plaster, for gastrointestinal pain, 4:197t
- mustard poultices, 2:109, 111, 160
- mustard seed (*Sinapis alba*), 3:43
- myalgia. *See* muscle pain
- mycotoxicosis, 5:47
- myocardial infarction
- Aconitum carmichaelii* for, 2:89
 - Calendula officinalis* for, 2:91
 - Centella asiatica* for, 2:92
 - Olea europaea* for, 2:99
 - Schisandra chinensis* for, 2:103
 - Scutellaria baicalensis* for, 2:103
- myocardial ischemia
- Punica granatum* for, 2:101
 - Schisandra chinensis* for, 2:103
- Myrica cerifera*. *See* *Morella cerifera* (bayberry)
- Myristica fragrans* (nutmeg)
- formulas containing
 - hemorrhoidal pain, 4:198
 - peripheral neuropathy, 4:44
 - throbbing pain, 4:200
 - for *Helicobacter pylori* infections, 1:43
 - in Mouthwash for Halitosis, 1:51
 - for peripheral neuropathy, 4:43t
 - safety concerns, 4:212
 - specific indications, 4:212
- myrobalan. *See* *Terminalia chebula* (myrobalan)

myrrh. *See Commiphora myrrha* (myrrh)
 myrtle berries, for GERD, 1:39

N

N-acetylcysteine (NAC)

- expectorant properties, 2:143
- for fatty liver, 1:96
- formulas containing
 - bronchitis, 2:133
 - COPD, 2:150
 - emphysema, 2:138
- for heavy metal detoxification, 4:50
- for liver support, 3:67
- sulfur in, 1:122
- for supporting fertility, 3:132
- for toxin-induced neuropathy, 4:47

NAFLD (nonalcoholic fatty liver disease), 1:96–97

naltrexone therapy, 4:130

naringenin, 2:29

naringin, 4:155

nasal lavage, 5:173

nasal polyps

- formulas for, 5:43, 173–74
- overview, 5:172–73

NASH (nonalcoholic steatohepatitis), 1:96–97

nasturtium. *See Tropaeolum majus* (nasturtium)

National Formulary, 1:1; 5:4

National Institutes of Health (NIH), 5:2

Natrum muriaticum, for eye injuries, 5:154

nattokinase, 2:46, 80; 4:43t

nature, importance of connection to, 4:4

naturopathic medicine

- importance of treating person, not diagnosis, 1:7; 2:7; 3:9; 4:11; 5:11
- suppression of, 5:1–6
- understanding of healing crises, 1:8; 2:10; 3:12; 4:12; 5:12
- unity of disease, as core tenet, 1:4; 2:7; 3:7; 4:8; 5:8

nausea

- Cannabis sativa* for, 1:32
- Chelidonium majus* for, 1:82, 103
- from chemotherapy, 1:36, 37
- Cinnamomum* spp. for, 3:167
- formulas for, 1:28
- Gelsemium sempervirens* for, 4:161, 209
- Gentiana lutea* for, 1:243
- Hydrastis canadensis* for, 1:104
- Iris versicolor* for, 1:104, 244
- Leptandra virginica* for, 1:104
- Lobelia inflata* for, 5:198
- Matricaria chamomilla* for, 1:86; 5:92
- menstrual, 3:120
- Mentha* spp. for, 1:86; 4:198, 211
- Morella cerifera* for, 1:105
- Pimpinella anisum* for, 1:86
- pregnancy-related, 3:131–32
- Rheum palmatum* for, 4:214
- ruling out food allergies and intolerances, 1:24

Rumex acetosella for, 1:87

Rumex crispus for, 1:105

Silybum marianum for, 1:106

Syzygium aromaticum for, 1:88

Terminalia spp. for, 1:106

See also motion sickness, herbal therapies for
 nebulized medications, 2:137

neem. *See Azadirachta indica* (neem)

Nelumbo nucifera (lotus, Indian lotus)

- dopamine-reducing effects, 4:123
- formulas containing, 4:126
- for inflammatory bowel diseases, 5:80
- for opiate addiction, 4:129
- opiate agonist qualities, 4:134
- specific indications, 4:147

Neopicrorhiza scrophulariiflora (picrorhiza)

for COPD, 2:149t

picrosides in, 2:149t, 154

specific indications, 2:172–73

as substitute for *Picrorhiza kurroa*, 2:176

Nepeta cataria (catnip), 4:104

antiallergy qualities, 2:127

carminative qualities, 1:31

formulas containing

- childhood skin eruptions, 1:193
- crankiness in children, 4:104

iron in, 2:70

for otitis media, 5:159

specific indications, 1:86; 2:173; 4:147; 5:199

nephritis

Atropa belladonna for, 1:141, 158

autoimmune, 1:154

Bupleurum spp. for, 1:103

Cantharis vesicatoria for, 1:159

Eucalyptus globulus for, 1:160

Juniperus communis for, 1:162

Solidago spp. for, 1:165

See also pyelonephritis

nephropathies. *See* renal disorders

nerolidol, 4:67

nerve entrapment syndrome, 4:46, 77

nerve pain. *See* neuralgia

nerve suppression, formula for, 4:179

nerve trauma

formula for, 1:175

Hypericum perforatum for, 1:126, 175; 3:171

neurogenic bladder from, 1:126

nerve wounds, herbs for, 4:192t

nervines

- for adrenal disorders, 3:46
- for breast conditions, 3:142
- for dementia, 4:54
- for emotion-related diarrhea, 1:51, 56
- for hypertension, 2:41, 42, 43, 46
- for hyperventilation, 2:125, 140
- for irritable bowel syndrome, 1:30, 33
- list of, 4:91
- for low libido, 3:151
- for mood disorders, 4:90
- for neurodermatitis, 1:192

for overactive bladder, 1:128, 129

for premenstrual syndrome, 3:125

for PTSD, 4:111

sample case, 1:15

for trigeminal neuralgia, 4:37

nervous disorders

anorexia from, 1:36

Avena sativa for, 1:82, 158, 239; 3:166

Centella asiatica for, 1:182

Eleutherococcus senticosus for, 1:84, 242

Hypericum perforatum for, 1:85

irritable bowel syndrome with, 1:30

Leonurus cardiaca for, 2:98; 3:59

Matricaria chamomilla for, 1:30, 51, 245; 2:99

Piper methysticum for, 1:164

Scutellaria spp. for, 1:165, 248; 3:177

skin hypersensitivity from, 1:232

Valeriana officinalis for, 3:179

Verbena hastata for, 1:249

Viscum album for, 2:106

Withania somnifera for, 2:106

nervous tonics, 4:125

neti pot lavage, 5:171, 173

nettle. *See Urtica* spp.

Nettle Truffles, 5:123

neuralgia

Aconitum napellus for, 4:35, 74; 5:132

Acorus calamus for, 4:74–75

Amanita muscaria for, 4:203

Arnica montana for, 4:76

Atropa belladonna for, 4:76

bee-venom therapy for, 4:75

Borago officinalis for, 4:76

bromelain for, 4:75

Capsicum annuum for, 4:35, 77, 205; 5:134

Cinnamomum verum for, 5:87

Colchicum autumnale for, 4:78

Conium maculatum for, 4:184, 207; 5:136

Corydalis cava for, 4:78

Curcuma longa for, 4:78

Eschscholzia californica for, 4:79

Eugenia caryophyllata for, 5:89

formulas for, 1:231; 4:35–36, 179–182

Gaultheria procumbens for, 4:80; 5:137

Gelsemium sempervirens for, 1:161; 4:209; 5:137, 197

Hamamelis virginiana for, 5:138

Harpagophytum procumbens for, 4:209

herbs for, 1:232; 4:180t

Hyoscyamus niger for, 4:210

Hypericum perforatum for, 1:231, 244; 4:81, 143, 210

Lavandula angustifolia for, 4:82

Lobelia inflata for, 4:211

Melilotus officinalis for, 4:82

Mentha piperita for, 4:83, 211

Myristica fragrans for, 4:212

Oenothera biennis for, 4:84

overview, 4:33–35

- neuralgia (*continued*)
Passiflora spp. for, 4:97, 148
Phyllanthus amarus for, 4:212
Phytolacca americana for, 5:139
Piper methysticum for, 4:85
Piscidia piscipula for, 4:213
Smilax spp. for, 4:86
Syzygium aromaticum for, 1:187; 4:216
therapies for specific types of, 4:180t
Zanthoxylum clava-herculis for, 5:143, 203
Zingiber officinale for, 4:88
See also herpetic neuralgia; neuropathic pain;
trigeminal neuralgia
- neurasthenia
Actaea racemosa for, 4:202
herbs for, 4:180t
Passiflora spp. for, 4:148
similarities to fibromyalgia, 5:110
- neurodegenerative disorders
Centella asiatica for, 4:77
Curcuma longa for, 4:78
Cyperus rotundus for, 4:142
Linum usitatissimum for, 4:82
Magnolia officinalis for, 4:82
Melissa officinalis for, 4:83
Oenothera biennis for, 4:84
overview, 4:28
potential ayahuasca benefits, 4:138
Ribes nigrum for, 4:85
Schisandra chinensis for, 4:151
supplements for, 4:54
Withania somnifera for, 4:88
See also specific disorders
- neurodermatitis
formula for, 1:192
Scutellaria lateriflora for, 1:248
Verbena hastata for, 1:249
- neuroendocrine regulation of the reproductive system, 3:102–3
- neurogenic bladder
Arnica montana for, 1:158
Atropa belladonna contraindicated for, 1:128
formulas for, 1:126–27
herbs for, 1:127
- neurological conditions
Borago officinalis for, 4:76
combating oxidative damage, 4:27–28
Cyperus rotundus for, 4:142
Ginkgo biloba for, 4:80
herbs with neuroprotective effects, 4:30–31
Lavandula angustifolia for, 4:82
Nelumbo nucifera for, 4:147
nutrients for cognitive function, 4:29
overview, 4:27, 28
Poria cocos for, 4:149
Rosmarinus officinalis for, 4:85
screening for, 4:29–32
Smilax spp. for, 4:86
specific herbs for, 4:74–88
- See also Bell's palsy; dementia; epilepsy and seizure disorders; neuralgia; Parkinson's disease; peripheral neuropathy; restless legs syndrome
- neuropathic pain
Aconitum napellus for, 4:202
Acorus calamus for, 4:202
alpha-lipoic acid for, 4:155
Artemisia dracunculus for, 4:204
Butea monosperma for, 4:205
Cannabis sativa for, 4:205
Centella asiatica for, 4:77
Curcuma longa for, 4:207
Cyperus rotundus for, 4:142
definition of, 4:179
formulas for, 4:179
Hypericum perforatum for, 4:210
Mentha piperita for, 4:83
Momordica charantia for, 4:211
Nigella sativa for, 4:212
Ocimum tenuiflorum for, 4:212
Rosmarinus officinalis for, 4:214
Syzygium aromaticum for, 4:86
See also neuralgia
- neuropathy
Borago officinalis for, 2:91
flavonoids for, 2:26
Hypericum perforatum for, 2:97; 3:95–96
See also diabetic neuropathy
- neuroprotective herbs, list of, 4:30–31
- neurotransmitters
effects of negative thoughts on, 4:2–3
effects of psychiatric medications on, 4:2–3
as monoamines, 4:3, 90
role of reproductive hormones in modulating, 4:96
- neutrotrophins, 4:29; 5:82
- neutralizing cordials, 4:197–98
- New Jersey tea. See *Ceanothus americanus* (red root, New Jersey tea)
- niacinamide, 5:35
- Nicotiana rustica* (wild tobacco), 4:63, 83
- Nicotiana tabacum* (tobacco)
bladder cancer cautions, 1:134
for inflammatory bowel diseases, 5:79t
for nasal polyps, 5:173t
for Parkinson's disease, 4:63
- nicotine
for Parkinson's disease, 4:63
specific indications, 4:83
- nicotinic agonists, 4:133
- nifedipine, 1:137, 139
- Nigella sativa* (black cummin, black seed, love-in-a-mist)
for allergies, 5:48
in Blueberry Dressing and Marinade, 3:76–77
for depression, 4:103t
for epilepsy and seizure disorders, 4:68, 72
formulas containing
arthritis, 5:120
- demyelinating polyneuropathy, 4:49
multiple sclerosis, 5:83
Parkinson's disease, 4:65
seizures, 4:72
for multiple sclerosis, 5:82
for Parkinson's disease, 4:64
for peripheral neuropathy, 4:43t, 44
seed oil from, 2:43; 4:57, 58
specific indications, 2:99; 3:96; 4:83–84, 212; 5:92
- night-blooming cactus. See *Selenicereus grandiflorus* (night-blooming cactus)
- nights/shades. See Solanaceae herbs
- night sweats
Cinchona officinalis for, 1:83
with hyperthyroidism, 3:45
menopause-related, 3:135
Populus tremuloides for, 1:164
Salvia officinalis for, 1:247; 3:177
Taraxacum officinale for, 1:88, 106; 3:62, 99
See also hyperhidrosis
- nipple salve, 1:234, 239
- nitrate, endocrine-disrupting concerns, 3:38
- nitric oxide, 2:41, 42
- nitric oxide synthase (NOS), 1:65
- nitroglycerin patches, 2:113
- NMDA (N-methyl-D-aspartate), 4:65
- nociceptive pain
Agrimonia eupatoria for, 4:203
Artemisia dracunculus for, 4:204
Cannabis sativa for, 4:205
Citrullus colocynthis for, 4:206
definition of, 4:33, 154
formula for, 4:179
Hypericum perforatum for, 4:210
Piper methysticum for, 4:213
resveratrol for, 4:33
Rosmarinus officinalis for, 4:214
Syzygium aromaticum for, 4:215
Tanacetum parthenium for, 4:216
See also pain
- nonalcoholic fatty liver disease (NAFLD), 1:96–97
- nonalcoholic steatohepatitis (NASH), 1:96–97
- noni (*Morinda citrifolia*), 2:172
- nonspecific pain
formulas for, 4:166–173
herbs for, 4:166t
- Noon, Leonard, 5:30
- nordihydroguaiaretic acid (NDGA), 3:113
- Norovirus infections, 1:51–52
- North American ginseng. See *Panax quinquefolius* (North American ginseng)
- northern white cedar. See *Thuja occidentalis* (northern white cedar)
- northern prickly ash. See *Zanthoxylum americanum* (northern prickly ash)
- northern white cedar. See *Thuja occidentalis* (northern white cedar)
- Norwood's tincture, 4:190
- NOS (nitric oxide synthase), 1:65

- nosebleeds (epistaxis), 2:99; 5:174
- nose conditions
- Berberis aquifolium* for, 5:194
 - Calendula officinalis* for, 5:194
- overview, 5:145–46
- notoginseng. *See Panax notoginseng* (san qi, notoginseng)
- nourishing herbs
- base herbs, 1:9, 10, 12, 21; 2:11, 12; 3:11, 12; 4:17; 5:16
 - for malnutrition, 1:37
 - teas of, 4:24; 5:24
- nuciferine, 4:147
- nuclear factor kappa b, 1:69, 78
- number of herbs in a formulary, 1:5, 10; 2:7, 12; 3:12, 23–24; 4:9, 15; 5:8, 15
- nursing mothers. *See* lactation
- nutgrass. *See Cyperus rotundus* (nutgrass)
- nutmeg. *See Myristica fragrans* (nutmeg)
- nutraceuticals
- for human papillomavirus, 3:114
 - for ischemic and hemorrhagic stroke, 2:63
 - for liver support, 1:93
 - for neuralgia, 4:33
 - for neurogenic bladder, 1:126
 - for pain, 4:154–56
 - for premenstrual syndrome, 3:125
- nutrient deficiencies, from malabsorption, 1:72
- nutritional psychiatry, founding of, 4:5
- nutritional supplements. *See* supplements
- nuts and seeds
- adrenal-supporting qualities, 5:111t
 - anti-inflammatory actions, 5:29
 - for epilepsy and seizure disorders, 4:69, 69
 - in Nettle Truffles, 5:123
- Nymphaea nouchali* var. *caerulea* (blue water lily, sacred lotus), 4:123, 147–48
- ## O
- Oatmeal for Diabetes, 3:83–84
- oats. *See Avena sativa* (oats)
- obesity
- Coleus forskohlii* for, 3:56, 92, 167
 - Commiphora mukul* for, 1:83; 2:93; 3:56
 - Curcuma longa* for, 1:104
 - Fucus vesiculosus* for, 1:242; 3:58, 170
 - Galega officinalis* for, 3:94
 - Glycyrrhiza glabra* for, 3:59
 - Hemidesmus indicus* for, 2:167
 - Hibiscus sabdariffa* for, 3:95
 - legume family herbs for, 3:70
 - Opuntia* spp. for, 3:96
 - as part of the deadly quartet, 3:65
 - Pueraria montana* var. *lobata* for, 3:176
 - Punica granatum* for, 3:97
 - Raphanus* spp. for, 3:176
 - Rheum palmatum* for, 2:102
 - Stellaria media* for, 2:104
 - Syzygium cumini* for, 3:99
 - tea for, 3:70–71
- obsessive-compulsive disorder (OCD), 4:116–17
- obstructive sleep apnea, treating, 2:88–89
- Ocimum basilicum* (sweet basil), 4:67, 102
- Ocimum sanctum*, *O. tenuiflorum* (holy basil), 4:112
- adaptogenic qualities, 4:112
 - bronchodilating properties, 2:108t
 - for depression, 4:103t
 - formulas containing
 - allergic hypersensitivity, 5:36
 - depression and anxiety, 4:98
 - PTSD, 4:113
 - schizophrenia, 4:125
 - GABAergic qualities, 4:110
 - for hypertension, 2:41
 - mast-cell stabilizing effects, 2:144t; 5:31t
 - nervine qualities, 4:91
 - for panic disorder, 4:109
 - for peripheral neuropathy, 4:42
 - for prostatitis, 1:151
 - for skin protection, 1:230
 - specific indications, 2:173; 3:173–74; 4:148, 212
- ocotillo. *See Fouquieria splendens* (ocotillo)
- octopamine, 4:159
- ocular allergies
- Euphrasia officinalis* for, 5:89
 - Tanacetum parthenium* for, 5:202
- ocular lesions, from Behçet's disease, 5:72
- Oenothera biennis* (evening primrose)
- for allergies, 5:48
 - for dermatitis, 1:189
 - essential fatty acids in, 5:84
 - formulas containing
 - demyelinating polyneuropathy, 4:49
 - hyperhidrosis, 1:227
 - multiple sclerosis, 5:83
 - for multiple sclerosis, 5:82
 - for peripheral neuropathy, 4:43t, 44
 - for respiratory conditions, 2:108
 - for seborrheic dermatitis, 1:190
 - seed oil from, 2:43; 4:57
 - for skin fissures, 1:235
 - specific indications, 2:173; 4:84; 5:92
- ointments
- pancreatitis, 1:71
 - psoriasis, 1:210
 - scabies, 1:198
- okera (*Atractylodes japonica*), 4:61
- Oldenlandia diffusa* (snake needle grass, baihua sheshecao), 5:78
- old man's beard. *See Usnea barbata* (old man's beard)
- Olea europaea* (olive)
- for dermatitis, 1:189
 - formulas containing, 1:227
 - neuroprotective effects, 4:31
 - for respiratory infections, 2:121
 - for seborrheic dermatitis, 1:190
 - seed oil from, 2:43
 - specific indications, 2:99, 173–74
- olfactory auras, 4:66
- oligodendrocytes, 5:81
- oliguria
- Chimaphila umbellata* for, 1:159
 - definition of, 1:152
 - formula for, 1:111
 - herbs for, 1:154
 - Solidago* spp. for, 1:165
- olive. *See Olea europaea* (olive)
- omega-3 fatty acids
- cardiovascular benefits, 2:32, 43, 63
 - for dry eyes, 5:150
 - for epilepsy and seizure disorders, 4:69
 - for fatty liver, 1:96
 - in *Linum usitatissimum*, 2:169; 4:82
 - lipid metabolism benefits, 2:34
 - for macular degeneration, 5:150
 - for neuropathic pain, 4:179
 - in *Oenothera biennis*, 2:173
 - in *Perilla frutescens*, 2:175
 - for respiratory allergies, 5:40
- omega-6 fatty acids, 4:69, 82
- onion. *See Allium cepa* (onion)
- oolong tea, for gastroparesis, 1:77
- opening the emunctories, 1:2, 8, 108, 175
- Ophiopogon japonicus* (mai men dong)
- for congestive heart failure, 2:48
 - formulas containing
 - arrhythmias, 2:53
 - COPD, 2:153
 - specific indications, 2:99, 174
- ophthalmia
- Euphrasia officinalis* for, 5:89
 - formula for, 5:150–51
 - See also* herpes-induced ophthalmia
- ophthalmic pain. *See* eye pain
- opiate addiction
- Cannabis sativa* for, 4:140
 - formula for, 4:185
 - Mitragyna speciosa* for, 4:211
 - overview, 4:128–29
 - See also* drug addiction
- opiate agonists, 4:134
- opiate crisis, 4:3
- opiate medications, shortcomings of, 1:137
- opium poppy. *See Papaver somniferum* (opium poppy, breadseed poppy)
- Oplopanax horridus* (devil's club)
- as chi tonic, 2:16
 - for insomnia with exhaustion, 1:14; 2:16; 3:16; 5:18
 - for panic disorder, 4:109
 - for poor circulation, 2:63
 - for PTSD, 4:111
 - specific indications, 2:99–100
- opportunistic infections
- Andrographis paniculata* for, 2:155, 158
 - herbs for, 2:134, 138
 - Origanum vulgare* for, 2:174
 - pulmonary disease and, 2:151

- Opuntia* spp.
 flavones in, 3:87
 specific indications, 3:96
 for supporting fertility, 3:132
- Opuntia ficus-indica* (prickly pear), 3:83
 for dermatologic conditions, 1:170
 flavonoids in, 2:33
 formulas containing
 hangovers, 4:132–33
 hyperlipidemia, 2:35, 36
 for fungal skin infections, 1:197
 hypoglycemic effects, 3:73
 for insulin resistance, 3:71, 83
 lipid-lowering effects, 3:82
 for poor circulation, 2:58
 for retinopathies, 5:156
 specific indications, 2:100; 3:60
 for vascular support, 2:30, 31
- Opuntia streptacantha* (prickly pear), 3:60
- oral allergic reactivity
 formulas for, 5:49–50
 overview, 5:49–50, 181, 186
- oral cancers
 formula for, 5:186
 natural medicine for, 5:187
- oral conditions
Achillea millefolium for, 5:192
Allium sativum for, 5:192
Aloe vera for, 5:192
Atropa belladonna for, 5:193
Azadirachta indica for, 5:193
Baptisia tinctoria for, 5:193
Chionanthus virginicus for, 5:194
Coptis trifolia for, 5:195
Curcuma longa for, 5:195
Eupatorium perfoliatum for, 5:196
 formulas for, 5:181–86
Hamamelis virginiana for, 5:197
 herbs for, 5:146
Hippophae rhamnoides for, 5:197
Humulus lupulus for, 5:197
Hypericum perforatum for, 5:198
Juglans cinera for, 5:198
Lobelia inflata for, 5:198
 overview, 5:145–46, 178–181
Phytolacca americana for, 5:200
Sanguinaria canadensis for, 5:180
Thymus vulgaris for, 5:202
Veratrum album for, 5:203
Zingiber officinale for, 5:203
 See also specific conditions
- oral erythema multiforme
 formulas for, 5:187
Hypericum perforatum for, 5:198
 overview, 5:187
Piper methysticum for, 5:200
Sanguinaria canadensis for, 5:93
- oral health, significance of, 5:146
- oral herpes, herbs for, 4:40
- oral infections
Allium sativum for, 5:192
Commiphora myrrha for, 5:195
Gymnema sylvestre for, 5:197
 herbs for, 5:146
Mentha piperita for, 5:199
Punica granatum for, 5:200
Tabebuia impetiginosa for, 5:202
Vaccinium myrtillus for, 5:203
- oral lesions
Apis mellifica for, 5:193
 from Behçet's disease, 5:72
 from burning tongue syndrome, 5:182
Calendula officinalis for, 5:194
Capsicum annuum for, 5:194
Commiphora myrrha for, 1:241; 5:183
Coptis spp. for, 1:241
Curcuma longa for, 5:195
 with erythema multiforme, 1:220–21
Eucalyptus globulus for, 1:242
 formulas for, 1:38–39, 211–12; 5:51
Galium aparine for, 1:242
Glycyrrhiza glabra for, 1:243; 5:90
Hippophae rhamnoides for, 5:197
Hydrastis canadensis for, 5:189
Hypericum perforatum for, 1:244
Mentha piperita for, 5:199
 from oral allergic reactivity, 5:186
 from oral erythema multiforme, 5:187
 from oral leukoplakia, 5:187
Phytolacca americana for, 5:200
Pimpinella anisum for, 5:200
Sanguinaria canadensis for, 1:247
Schisandra chinensis for, 5:201
 supportive therapies for, 5:50, 146
Thuja occidentalis for, 5:202
- oral mucositis
Achillea millefolium for, 5:192
Coptis chinensis for, 5:195
 formulas for, 4:176
 herbs for, 4:166t
Hippophae rhamnoides for, 5:197
Matricaria chamomilla for, 4:211; 5:198
- oral pain
Aloe vera for, 4:203
Baptisia tinctoria for, 4:204
 formulas for, 4:176–77
 herbs for, 4:166t, 167; 5:177
Mentha piperita for, 5:199
 mouthwashes for, 4:40–41, 176, 177
Phytolacca americana for, 4:213
Rheum palmatum for, 5:200
Salvia officinalis for, 5:201
Spilanthes acmella for, 5:141
Stillingia sylvatica for, 1:88
Syzygium aromaticum for, 4:215; 5:202
Ulmus rubra for, 5:202
Zanthoxylum clava-herculis for, 5:203
- oral ulcers
Aloe vera for, 5:192
- Baptisia tinctoria* for, 5:193
Equisetum arvense for, 5:196
Foeniculum vulgare for, 5:196
 formula for, 5:184
Ganoderma lucidum for, 5:90
Glycyrrhiza glabra for, 5:197
Hydrastis canadensis for, 5:189
Hypericum perforatum for, 5:91
Matricaria chamomilla for, 5:198
 orange (*Citrus sinensis*), 3:56; 4:176
 orange, bitter. See *Citrus aurantium* (bitter orange)
 orbital cellulitis, 5:147–48
 orchitis, 1:161
 oregano. See *Origanum vulgare* (oregano)
 oregano chiquito (*Hedeoma patens*), 3:128
 Oregon grape. See *Berberis aquifolium* (Oregon grape, mahonia)
 organic acids, chemopreventive effects, 3:157
 organomegaly
Bupleurum spp. for, 1:103
 portal congestion from, 1:50, 100t
Scutellaria baicalensis for, 1:100t, 106
 See also specific types
 organs of elimination, 1:2, 8, 175
 See also specific organs
- Origanum* spp.
 antimicrobial qualities, 1:71
 as warming stimulant, 3:21t
Origanum dictamnus (dittany of Crete, hop marjoram), 4:67
Origanum marjorana (marjoram)
 formulas containing, 1:177
 for *Helicobacter pylori* infections, 1:43
Origanum onites (oregano), 1:198
Origanum vulgare (oregano)
 for acute infections, 1:53
 in Antifungal House-Cleaning Spray, 5:36
 antimicrobial qualities, 1:61
 antiparasitic qualities, 1:54
 for Behçet's disease, 5:74
 carminative qualities, 1:31
 for COPD, 2:148
 for digestive pain, 1:26
 essential oil of, 1:53, 76
 for eye conditions, 5:147
 formulas containing
 alopecia, 1:213
 COPD, 2:148
 coughs, 2:119
 dental conditions, 5:176
 depression and anxiety, 4:102
 esophageal disorders, 1:45
 herpetic neuralgia, 4:40
 orbital cellulitis, 5:148
 SIBO, 1:76
 skin infections, 1:177, 179
 stomatitis and gingivitis, 5:182
 vertigo, 5:168
 for fungal skin infections, 1:196

- Origanum vulgare* (oregano) (continued)
 for opportunistic lung infections, 2:134
 for otitis media, 5:159
 for pain, 4:166t
 for scabies, 1:198
 for skin infections, 1:176
 specific indications, 1:86, 246; 2:174; 5:199
 for traveler's diarrhea prevention, 1:53
 orthomolecular psychiatry, 4:5
 osha. *See Ligusticum porteri* (osha)
 osmotic diarrhea, 1:52
 See also diarrhea
 osmotic diuretics, 1:109, 111
 osteitis deformans (Paget's disease), 5:129–130
 osteoarthritis
 Ananas comosus for, 5:132
 Angelica sinensis for, 5:133
 Arnica montana for, 5:133
 Berberis aquifolium for, 5:134
 Celastrus aculeatus for, 5:87
 Curcuma longa for, 5:136
 formulas for, 5:115–19
 Urtica spp. for, 5:142
 See also arthritis
 osteoclasts, 5:129
 osteomyelitis
 Achillea millefolium for, 5:131
 Aesculus hippocastanum for, 5:132
 Cinnamomum verum for, 5:135
 Melaleuca alternifolia for, 5:139
 osteopenia
 Medicago sativa for, 5:139, 199
 Urtica dioica for, 5:203
 osteoporosis
 Angelica sinensis for, 5:133
 Apium graveolens for, 5:133
 Centella asiatica for, 5:135
 Epimedium brevicornu for, 5:137
 Epimedium grandiflorum for, 3:169
 Eurycoma longifolia for, 3:169
 formulas for, 5:101, 127–29
 Medicago sativa for, 3:173; 5:139
 overview, 5:124–27
 Pueraria montana var. *lobata* for, 5:140
 risk factors, 5:127
 Schisandra chinensis for, 5:112
 Symphytum officinale for, 5:142
 Taraxacum officinale for, 1:248; 5:142
 tea for preventing, 3:141
 Trifolium pratense for, 1:249; 5:142
 Urtica spp. for, 5:142
 osthol
 in *Angelica archangelica*, 2:80
 in Apiaceae family plants, 5:62
 for arrhythmias, 2:56
 as calcium channel blocker, 2:46
 in *Cnidium monnieri*, 2:87, 144, 161; 5:87, 135
 hypolipidemic properties, 2:34
 osthole. *See Cnidium monnieri* (osthole, snow parsley)
- OTC Drug Review, 5:4
 otitis externa
 earwash for, 4:175
 formulas for, 5:163
 overview, 5:162
 prevention of, 5:163
 otitis media
 chewing gum benefits, 1:41
 Collinsonia canadensis for, 5:195
 complementary therapies for, 5:145
 Euphrasia officinalis for, 5:89
 overview, 5:159
 Stillingia sylvatica for, 1:88
 ovarian cysts
 formulas for, 3:144
 link to unopposed estrogen, 3:102
 ovarian pain
 Actaea racemosa for, 4:202
 Bryonia dioica for, 4:205
 formula for, 4:196
 herbs for, 4:166t
 overactive bladder
 Angelica sinensis for, 1:130, 157
 botanical stimulants to avoid, 1:129
 Cucubita spp. for, 1:160
 formulas for, 1:127–130
 Hypericum perforatum for, 1:162
 overdose deaths, 4:3
 overeating, aromatherapy for, 4:103
 ox bile, for malabsorption, 1:74
 oxidative stress
 activation of TRP channels and, 4:178
 Albizia julibrissin for, 4:139
 Bupleurum falcatum for, 3:55
 Camellia sinensis for, 3:55
 Cnicus benedictus for, 3:167
 Commiphora mukul for, 3:168
 Crocus sativus for, 4:78
 Curcuma longa for, 3:57, 168; 4:142
 damage from, 4:27–28
 Ganoderma lucidum for, 3:94
 Gastrodia elata for, 4:79
 Ginkgo biloba for, 3:58, 94; 4:143
 herbs for, 3:31
 Huperzia serrata for, 4:81
 importance of reducing, 3:66
 Ocimum tenuiflorum for, 4:148
 Passiflora incarnata for, 4:97
 Raphanus spp. for, 3:176
 Rhodiola rosea for, 3:61
 role in seizure disorders, 4:65
 Rosmarinus officinalis for, 3:62
 Salvia miltiorrhiza for, 3:62; 4:151
 Salvia officinalis for, 4:85
 Sargassum muticum for, 3:62
 Schisandra chinensis for, 4:86
 Scutellaria baicalensis for, 4:215
 Taraxacum officinale for, 3:62
 thyroid hormones and, 3:28, 29
 Withania somnifera for, 4:88
- P
 Pacific yew (*Taxus brevifolia*), 3:112
 paclitaxel, for venereal warts, 3:112
Paeonia spp.
 for depression and anxiety, 4:94, 101t, 103t
 for epilepsy and seizure disorders, 4:67
 serotonin-promoting qualities, 4:92
Paeonia anomala, 2:153
Paeonia emodi (Himalayan peony), 2:149t
Paeonia lactiflora (white/red peony)
 for allergic airway disorders, 5:46
 as aromatase promoter, 1:216
 for arthritis, 5:120
 for COPD, 2:149t
 for depression and anxiety, 4:94
 formulas containing
 allergic rhinosinusitis, 2:130
 amenorrhea, 3:123
 arrhythmias, 2:53
 arthritic pain, 4:185
 bilioussness, 4:105
 depression and anxiety, 4:99
 dyspnea, 2:124
 endometriosis, 3:150
 hepatitis, 1:92
 lupus, 5:78
 menstrual cramps, 3:117
 ovarian cysts, 3:144
 pancreatitis, 1:69
 Parkinson's disease, 4:61
 premenstrual syndrome, 3:129
 uterine fibroids, 3:150, 151
 for hormone-related infertility, 3:131t
 isoflavones in, 3:150
 neuroprotective effects, 4:31
 for pancreatic diseases, 1:68, 69
 for polycystic ovarian syndrome, 3:146
 specific indications, 1:86, 105; 2:100, 174
 for strokes, 2:65
 for vascular reactivity, 5:61
Paeonia officinalis (peony), 5:157
Paeonia × *suffruticosa* (moutan, tree peony)
 as aromatase promoter, 1:216
 formulas containing
 allergic airway disorders, 5:49
 colds, 5:170
 depression and anxiety, 4:106
 diverticulitis and diverticulosis, 1:72
 pancreatitis, 1:69, 70
 premenstrual syndrome, 3:129
 uterine fibroids, 3:151
 vascular protection, 3:78
 for hepatitis, 1:90
 for hormone-related infertility, 3:131t
 neuroprotective effects, 4:31
 for pancreatic diseases, 1:68, 69, 70
 specific indications, 1:105
 paeoniflorin, 2:108
 PAF (platelet-activating factor), 4:159
 Paget's disease, 5:129–130

pain

- Aconitum napellus* for, 4:17, 138, 156, 171t, 181, 202
Acorus calamus for, 4:202
Aesculus hippocastanum for, 4:202
Arnica montana for, 4:154, 170t, 171t
Atropa belladonna for, 4:204
Boswellia serrata for, 4:204–5
Cannabis sativa for, 4:205; 5:87
Capsicum frutescens for, 4:38
Cinnamomum spp. for, 3:167; 5:135
Citrullus colocynthis for, 4:206
Coleus forskohlii for, 3:167
Corydalis cava for, 4:141
Corydalis yanhusuo for, 3:168
Curcuma longa for, 4:207
Eschscholzia californica for, 1:84; 4:142
Gaultheria procumbens for, 4:80
Gelsemium sempervirens for, 4:209
 guidelines for treating, 4:154–56
Harpagophytum procumbens for, 4:209
Hemidesmus indicus for, 4:81
 herbs for, 4:171t
Humulus lupulus for, 4:210
Hyoscyamus niger for, 4:210
Hypericum perforatum for, 3:59
 insomnia with, 4:115
Leonurus cardiaca for, 4:144
Matricaria chamomilla for, 3:173; 4:82
Melilotus officinalis for, 4:82
Mitragyna speciosa for, 4:146, 147, 211
Myristica fragrans for, 4:212
Nigella sativa for, 4:84, 212
Ocimum tenuiflorum for, 3:173
 overview, 4:153–54
Paeonia spp. for, 1:105
 palliation vs. suppression of, 4:155
Petasites hybridus for, 4:194, 212
Phyllanthus amarus for, 4:212
Phytolacca americana for, 3:175
Piper methysticum for, 3:175; 4:85, 213
Piscidia piscipula for, 4:149, 213
Rehmannia glutinosa for, 4:213
Rhus toxicodendron for, 1:165
Ricinus communis for, 4:214
Rosmarinus officinalis for, 4:214
 rubefacients for, 4:192
Rubia cordifolia for, 4:214
Scutellaria spp. for, 4:151, 215
Smilax spp. for, 4:86
 specific herbs for, 4:201–18
 synergist herbs for, 4:17
Syzygium aromaticum for, 4:86
Taraxacum officinale for, 1:106
 therapies for various qualities of, 4:170t
Tripterygium wilfordii for, 4:216
 TRP channels and, 4:178
Valeriana officinalis for, 4:217
 See also specific types of pain
- Palmaria palmata* (dulse), 5:100t
- palmatine, 5:79
- palmitoylethanolamide (PEA)
 for atopic dermatitis, 5:35
 for inflammatory bowel diseases, 5:78
 ointments with, 4:44–45, 188
- palpitations
Eleutherococcus senticosus for, 2:94
Leonurus cardiaca for, 2:98
Melilotus officinalis for, 2:99
Tilia × europaea for, 2:105
Ziziphus spinosa for, 2:106
- Panax ginseng* (ginseng, ren shen)
 5 α -reductase inhibition, 1:218; 3:162
 adaptogenic qualities, 3:49, 53; 4:90, 112
 for adrenal disorders, 3:46, 49; 5:111t
 for allergies, 5:28
 alterative qualities, 1:27
 for altered breath sounds, 2:118
 for amenorrhea, 3:122
 for arrhythmias, 2:55
 for attention deficit hyperactivity disorder, 4:119
 for Bell's palsy, 4:36
 for cerebral vascular insufficiency, 2:62
 for congestive heart failure, 2:48
 for COPD, 2:148
 for dementia, 4:54
 for depression and anxiety, 4:95, 101t, 103t
 for epilepsy and seizure disorders, 4:68, 72
 for erectile dysfunction, 3:15, 161
 ergogenic effects, 5:112
 for eye conditions, 5:147t
 formulas containing
 Addison's disease, 3:51
 adrenal disorders, 3:49, 50
 allergic hypersensitivity, 5:36
 Alzheimer's disease, 4:56
 anovulatory cycles, 3:123
 arrhythmias, 2:53, 55
 arthritis, 5:122
 asthma, 2:145
 attention deficit hyperactivity disorder, 4:121
 autoimmune disorders, 5:66, 67
 Bell's palsy, 4:37
 black eyes, 5:155
 bronchitis, 2:133
 cardiopulmonary disease, 2:84
 colds, 5:169
 COPD, 2:148, 153
 coughs, 2:120
 Cushing's syndrome, 3:52
 depression and anxiety, 4:98, 99, 102, 106
 dry skin, 1:190
 dyspepsia, 1:29
 dyspnea, 2:125
 emphysema, 2:138
 esophageal disorders, 1:44
 food allergies, 5:40
 fungal skin infections, 1:195
 gastroparesis, 1:77
- genital herpes, 3:110
 GERD, 1:43
 Guillain-Barré syndrome, 4:49
 hepatitis, 1:95
 hormone-related infertility, 3:130
 hypertension, 2:44
 hypothyroidism, 3:35, 37
 impotence, 2:87
 insomnia, 4:115
 itching skin, 1:186
 low libido, 3:154
 lupus, 5:77, 78
 malabsorption, 1:73, 75
 male infertility, 3:164
 muscle pain, 5:108, 109
 muscle strength, 5:112
 muscle weakness, 5:111
 myositis conditions, 5:70
 neurogenic bladder, 1:127
 overactive bladder, 1:130
 pancreatitis, 1:69
 Parkinson's disease, 4:61
 peripheral vascular insufficiency, 2:58, 61
 pneumonia, 2:142
 polymyositis, 5:71
 renal failure, 1:155
 Sjögren's syndrome, 5:69
 steroids, withdrawal from, 1:188
 thyroiditis, 3:30, 31
 tinnitus, 5:166
 vertigo, 5:167
- for fungal skin infections, 1:197
 for Henoch-Schönlein purpura, 5:75
 for herpes-induced ophthalmia, 5:151
 histamine-blocking qualities, 5:32t
 for hormone-related infertility, 3:129, 130, 131t
 for hyperlipidemia, 2:36
 for hyperventilation, 2:140
 hypoglycemic effects, 3:73
 immunomodulating qualities, 5:32, 64
 for increasing deficient adrenergic tone, 4:95
 for insomnia, 2:16; 3:16; 4:18, 23, 114; 5:18, 23
 for liver support, 1:90
 for low libido, 3:152
 for menopausal symptoms, 3:136t, 138t
 for multiple sclerosis, 5:82
 for muscle weakness, 5:110
 for myositis conditions, 5:70
 for neurological conditions, 4:27, 28
 neuroprotective effects, 4:31
 PAF inhibiting properties, 2:77
 for panic disorder, 4:109
 polyphenols in, 1:223
 for poor circulation, 2:63
 for premenstrual syndrome, 3:125
 for renal failure, 1:153, 154t
 for schizophrenia, 4:125
 for skin protection, 1:230
 specific indications, 1:86, 163, 246; 2:100, 174; 3:61, 96, 174; 4:84, 148; 5:139, 199–200

- Panax ginseng* (ginseng, ren shen) (continued)
 for thyroid disorders, 3:41
 tonic effects, 3:47, 48
 as warming stimulant, 3:21t
- Panax notoginseng* (san qi, notoginseng),
 3:21t, 144; 5:157, 158
- Panax pseudoginseng* (pseudoginseng), 5:80
- Panax quinquefolius* (North American ginseng),
 3:21t, 96
- pancreas disorders, *Silybum marianum* for,
 1:88, 106
- pancreatic enzyme supplements, 1:68, 74
- pancreatic insufficiency, 1:72, 73
- pancreatitis
 acute vs. chronic, 1:68
Centella asiatica for, 1:82
 formulas for, 1:68–71
- panic disorder
Aconitum napellus for, 4:138, 181
 dyspnea with, 2:124
 formulas for, 2:125; 4:108–10
 hyperventilation with, 2:140
- panthethine, for fatty liver, 1:96
- papain, 4:43t, 190–91
- papaverine alkaloids, 1:160
- Papaver somniferum* (opium poppy,
 breadseed poppy), 4:134
- papaya. *See Carica papaya* (papaya)
- papillomas, *Allium sativum* for, 1:238
- paracress. *See Spilanthes acmella* (pinkroot,
 paracress)
- paraffin, in plaster base, 2:110
- parasites
 potential therapeutic benefits, 5:31, 78–79
 role in allergies, 5:28
- parasitic infections
Artemisia annua for, 1:81, 102
Artemisia vulgaris for, 1:81, 102
Azadirachta indica for, 1:82, 239
Chenopodium ambrosioides for, 1:83
Eucalyptus globulus for, 1:242
Hedeoma pulegioides for, 1:243
 herbs for, 1:54
Lavandula angustifolia for, 1:245
 skin, 1:242, 243
 urinary, 1:119
- Parastrephia quadrangularis* (tola), 4:134
- parathyroid hormone, 5:127
- Parkia biglobosa* (African locust bean), 1:39
- Parkinson's disease
Albizia julibrissin for, 4:139
Apium graveolens for, 4:75
Atropa belladonna for, 4:76
 bee-venom therapy for, 4:75
 caffeine for, 4:120
Coleus forskohlii for, 4:78
Corydalis cava for, 4:78
 dysphagia associated with, 1:44
 formulas for, 4:60–65
Ganoderma lucidum for, 4:79
Huperzia serrata for, 4:81
Leonurus cardiaca for, 4:145
Ligusticum striatum for, 4:145
Matricaria chamomilla for, 4:82
 motility issues, 1:77
Mucuna pruriens for, 4:62, 83
 nutrients for, 4:29
Nymphaea nouchali var. *caerulea* for, 4:148
 overview, 4:28, 60
Piper methysticum for, 4:85
 potential ayahuasca benefits, 4:138
 SIBO associated with, 1:75
Valeriana officinalis for, 4:87
Vinca minor for, 4:88
Withania somnifera for, 4:64, 88
- paronychia, 1:193–94, 248
- parsley. *See Petroselinum crispum* (parsley)
- parthenolide, 4:163, 178, 216; 5:56, 202
- partridge berry. *See Mitchella repens*
 (partridge berry)
- partus preparators, 3:132, 173, 179, 180
- pasque flower. *See Anemone pulsatilla*
 (pulsatilla, pasque flower)
- Passiflora edulis* (passionflower, granadilla),
 4:148, 165t
- Passiflora incarnata* (passionflower), 4:97
 anti-inflammatory qualities, 4:128
 antispasmodic qualities, 5:97
 for anxiety, 4:17; 5:17
 for attention deficit hyperactivity disorder,
 4:119
 bronchodilating properties, 2:108t
 for depression and anxiety, 4:92, 97, 101t
 for epilepsy and seizure disorders, 4:66
 formulas containing
 adrenal disorders, 3:50
 alcohol recovery, 4:136
 alcohol withdrawal seizures, 4:71
 attention deficit hyperactivity disorder,
 4:122
 depression and anxiety, 4:96, 98
 esophageal disorders, 1:44
 hypertension, 2:42, 43
 insomnia, 4:114, 115
 menopausal symptoms, 3:139
 migraines, 4:163
 muscle pain, 5:106
 muscle tension, 5:107
 Parkinson's disease, 4:61, 63
 seizures, 4:72
 GABAergic qualities, 4:110, 114
 for headaches, 4:158
 for *Helicobacter pylori* infections, 1:43
 for hypertension, 2:41
 for irritable bowel syndrome, 1:30
 for menopausal symptoms, 3:136t, 138t, 139
 for muscle pain and spasms, 5:105
 for nerve pain, 4:91, 180t
 for opiate addiction, 4:129
 for pain, 4:154, 155, 171t
 for panic disorder, 4:109
 for Parkinson's disease, 4:60
 for restless insomnia, 1:14, 15; 2:16, 17; 3:17, 18;
 4:19, 20; 5:19, 20
 for restless legs syndrome, 4:32
 specific indications, 2:100, 174–75; 4:148
 for tinnitus, 5:165
 for trigeminal neuralgia, 4:37
 for withdrawal symptoms, 4:128
- passionflower. *See Passiflora* spp.
- passive hemorrhage, *Achillea millefolium* for, 1:81
- patch testing, 5:52–53
- patents, on herbal-derived drugs, 5:3, 4, 5
- patuletin, 1:41
- pau d'Arco. *See Tabebuia impetiginosa*
 (pau d'Arco)
- Paullinia cupana* (guarana), 3:161
- Pausinystalia johimbe* (yohimbe)
 for erectile dysfunction, 3:16
 for increasing deficient adrenergic tone, 4:94
 for low libido, 3:152
 specific indications, 3:174
- PEA. *See* palmitoylethanolamide (PEA)
- peach. *See Prunus persica* (peach)
- peanut (*Arachis hypogaea*), 2:31
- Peanut Butter Blondies, 3:82–83
- pectic acid, 1:79
- pectin gel, in Sweet and Sour Alginate “Cordial”
 for GERD, 1:39
- Pelargonium sidoides* (African geranium),
 2:131, 175
- pelvic congestion and stagnation
Angelica sinensis for, 1:81, 238; 3:165; 5:132
Berberis aquifolium for, 3:167
Ceanothus americanus for, 1:82, 103, 240; 3:91
Cinnamomum verum for, 5:87
Collinsonia canadensis for, 1:159
Hamamelis virginiana for, 1:85, 243; 3:171; 5:138
- pelvic inflammatory disease (PID)
Equisetum spp. for, 1:160
 formulas for, 3:108–9
 pyelonephritis vs., 1:118
- pelvic musculature, *Herniaria glabra* for, 1:162
- pelvic pain
Arctostaphylos uva ursi for, 1:157
Arnica montana for, 4:204
Caulophyllum thalictroides for, 4:206
Convallaria majalis for, 1:160
Equisetum spp. for, 1:160
Eupatorium purpureum for, 1:161; 4:208
 formulas for, 4:195–96
Lobelia inflata for, 4:211
Paeonia spp. for, 1:86, 105
Scutellaria lateriflora for, 1:165
Ulmus fulva for, 1:166
- pemphigus, formulas for, 1:221
- pennyroyal. *See Hedeoma pulegioides* (pennyroyal)
- pennywort. *See Centella asiatica* (gotu kola)
- penzosan polysulfate sodium (Elmiron), 1:122
- peony. *See Paeonia* spp.

- peony, tree. *See* *Paeonia* × *suffruticosa*
(moutan, tree peony)
- peony, white. *See* *Paeonia lactiflora* (peony)
- pepper, black. *See* *Piper nigrum* (black pepper)
- pepper, long. *See* *Piper longum* (long pepper)
- peppermint. *See* *Mentha piperita* (peppermint)
- pepperweed. *See* *Lepidium latifolium*
(rompe piedras)
- pepperwood. *See* *Zanthoxylum clava-herculis*
(southern prickly ash)
- peptic distension, *Foeniculum vulgare* for,
1:84, 242
- peptic ulcers
alteratives for, 1:26
Elettaria cardamomum for, 1:84
formula for, 4:197
Helicobacter pylori infections and, 1:43
teas for, 1:21
See also gastric ulcers
- perchlorate, endocrine-disrupting concerns, 3:38
- performance-enhancing herbs
Cordyceps sinensis as, 5:136
Eleutherococcus senticosus as, 5:136–37
formula containing, 5:111–12
Panax ginseng as, 5:139
Rhodiola rosea as, 5:140
Tribulus terrestris as, 5:142
- perfusion-enhancing diuretics, 1:109, 111, 115
- pericarditis
Calendula officinalis for, 2:91
Centella asiatica for, 2:92
Glycyrrhiza glabra for, 2:96
- Perilla frutescens* (Korean perilla, shiso,
perilla), 5:45
for allergic pain in the gut, 5:39t
for allergies, 2:127; 5:34t, 45
for depression and anxiety, 4:101t, 103t
for diarrhea, 1:55, 58
dopamine-reducing effects, 4:123
formulas containing
allergic airway disorders, 5:44, 46
allergic hypersensitivity, 5:35
angioedema, 5:57
contact dermatitis, 5:55
esophageal disorders, 1:44
multiple sclerosis, 5:83
respiratory allergies, 5:42
for hyperthyroidism, 3:41
rosmarinic acid from, 5:65
specific indications, 2:175; 4:148–49; 5:92
- perimenopause
Hypericum perforatum for, 3:171
Melissa officinalis for, 3:173
menstrual irregularities and, 3:119, 134
symptoms, 3:134
thyroid disorders and, 3:37
Valeriana officinalis for, 3:179
Vitex agnus-castus for, 3:63
Withania somnifera for, 3:63
See also menopausal symptoms
- perineal issues
Collinsonia canadensis for, 1:83
Petroselinum crispum for, 1:163
- periodontal disease
Allium sativum for, 5:192
Apis mellifica for, 5:193
Camellia sinensis for, 5:194
Melaleuca alternifolia for, 5:92
overlap with inflammatory musculoskeletal
disorders, 5:113
overview, 5:175
- perioral dermatitis, 1:190
- peripheral artery disease
cramps from, 5:113
Ginkgo biloba for, 5:165
- peripheral neuropathy
Butea monosperma for, 4:205
formulas for, 4:44–51
overview, 4:41–44
therapeutic actions for polyneuropathy
formulas, 4:43t
Vaccinium myrtillus for, 4:87
- peripheral vascular insufficiency
Angelica sinensis for, 2:90
Collinsonia canadensis for, 2:93
Crataegus spp. for, 2:93
Equisetum spp. for, 2:95
formulas for, 2:57–61
Ginkgo biloba for, 2:69
Hamamelis virginiana for, 2:96
herbs for, 2:89–106
overview, 2:57–58
- peripheral vasodilators
Achillea millefolium as, 2:35, 61, 89
formulas containing, 2:61, 76
Ginkgo biloba as, 2:61, 69
warming stimulants, 1:19t; 2:21t; 3:21t;
4:23t; 5:23t
- peristalsis
Allium sativum for, 1:81
antispasmodics for, 1:24
Capsicum annuum for, 1:82
formulas for, 1:28–29
Rhamnus purshiana for, 1:87
Syzygium aromaticum for, 1:88
- peritonitis
diverticulitis and, 1:71
herbal therapies for, 4:197t
Silybum marianum for, 1:106
- periwinkle (*Catharanthus roseus*), 4:88
- peroxisome proliferator-activated receptor
alpha (PPAR α), 1:32
- Persian oak (*Quercus brantii*), 3:110
- Persian sage. *See* *Salvia rhytidea*
(Persian sage)
- Persicaria tinctoria* (Chinese indigo),
2:131, 175; 5:80
- Peruvian bark. *See* *Cinchona officinalis*
(Peruvian bark)
- petasins, 4:194
- Petasites hybridus* (butterbur), 2:129; 4:194; 5:41
antiallergic qualities, 1:33; 2:127; 5:34t
for colds, 5:170t
for coughs, 2:130
for cystic fibrosis, 2:135
for dysuria, 1:116
for enuresis, 1:131
for eye conditions, 5:149t
formulas containing
allergic rhinosinusitis, 2:128
anginal coronary spasm, 4:201
asthma, 2:147
bronchitis, 2:134
chest pain, 4:193
cystic fibrosis, 2:135
dermatitis, 1:190
emphysema, 2:138
enuresis, 1:131
itching skin, 1:186
metastatic pain, 4:186, 188, 195
migraines, 4:161, 162
neuralgia, 4:180
nociceptive pain, 4:179
Paget's disease, 5:130
respiratory allergies, 5:42, 43, 44
upper respiratory infections, 2:119
vascular support, 2:29, 30
for hay fever, 5:42
for headaches, 4:158–59
for inflammation, 5:41
for itching skin, 1:185, 186
mast-cell stabilizing effects, 5:32
for Ménière's disease, 5:164
for otitis media, 5:159
for pain, 4:166t, 194
for prostatitis, 1:151
for respiratory allergies, 2:129
safety concerns, 4:212
specific indications, 1:163; 2:175; 4:212; 5:93
for vascular headaches, 2:27
for wound healing, 4:192t
- Petasites japonicus* (butterbur), 2:70, 129
- Petroselinum crispum* (parsley)
alterative qualities, 1:27
antispasmodic qualities, 1:135, 138t
for arthritis, 5:114
diuretic qualities, 1:112; 3:21t
for dysuria, 1:116
formulas containing
congestive heart failure, 2:50
contact dermatitis, 5:54
headaches, 4:165
peripheral vascular insufficiency, 2:59
premenstrual symptoms, 3:126; 4:195
psoriasis, 1:210
urinary conditions, 1:110, 111, 112
for heavy metal neuropathy, 4:50
mineral tonic diuretic qualities, 1:110
for muscle pain, 4:183t
for neuralgia, 4:34

- Petroselinum crispum* (parsley) (continued)
 photosensitizing qualities, 1:225
 for renal failure, 1:154t
 specific indications, 1:163; 2:100, 175; 3:174
 for urinary tract reactivity, 5:58
 for vascular support, 2:29
- Petroselinum sativum*. See *Petroselinum crispum* (parsley)
- Peumus boldo* (boldo), 1:105
- Peyer's patches, 1:78
- Peyronie's disease, 5:103
- pharmaceuticals
 for allergies, 5:31–32
 for asthma, herbal alternatives for, 2:143t
 for attention deficit hyperactivity disorder, 4:119
 for autoimmune disorders, 5:64–65
 for contractures, 5:103
 for dementia, 4:52
 development of petrochemical-based, 5:2–3
 diuretics, 2:47
 growing power of the industry, 5:3–6
 increasing reliance on, 1:1
 for mood disorders, 4:2, 89, 90
 physiologic therapy vs., 1:13; 2:15; 3:15; 4:18; 5:18
 for rheumatoid arthritis, 5:115
 for schizophrenia, 4:8, 122, 123
 side effects of, 5:32
 transdermal drug delivery, 2:109
- pharyngitis
Arnica montana for, 5:193
Baptisia tinctoria for, 5:193
Collinsonia canadensis for, 5:195
 herbs for, 5:188, 191t
Hydrastis canadensis for, 2:167
Pelargonium sidoides for, 2:175
Salvia officinalis for, 2:179; 5:201
 therapies for, 5:190
Tinospora cordifolia for, 2:182
Zanthoxylum clava-herculis for, 5:203
- Phaseolus* spp. (beans), 1:146; 3:69
- phellodendrine, 1:56
- Phellodendron* spp. (cork tree)
 antimicrobial qualities, 1:56; 5:148
 formulas containing, 1:211
- Phellodendron amurense* (Amur cork tree)
 berberine in, 3:109
 for eye conditions, 5:148
 formulas containing
 food allergies, 5:40
 nasal polyps, 5:173t
 for inflammatory bowel diseases, 5:79
 for lupus, 5:76
 specific indications, 3:174–75
- Phellodendron chinense* (Amur cork tree, huang bai)
 antimicrobial qualities, 5:148
 for inflammatory bowel diseases, 5:79
- phenolic acids, 5:45
- phlebitis
Centella asiatica for, 2:92
 compress for, 5:63
Coptis chinensis for, 2:93
 formulas for, 2:81
 nattokinase for, 2:80
 overview, 2:74
Phytolacca decandra for, 2:100
- phlegm
Magnolia officinalis for, 2:171
Ophiopogon japonicus for, 2:174
Perilla frutescens for, 2:175
Pinellia ternata for, 2:176
Poria cocos for, 2:101
Trichosanthes kirilowii for, 2:183
 warming stimulants for, 2:20
- Phoradendron chrysocladon* (mistletoe)
 for angina, 2:38
 for arrhythmias, 2:57
 for hypertension, 2:44
- phosphatidylcholine
 for Bell's palsy, 4:36, 37
 for leaky gut syndrome, 1:79
 for liver support, 1:93, 97
 for Parkinson's disease, 4:64
 sulfur in, 1:122
- phosphatidylserine, 4:54, 119
- phosphocreatine, 4:54
- photodynamic therapy, for bladder cancer, 1:132, 133, 162
- photosensitizing agents
Ammi visnaga, 1:225
 Apiaceae herbs, 1:210, 225, 226
 berberine, 5:189
Citrus bergamia, 1:210, 225, 226, 240
Cnidium spp., 1:240
Coriandrum sativum, 1:241
Hypericum perforatum, 1:132, 133, 162, 210, 225; 5:131, 197
Petroselinum crispum, 1:209–10, 225
 for pigmentation disorders, 1:225, 226
 for psoriasis, 1:209, 210, 238
- phyllanthin, 1:93
- Phyllanthus amarus* (chanca piedra, bahupatra, hurricane weed)
 for skin protection, 1:230
 specific indications, 2:100; 4:212; 5:93
- Phyllanthus emblica* (amla, amalaki, Indian gooseberry)
 5 α -reductase inhibition, 1:218; 3:162
 for COPD, 2:149t
 formulas containing
 arthritis, 5:117
 hemoptysis, 2:126
 hepatitis, 1:95
 pancreatitis, 1:69
 tuberculosis, 2:156
 for gout, 5:123
 specific indications, 2:176
 for thick and cloudy urine, 1:139
- Phyllanthus niruri* (stonebreaker)
 5 α -reductase inhibition, 1:218; 3:162
 formulas containing, 1:95
 for hepatitis, 1:90
 for liver support, 1:90
- Phyllanthus urinaria* (stonebreaker, chanca piedra, gripeweed), 4:166t
- physical therapies, for headaches, 4:165t
- physiologic vs. pharmacologic therapy, 1:13; 2:15; 3:15; 4:18; 5:18
- Physostigma venenosum* (Calabar bean), 4:84
- physostigmine, 4:84
- phytase enzymes, role in enhancing mineral absorption, 5:128
- phytic acid, 2:68; 5:128
- phytochelatins, 4:50
- phytochelation, 3:93
- phytochemicals, for neurological conditions, 4:28, 29, 52
- phytoestrogens
 amphoterism and, 3:127
 dehydrogenase inhibitors in, 1:146
 in *Epimedium brevicornu*, 5:137
 for fracture healing, 5:100
 influence on reproductive cancers, 3:154–58
 in legumes, 5:126
 for prostatic diseases, 1:143, 144, 146, 149
 research on, 3:156–58
 in *Trifolium pratense*, 5:142
- Phytolacca americana*, *P. decandra* (pokeroot)
 alterative qualities, 1:27
 for altered breath sounds, 2:118
 for Behçet's disease, 5:74
 for breast conditions, 3:142
 for breast cysts, 3:143
 for bursitis and tendinitis, 5:102
 for colds, 5:170t
 for dermatitis, 1:189
 for dermatologic conditions, 1:171t
 for eye conditions, 5:147, 147t
 formulas containing
 acne, 1:203
 acne rosacea, 1:208
 appendicitis recovery, 1:68
 arthritis, 5:118, 119, 120
 autoimmune disorders, 5:68
 Behçet's disease, 5:74
 bites and stings, 1:172
 breast conditions, 3:143
 breast pain, 4:195
 cirrhosis of the liver, 1:96
 colds, 5:169, 170, 171
 cold sores, 5:184
 eczema, 1:189
 erythema multiforme, 1:220
 folliculitis, 1:193
 gangrene, 1:236
 goiter, 3:32, 33
 gout, 5:123, 124
 hives, 1:185

Phytolacca americana, *P. decandra* (pokeroot)
(continued)

lupus, 5:76
lymphatic pain and lymphedema, 4:201
lymphedema, 2:83
orbital cellulitis, 5:148
ovarian cysts, 3:144
ovarian neuralgia, 4:196
pain, 4:171
peripheral vascular insufficiency, 2:59
pharyngitis, 5:189
pigmentation disorders, 1:225
pneumonia, 2:141
premenstrual syndrome, 3:127
reactive arthritis, 5:72
renal failure, 1:155
skin infections, 1:180
sore throat, 5:190
stridor, 2:121
throat and gingival pain, 4:178–79
thyroiditis, 3:30
ulcers, 1:64
uterine fibroids, 3:151
warts, 1:200
for goiter, 3:32
for lymphatic pain, 4:170, 201, 213
as lymph mover, 1:18; 2:20; 3:20; 4:22; 5:22
for Ménière's disease, 5:164
for muscle pain and spasms, 4:183t; 5:105
for otitis media, 5:159
for ovarian cysts, 3:144
for pain, 4:154, 166t, 170
safety concerns, 4:212
for scabies, 1:198
for skin allergic conditions, 5:54t
for skin eruptions, 1:194
for skin infections, 1:183
for skin ulcers, 1:231
specific indications, 1:246; 2:100, 176; 3:61, 175; 4:212–13; 5:139, 200
for stasis ulcers, 2:60
for throat pain, 5:191t
for tongue conditions, 5:178t
for tonsillitis and pharyngitis, 5:188
for vascular reactivity, 5:60
for warts, 1:199
phytomelatonin, 4:114
Phytonoxon N, 4:142
phytoresmediation, 4:50
phytosterols
amphoteric action of, 3:3
influence on reproductive cancers, 3:154–55
for prostate cancer, 1:148
from *Pueraria* spp., 3:137
as selective estrogen response modifiers, 3:159
in *Solidago* spp., 1:150
sources of, 1:143; 3:155
Picrasma excelsa (quassia)
formulas containing, 1:29
specific indications, 1:86

picrorrhiza. *See Neopicrorrhiza scrophulariiflora*
(picrorrhiza)

Picrorrhiza kurroa (kutki)
antiallergic qualities, 1:33
bronchodilating properties, 2:108t
for ear pain, 4:175t
formulas containing
allergic hypersensitivity, 5:35
contact dermatitis, 5:54
COPD, 2:148
migraines, 4:163
pain, 4:172
skin pain, 4:190
histamine-blocking qualities, 5:32t
for itching skin, 1:185, 187
mast-cell stabilizing effects, 2:144t; 5:31t
PAF inhibiting properties, 2:77
for pain, 4:170t
for painful itching, 4:189t
specific indications, 1:246; 2:176; 5:93
for vascular pain, 4:200t
Picrorrhiza scrophulariiflora. *See Neopicrorrhiza scrophulariiflora* (picrorrhiza)
picrosides, 1:93; 2:149t, 154, 176
pigmentation disorders
Aloe vera for, 1:238
Arctostaphylos uva ursi for, 1:239
formulas for, 1:222–26
Iris versicolor for, 1:244
Podophyllum peltatum for, 1:246
Salvia miltiorrhiza for, 1:247
Trifolium pratense for, 1:249
pills, use of, 1:20; 2:22; 3:22; 4:24–25; 5:24–25
pilocarpine
for dry eyes, 5:150, 151, 200
for glaucoma, 5:155, 156, 200
for Sjögren's syndrome, 5:68, 69
Pilocarpus jaborandi (jaborandi), 5:151
for dry eyes, 5:151
for dry mouth, 5:185
formulas containing
autoimmune disorders, 5:68
dry mouth, 5:186
eye drops, 5:149
hyperhidrosis, 1:227
oral allergic reactivity, 5:52
Sjögren's syndrome, 5:69
as secretory stimulant, 1:18, 246; 5:22
specific indications, 1:246; 5:200
as tissue mover, 2:20; 4:22
Pilocarpus microphyllus (jaborandi), 3:20, 21t
Pimpinella anisum (anise)
anti-inflammatory actions, 1:62
antispasmodic qualities, 1:25
bronchodilating qualities, 5:62
carminative qualities, 1:31
for epilepsy and seizure disorders, 4:67, 73
formulas containing
asthma, 2:146
neuralgia, 4:35

otitis media, 5:161
seizures, 4:72
for *Helicobacter pylori* infections, 1:43
liniments containing, 2:111
nebulized form, 2:137
specific indications, 1:86; 2:176; 4:84; 5:200
for vascular support, 2:29
pineapple. *See Ananas comosus* (pineapple)
Pinellia ternata (crow dipper)
for allergic airway disorders, 5:44
for Behçet's disease, 5:74
formulas containing
allergic rhinosinusitis, 2:130
esophageal disorders, 1:44
gastroparesis, 1:77
goiter, 3:33
Parkinson's disease, 4:61
for hepatitis, 1:90
specific indications, 2:176
for vascular reactivity, 5:61
pine tar, 1:209; 4:189
pinitol, 3:70, 91, 130
pink eye, 5:147
pinkroot (*Spigelia anthelmia*), 5:177
pins and needles sensation, herbs for, 4:200t
Pinus spp. (pine), 4:182; 5:173t
Pinus pinaster (maritime pine)
for increasing deficient adrenergic tone, 4:118
Pycnogenol from, 2:127
specific indications, 2:100, 176; 5:139–140
Pinus sylvestris (Scots pine), 4:48, 165; 5:103
Piper cubeba (cubebes)
5 α -reductase inhibition, 1:145
for cystitis and pyelonephritis, 1:116
for dysuria, 1:116
for hematuria, 1:115
for pyuria, 1:115
specific indications, 1:164
piperidine alkaloids, 1:136, 159
piperine
5 α -reductase inhibition, 1:145
for epilepsy and seizure disorders, 4:67
for liver support, 1:97
in *Piper cubeba*, 1:164
Piper longum (pippali, long pepper)
antiallergic qualities, 5:34t
formulas containing
hemoptysis, 2:126
pigmentation disorders, 1:226
tuberculosis, 2:156
for skin protection, 1:230
specific indications, 2:177
Piper methysticum (kava), 1:125; 5:107
anti-inflammatory qualities, 4:128
antispasmodic qualities, 1:11, 135, 138t; 2:13; 3:13–14; 4:16; 5:16, 97, 109
for bladder cancer, 1:132
for cramping pain in the bladder, 1:124
for dental conditions, 5:175
for dental procedures, 5:177

- Piper methysticum* (kava) (continued)
 for depression and anxiety, 4:92, 101t
 for dysuria, 1:125
 for epilepsy and seizure disorders, 4:66, 72
 for fibromyalgia, 5:110
 formulas containing
 adrenal disorders, 3:50
 bladder cancer, 1:132, 134
 costochondritis, 2:123
 delirium tremens, 4:132
 dental conditions, 5:176, 177
 fibromyalgia, 5:110
 headaches, 4:164, 165
 herpetic neuralgia, 4:182
 hypertension, 2:46
 insomnia, 4:115, 116
 interstitial cystitis, 1:124
 menopausal symptoms, 3:138, 141
 migraines, 4:162
 muscle cramps, 5:106
 muscle pain, 4:183, 186
 neuralgia, 4:35, 180
 opiate withdrawal and musculoskeletal pain, 4:185
 overactive bladder, 1:129
 pain, 4:169
 panic disorder, 4:109
 polymyositis, 5:71
 renal colic, 4:199
 sciatica, 5:131
 seizures, 4:72
 shingles lesions, 1:231
 trigeminal neuralgia, 4:38, 39
 urinary colic, 1:138, 139
 urinary tract reactivity, 5:59
 withdrawal symptoms, 4:135, 136
 GABAergic qualities, 4:110, 114, 149
 for headaches, 4:158, 165t
 for hypertension, 2:46
 for interstitial cystitis, 1:123
 for menopausal insomnia, 3:136t
 for muscle pain and spasms, 4:183t; 5:105, 107
 for neuralgia, 4:34, 35, 91, 180t
 for neurogenic bladder, 1:127
 for neurological conditions, 4:27
 for overactive bladder, 1:129
 for pain, 4:154, 155, 166t, 171t, 178
 for peripheral neuropathy, 4:42, 43t, 44
 for prostatitis, 1:151
 for restless insomnia, 1:14, 15; 2:16, 17; 3:17, 18; 4:19, 20; 5:19, 20
 for restless legs syndrome, 4:32
 safety concerns, 4:85, 149, 213; 5:107, 200
 specific indications, 1:164; 2:177; 3:175; 4:84–85, 149, 213; 5:140, 200
 for tinnitus, 5:165
 for withdrawal symptoms, 4:128
Piper nigrum (black pepper)
 5 α -reductase inhibition, 1:145
 for anorexia, 1:36
 for bladder cancer, 1:132
 digestive stimulant qualities, 1:25
 for epilepsy and seizure disorders, 4:67
 formulas containing
 coronary artery disease, 2:40
 ear pain, 4:174, 176
 osteoporosis, 3:141
 vascular support, 2:29
 for malabsorption, 1:73
 specific indications, 1:164; 2:101
 pippali. *See Piper longum* (pippali, long pepper)
 pipsissewa (*Chimaphila umbellata*), 4:199
Piscidia erythrina. *See Piscidia piscipula* (Jamaican dogwood)
Piscidia piscipula (Jamaican dogwood)
 antispasmodic qualities, 5:97, 109
 for dental procedures, 5:177
 for depression and anxiety, 4:101t
 formulas containing
 amphetamine cessation, 4:135
 depression and anxiety, 4:98
 endometriosis, 3:149
 headaches, 4:165
 insomnia, 4:115
 pain, 4:167
 pancreatitis, 1:69
 panic disorder, 4:110
 for headaches, 4:158, 165t
 for muscle pain, 4:183t
 for pain, 4:171t
 safety concerns, 4:213
 specific indications, 4:149, 213
 as uterine sedative, 3:124
 pitonia (*Lippia alba*), 4:110
 pituitary-thyroid-gonadal axis, 3:26
 pityriasis
Avena sativa for, 1:239
 herbal treatment for, 1:212
Plantago spp. (plantain)
 alterative qualities, 1:27
 as bulk laxative, 1:47
 formula containing, 3:43
 in high-fiber diet, 3:67
 mucous-enhancing qualities, 1:64
 specific indications, 3:61, 97
Plantago lanceolata, 1:170
Plantago ovata (plantain, ispaghula), 3:67
 formulas containing, 1:170
 for inflammatory bowel diseases, 1:34
Plantago psyllium (plantain)
 as bulk laxative, 1:47, 48
 for intestinal health, 1:76
 in smoothies, 1:47
 specific indications, 2:101
 for vascular support, 2:31
 plantain. *See Plantago* spp. (plantain)
 plantar fasciitis, 5:71, 103
 plant latex, for warts, 1:199
 plants as teachers, 1:21; 3:24
 plasters, 2:110–11
 platelet-activating factor (PAF), 4:159
 platelet antiaggregators, 2:73, 77, 92
Platycodon grandiflorus (balloon flower), 5:61, 170
Plectranthus forskohlii. *See Coleus forskohlii* (coleus)
Plectranthus scutellarioides (coleus), 4:102
 pleurisy
Asclepius tuberosa for, 2:159
 formulas for, 2:138–39
 herbs for, 2:118
 overview, 2:138
Prunus serotina for, 2:177
Stemona spp. for, 2:180
 pleurisy root. *See Asclepius tuberosa* (pleurisy root)
 pleuritis
 herbs for, 2:118
 overview, 2:138
Pleurotus spp. (oyster mushroom), 5:125
 Plummer-Vinson syndrome, 5:182
 pneumonia
Allium sativum for, 2:157
Ananas comosus for, 2:158
Asclepius tuberosa for, 2:159
 from biofilms, 2:137
 from bronchitis, 2:130
Curcuma longa for, 2:162
 dyspnea with, 2:124
 formulas for, 2:140–42
Hyoscyamus niger for, 2:168
Juniperus communis for, 2:169
Ligusticum porteri for, 2:169
Lomatium dissectum for, 2:170
Lycopus virginicus for, 2:170
Melilotus suaveolens for, 2:172
Origanum vulgare for, 2:174
 overview, 2:140–41
Panax ginseng for, 2:174
Pelargonium sidoides for, 2:175
Polygala spp. for, 2:177
Prunus serotina for, 2:177
Stemona spp. for, 2:181
Thymus vulgaris for, 2:182
 podophyllin
 for age spots, 1:224
 for genital warts, 3:112, 113
 for warts, 1:199, 200
Podophyllum peltatum (mayapple)
 alterative qualities, 1:27
 anticancer properties, 1:236
 formulas containing
 constipation, 1:48
 genital warts, 3:113
 human papillomavirus, 3:114
 pigmentation disorders, 1:224, 225
 pyelonephritis, 1:120
 for hepatitis, 1:94t
 for human papillomavirus, 3:112, 114
 as irritant laxative, 1:47, 48

- Podophyllum peltatum* (mayapple) (continued)
 for malabsorption, 1:74
 podophyllin from, 3:112, 113
 for skin lesions and cancers, 1:237
 for skin protection, 1:230
 specific indications, 1:105, 164, 246; 3:175
 for warts, 1:199, 200
- poison hemlock. *See Conium maculatum* (poison hemlock)
- poison ivy/oak
Actaea racemosa for, 1:203, 207, 238
Alnus serrulata for, 1:237, 238
Grindelia squarrosa for, 1:243; 5:91
Hedeoma pulegioides for, 1:244
 herbs for, 1:203, 237
Lobelia inflata for, 1:245
Sanguinaria canadensis for, 1:247; 5:93
See also Rhus toxicodendron (poison ivy)
- poison nut. *See Strychnos nux-vomica* (poison nut, azaqi)
- pokeroot. *See Phytolacca americana, P. decandra* (pokeroot)
- pollen extracts, 1:148, 150
- polycystic ovarian syndrome (PCOS)
 amenorrhea associated with, 3:123
Curcuma longa for, 3:168
 dysfunctional uterine bleeding and, 3:117
 formulas for, 3:144–47
Glycyrrhiza glabra for, 1:243; 3:170
 hirsutism associated with, 1:213, 214
 insulin resistance associated with, 3:131
 legume family herbs for, 3:70
 measures for supporting fertility, 3:131, 132
Mentha spicata for, 1:246
 overlap with metabolic syndrome, 3:66
 overview, 3:144–45
Serenoa repens for, 1:165, 248; 3:145, 177
Trigonella foenum-graecum for, 3:179
Vitex agnus-castus for, 3:180
- polydatin, 2:108
- Polygala* spp. (milkwort), 2:177
- Polygala karensium* (snakeroot), 2:131
- Polygala senega* (Seneca snakeroot), 4:67
- Polygala tenuifolia* (yuan zhi), 4:99, 106
- Polygonum cuspidatum* (Japanese knotweed)
 emodin in, 2:110
 formulas containing, 2:151
 for hepatitis, 1:90
 for hyperlipidemia, 2:36
 specific indications, 2:101, 178
- Polygonum multiflorum*. *See Reynoutria multiflora* (fo ti, he shou wu, Chinese knotweed)
- Polygonum tinctorium*. *See Persicaria tinctoria* (Chinese indigo)
- polymyositis, formulas for, 5:70–71
- polyneuropathy, 4:41–42, 48, 49
See also peripheral neuropathy
- polyphenols
 for acne rosacea, 1:205
 antiallergic qualities, 5:28
 in *Arctostaphylos uva ursi*, 1:114
 in *Camellia sinensis*, 1:202, 223
 for pancreatitis, 1:68, 71
 for pigmentation disorders, 1:223
 in *Pinus pinaster*, 5:139
 in *Punica granatum*, 1:87
 in *Vitis vinifera*, 1:144, 148
 in *Yucca schidigera*, 5:143
- polyunsaturated fatty acids (PUFAs)
 for attention deficit hyperactivity disorder, 4:118
 for epilepsy and seizure disorders, 4:69
 in Superfood Dressing, 4:57–58
- polyuria, diabetic, 1:157, 158
- pomegranate. *See Punica granatum* (pomegranate)
- pompholyx, formula for, 5:55
- poor circulation. *See* circulation, poor
- poor digestion. *See* digestion, poor
- poor elimination. *See* elimination, poor
- Populus* spp. (aspen)
 for arthritis, 5:114
 for peripheral neuropathy, 4:43t
 for prostatic pain, 4:199
 specific indications, 1:164
- Poria cocos* (hoelen, fu ling)
 for depression and anxiety, 4:101t
 formulas containing
 allergic airway disorders, 5:44
 dementia, 4:57; 5:61
 depression and anxiety, 4:99, 106
 esophageal disorders, 1:44
 gastroparesis, 1:77
 hepatitis, 1:92
 lupus, 5:77
 macular degeneration, 5:158
 uterine fibroids, 3:150, 151
 for hepatitis, 1:90
 in soup, 1:35
 specific indications, 2:101; 4:149
 steam cakes with, 4:106–7
 for strokes, 2:65
- porridge, for anxiety, 4:106
- portal congestion
Aesculus hippocastanum for, 1:81, 101
Aloe vera for, 1:238
Angelica sinensis for, 2:90
Berberis aquifolium for, 2:91
Ceanothus americanus for, 1:82, 103, 240
Chionanthus virginicus for, 1:83, 103
 formulas for, 1:50; 2:79–80
 herbs for, 4:200t
Iris versicolor for, 2:97
Podophyllum peltatum for, 1:105
Quercus spp. for, 1:87, 105, 247
Silybum marianum for, 1:106
- postherpetic neuralgia
 formulas for, 4:40–41, 180, 182
Glycyrrhiza glabra for, 4:80
 overview, 4:39–40
- postmenopausal conditions
Hypericum perforatum for, 1:162
Juniperus communis for, 3:172
Medicago sativa for, 1:163, 245
Panax ginseng for, 3:174
Serenoa repens for, 1:165
Trifolium pratense for, 1:249
 urinary tract infections, 1:118
- postpartum hemorrhage
Cinnamomum spp. for, 3:167
 formula for, 3:133–34
- postpartum pain
Equisetum arvense for, 4:208
Matricaria chamomilla for, 4:211
- postpartum thyroiditis, formula for, 3:30–31
- postsurgical recovery. *See* surgical recovery
- posttraumatic stress disorder (PTSD), 4:111–13, 144, 148
- potassium, 4:165t, 198
- potassium citrate, for alkalinizing the urine, 1:150
- potassium iodide, 3:34
- potassium sensitivity test, 1:150
- potassium supplements, 1:53
- pot marigold. *See Calendula officinalis* (pot marigold)
- poultices
 for burns, 4:190–91, 192–93
 for ear pain, 4:175–76
 for peripheral neuropathy, 4:44
- POUND criteria for migraines, 4:157
- Pouteria lucuma* (lucuma), 3:83, 84
- PPAR α (peroxisome proliferator-activated receptor alpha), 1:32
- PQRST (provocation, quality, radiation, severity, time) questions, 1:8–9; 2:10–11; 3:11; 4:13; 5:13
- Praneem, for venereal warts, 3:112
- prazosin, 1:142
- prebiotics, 3:81; 5:39t
- pre-diabetic states, *Chionanthus virginicus* for, 1:83, 103
- pregnancy
 cholestasis during, 1:98
 formulas for, 3:129–134
Glycyrrhiza glabra concerns, 3:146
Lobelia inflata for labor, 3:172
 melasma with, 1:222
Rubus idaeus for labor, 3:176
Turnera diffusa for, 3:179
 UTIs during, 1:116
Vitex agnus-castus concerns, 3:148
- pregnancy-related cramps, herbal therapies for, 4:183t
- premenstrual acne, 3:128, 129
- premenstrual syndrome (PMS)
Actaea racemosa for, 3:165
 alteratives for, 1:90
 breast tenderness formulas, 3:142–43
Crocus sativus for, 4:141
 Dr. Stansbury's General Alterative Tea for, 1:27

- premenstrual syndrome (PMS) (*continued*)
 formulas for, 3:125–29; 4:98, 195, 196
Hamamelis virginiana for, 3:171
Hypericum perforatum for, 3:171
 IBS associated with, 1:33
Matricaria chamomilla for, 3:173; 4:146
Melissa officinalis for, 3:173
 overview, 3:125
Petroselinum crispum for, 3:174
Phytolacca americana for, 3:175
Scutellaria lateriflora for, 3:177
Vitex agnus-castus for, 3:63, 180; 4:218
- presentations
 creating formulas based on, 1:3, 7; 2:6, 9, 12–13; 3:6, 9, 12–13; 4:7, 11, 15–16; 5:7, 11, 15, 26
 herbal specifics for skin presentations, 1:17t
 hot vs. cold, 5:66–67
- prickly ash. *See* *Zanthoxylum clava-herculis* (prickly ash)
- prickly heat, formula for, 1:187
- prickly pear. *See* *Opuntia ficus-indica* (prickly pear)
- primary amenorrhea, 3:116
See also amenorrhea
- primary sclerosing cholangitis, formula for, 1:100
- prince's pine. *See* *Chimaphila umbellata* (pipsissewa)
- proanthocyanidins
 in *Crataegus* spp., 2:26
 for herpes simplex, 1:231
 for HPV, 1:200
 natural iron chelation and, 2:71
 in *Punica granatum*, 2:30
 for telangiectasias, 1:208
 for venous insufficiency, 2:74
- probiotics
 for bowel reactivity, 5:39t
 for fatty liver, 1:96
 for intestinal health and glycemic control, 3:81
 for intestinal parasites, 1:55
 for leaky gut syndrome, 1:79
 for otitis media, 5:159
 as restorative, 1:43
 for traveler's diarrhea prevention, 1:53
- proctitis
Collinsonia canadensis for, 1:83
 interstitial cystitis vs., 1:121
- procyanidins, 5:28
- Proefrock, Kenneth, 4:165, 182
- progesterone creams, 3:121
- prolactin, elevated, 3:122, 123, 146
- prolactin inhibitors, 1:216
- prolotherapy, 4:169
- propolis
 for dental conditions, 5:174
 formulas containing
 cold sores, 5:184
 impetigo, 1:179
 skin infections, 1:178
 for fungal skin infections, 1:196
 specific indications, 1:246; 5:200
- propranolol, for hereditary hemorrhagic telangiectasia, 2:127
- prostadynia, 1:149, 151
- prostate cancer
Allium spp. for, 1:156
 androgen receptors and, 3:154–55
Arctium lappa for, 3:166
 benign prostatic hypertrophy connection, 1:142, 147
 dietary recommendations, 1:148–49
 formulas for, 1:147–49; 3:164
Ganoderma lucidum for, 1:161
Grifola spp. for, 1:161
Phellodendron amurense for, 3:174
 phytoestrogens and, 3:156
Piper methysticum for, 3:175
Piper nigrum for, 1:164
 potential association with baldness, 1:213
Pygeum africanum for, 1:165
Serenoa repens for, 1:165
Urtica spp. for, 1:166
Viscum album for, 1:167
- prostatic adenoma, *Elymus repens* for, 1:160
- prostatic diseases
 dietary recommendations, 1:148–49
 formulas for, 1:142–47
Hydrangea arborescens for, 1:162
Lepidium meyenii for, 1:162–63
Turnera diffusa for, 1:166
 types of, 1:142
Urtica spp. for, 1:166
- prostatic enlargement
Actaea racemosa for, 3:165
Elymus repens for, 1:160
 herbs for, 1:109
Serenoa repens for, 1:109
Thuja spp. for, 1:166
Tribulus terrestris for, 3:178
Urtica spp. for, 1:166; 3:179
See also benign prostatic hyperplasia (BPH)
- prostatic pain
Equisetum arvense for, 4:208
 formulas for, 4:196, 199
- prostatitis
Agathosma betulina for, 1:156
Allium spp. for, 1:156
 chronic vs. infectious, 1:109
Conium maculatum for, 1:159
Elymus repens for, 1:160
Equisetum spp. for, 1:160
 formulas for, 1:149–151
Gaultheria procumbens for, 1:161
 interstitial cystitis vs., 1:121
Serenoa repens for, 1:165
 urinary irritability from, 1:127
- protein intake, renal diseases and, 1:108
- proteinuria
 herbs for, 1:153, 154t
 as sign of renal disease, 1:108
- proteolytic enzymes, 4:43t
- proton-pump inhibitors (PPIs)
 dangers of, 1:40
 SIBO associated with, 1:75
- protozoan infections
Artemisia annua for, 1:81
 traveler's diarrhea from, 1:51
- Prunella vulgaris* (common self-heal, heal-all), 3:43; 5:55, 65
- prunes, stewed, for constipation, 1:48–49
- Prunus* spp.
 for altered breath sounds, 2:118
 formulas containing, 2:117, 119
- Prunus africana* (African plum tree), 1:145
 5 α -reductase inhibition, 1:145; 3:162
 for benign prostatic hyperplasia, 3:162
 formulas containing
 prostate cancer, 1:148
 prostatic diseases, 1:146
 prostatitis, 1:151
 for neurogenic bladder, 1:126, 127
 for prostate cancer, 1:147
 for prostatic diseases, 1:143, 144, 145
 for prostatic enlargement, 1:109
 for prostatitis, 1:151
 for reproductive endocrine conditions, 3:103
 specific indications, 1:165; 3:175
- Prunus armeniaca* (ansu apricot), 5:46, 49
- Prunus dulcis* (bitter almond), 2:154
- Prunus mume* (Chinese plum), 5:40
- Prunus persica* (peach), 1:72
- Prunus serotina* (black cherry)
 for bronchitis, 2:131
 for capillary fragility, 2:67
 for coughs, 2:117, 130
 flavones in, 3:87
 formulas containing, 2:146
 specific indications, 2:177
- pruritis. *See* itching skin
- Psidium guajava* (guava), 1:54
- Psilocybe cubensis* (magic mushroom)
 decriminalization of, 4:4
 for end-of-life depression, 4:105, 149
 microdosing with, 4:137, 149
 serotonin-promoting qualities, 4:92, 137, 138
 specific indications, 4:149
- psilocybin
 classification as Schedule I controlled substance, 4:4
 serotonergic effects, 4:105, 137, 138, 149
 therapeutic uses, 4:4, 5
- Psoralea corylifolia*. *See* *Cullen corylifolium* (bakuchi, bu gu zhi)
- psoriasis
Achillea millefolium for, 1:238
Ammi visnaga for, 1:238
Angelica sinensis for, 1:238
Apium graveolens for, 1:238

- psoriasis (*continued*)
Arctium lappa for, 1:239
Cannabis sativa for, 1:240
Centella asiatica for, 1:240
Citrus bergamia for, 1:240
Cnidium officinale for, 1:240
Coleus forskohlii for, 1:240; 5:88
Coriandrum sativum for, 1:241
Curcuma longa for, 1:241; 5:89
Echinacea spp. for, 1:241
Foeniculum vulgare for, 1:242
 formulas for, 1:209–11
Fucus vesiculosus for, 5:90
Iris versicolor for, 1:244
Lomatium dissectum for, 1:245
 overview, 5:70
Rumex crispus for, 1:247
Veratrum viride for, 1:249
- psoriatic arthritis, formulas for, 5:120
- psychiatric conditions
Acorus calamus for, 4:202
Cyperus rotundus for, 4:142
Ginkgo biloba for, 4:143
Ocimum tenuiflorum for, 4:148
 overview, 4:89–90
Panax ginseng for, 4:148
Perilla frutescens for, 4:148
 specific herbs for, 4:138–152
Ziziphus jujuba for, 4:152
See also specific conditions
- psychiatric medications, increasing use of, 4:2–3
- psychostimulants, for attention deficit hyperactivity disorder, 4:119
- psychotherapy
 approach to mental health, 4:5
 as important adjunct to medical practice, 4:3
 for obsessive-compulsive disorder, 4:117
- psychotic breaks, 4:122
Psychotria viridis (ayahuasca), 4:92, 137
- psyllium. *See Plantago* spp. (plantain)
- psyllium powder truffles, 3:97
- Pterocarpus marsupium* (kino tree)
 for beta cell regeneration, 3:74
 hypoglycemic effects, 3:73
 specific indications, 3:97
- pterygiums, formula for, 5:154
- PTSD. *See* posttraumatic stress disorder (PTSD)
- Ptychopetalum olacoides* (muira puama)
 for erectile dysfunction, 3:161, 175
 specific indications, 3:175–76
- puccoon. *See Sanguinaria canadensis* (bloodroot)
- Pueraria* spp. (kudzu)
 5 α -reductase inhibition, 3:162
 antiallergic qualities, 5:34t
 for bone health, 5:125, 126, 127
 formulas containing
 diabetes, 3:74
 hot flashes, 3:135
 metabolic conditions, 3:71
 urinary tract infections, 3:136
 for fracture healing, 5:100
 for hormonal support, 3:137
 for insulin resistance, 3:70, 71
 for leaky gut syndrome, 1:78
 minerals in, 5:100t
 neuroprotective effects, 4:31
 for osteoporosis, 5:128
 for renal failure, 1:152–53
 specific indications, 1:164; 3:176
 for tinnitus, 5:165
 for urinary conditions, 1:108, 115
- Pueraria candollei* var. *mirifica* (kudzu, white kwao krua)
 formulas containing
 hormone-related infertility, 3:130, 131
 hypothyroidism, 3:37
 osteoporosis, 3:141; 5:128
 Paget's disease, 5:130
 urinary conditions, 1:116
 for hormonal support, 3:137
 specific indications, 1:164; 3:176
- Pueraria montana* (kudzu)
 5 α -reductase inhibition, 1:218
 antispasmodic qualities, 1:135
 formulas containing
 alopecia, 1:216, 217
 leaky gut syndrome, 1:78
 renal failure, 1:154, 155
 urinary conditions, 1:111, 115
 urinary lithiasis, 1:140
 for leaky gut syndrome, 1:79
 for prostatic diseases, 1:143
 for renal failure, 1:154t
 specific indications, 1:164
- Pueraria montana* var. *lobata* (kudzu, gegen, Japanese arrowroot), 3:137
 for arthritis, 5:115
 for connective tissue support, 5:105
 for cystic fibrosis, 2:135
 for dental conditions, 5:175
 formulas containing
 alcohol abstinence, 4:132
 hangovers, 4:133
 hyperthyroidism, 3:42
 low libido, 3:154
 muscle pain, 5:109
 musculoskeletal trauma, 5:98
 nephropathy, 3:73
 osteoporosis, 3:141; 5:128
 uterine fibroids, 3:150
 vaginitis, 3:107
 vascular support, 2:27
 venous congestion, 2:80
 vertigo, 5:166, 167
 for hormonal support, 3:137
 for hyperlipidemia, 2:36
 isoflavones in, 3:156, 158
 for muscle pain, 4:183t
 neuroprotective effects, 4:31
 regulation of reproductive hormones and, 4:96
 specific indications, 2:101, 177; 3:97, 176; 4:150; 5:140
 for vascular support, 2:27
 for wound healing, 4:192t
- Pueraria tuberosa* (Indian kudzu), 3:71
 puerarin, 3:137; 5:140, 165, 166
 PUFAs. *See* polyunsaturated fatty acids (PUFAs)
- pukeweed. *See Lobelia inflata* (pukeweed, Indian tobacco)
- pulegone, 1:156
- pulmonary congestion
Ammi visnaga for, 2:90
Aspidosperma quebracho for, 2:159
Eriodictyon californicum for, 2:164
 formula for, 2:126
Lepidium meyenii for, 2:169
Lomatium dissectum for, 2:170
- pulmonary hypertension and fibrosis
 cor pulmonale from, 2:154–55
 formulas for, 2:84–85
Rhamnus purshiana for, 2:178
Salvia miltiorrhiza for, 2:102
 vascular protectants for, 2:83
- pulmonary inflammation
Ammi visnaga for, 2:90
Hypericum perforatum for, 2:168
 pulque, 5:128
- pulsatilla. *See Anemone pulsatilla* (pulsatilla, pasque flower)
- Pulsatilla (homeopathic remedy), 5:153
- pulse, observing, 1:9; 2:11; 3:11; 4:13; 5:13
- pumpkin. *See Cucumis pepo* (pumpkin)
- pumpkin seed oil, for benign prostatic hyperplasia, 3:162, 164
- puncture vine. *See Tribulus terrestris* (puncture vine)
- Punica granatum* (pomegranate)
 aromatase inhibitors in, 1:146
 for capillary fragility, 2:67
 flavones in, 3:87
 flavonoids in, 2:33
 formulas containing, 1:34
 for glossitis, 5:179
 juice of, 1:224
 mast-cell stabilizing effects, 2:144t
 for microvascular fragility, 2:66t
 polyphenols in, 1:223
 specific indications, 1:87, 164; 2:101, 178; 3:97; 5:200
 for telangiectasias, 1:208
 for vaginitis, 3:105
 for vascular support, 2:30, 65
- Purge the Heart Decoction, 5:72, 74
- purines, 1:129; 5:123
- purple coneflower. *See Echinacea purpurea* (purple coneflower)
- pus in the urine, herbs for, 1:115

- pustules
 with acne, 1:202
 with acne rosacea, 1:204, 205, 208
Echinacea angustifolia for, 1:202t, 203, 208
 with folliculitis, 1:192, 193
 herbs for, 1:176
 with impetigo, 1:179
Iris versicolor for, 1:244
Salix alba for, 1:247
- PUVA (psoralen and ultraviolet A) therapy, 1:209
- Pycnogenol
 for arthritis, 5:115
 for attention deficit hyperactivity disorder, 4:118
 from *Pinus pinaster*, 2:127
 specific indications, 2:100, 176; 5:139–140
- pyelitis
Elymus repens for, 1:160
Juniperus communis for, 1:162
- pyelonephritis
Arctostaphylos uva ursi for, 1:157
 formulas for, 1:118–120
Gaultheria procumbens for, 1:161
 herbs for, 1:116, 120t
 overview, 1:118–19
- Pygeum africanum* (African plum tree). *See* *Prunus africana* (African plum tree)
- pyrrolizidine alkaloids, 4:77
- pyuria, herbs for, 1:115
- Q**
- qian ceng ta. *See* *Huperzia serrata* (Chinese club moss, qian ceng ta)
- qing hao su. *See* *Artemisia absinthium* (wormwood)
- qin jao (*Gentiana macrophylla*), 4:110
- qualities of pain, therapies for, 4:170t
- quality and occurrence of the complaint (PQRST), 1:8–9; 2:10–11; 3:11; 4:13; 5:13
- quassia. *See* *Picrasma excelsa* (quassia)
- quebracho (*Aspidosperma quebracho*), 2:131, 159
- queen of the night. *See* *Cactus grandiflorus* (night-blooming cactus)
- queen's root. *See* *Stillingia sylvatica* (queen's root)
- quercetin
 in *Allium cepa*, 1:173, 181
 as aromatase inhibitor, 1:146
 for bowel reactivity, 5:39t
 chemopreventive effects, 3:157
 for COPD, 2:148
 for emphysema, 2:136
 formulas containing
 nasal polyps, 5:174
 sinusitis, 5:172
 stomatitis, 5:183
 in herbal bronchodilators, 2:108t
 as mast cell stabilizer, 2:144
 in *Matricaria chamomilla*, 1:41
 for nasal polyps, 5:173t
 for natural iron chelation, 2:71
 for neuropathic pain, 4:179
 for pain, 4:156
 for sinusitis, 5:171
 for stomatitis, 5:182
- Quercus* spp. (oak)
 astringent qualities, 1:51, 52, 54
 for ear pain, 4:175t
 for eye injuries, 5:154
 formulas containing
 diarrhea, 1:57
 hemorrhoids, 1:50; 2:78
 skin lesions, 5:55t
 ulcers, 1:64
 venous congestion, 2:76, 80
 for oral mucositis, 4:176
 for skin allergic conditions, 5:54t
 for varicosities, 2:74
 for venous insufficiency, 2:74
- Quercus alba* (white oak)
 for dermatitis, 1:188
 for dermatologic conditions, 1:171t
 formulas containing
 acne, 1:203
 anal fissures, 1:235
 diarrhea, 1:53
 genital herpes, 3:111
 pancreatitis, 1:70
 skin infections, 1:179
 ulcerated skin, 1:231
 for fungal skin infections, 1:196, 197
 for skin eruptions, 1:194
 for skin fissures, 1:235
 for skin infections, 1:183
 for skin ulcers, 1:231
 specific indications, 1:87, 105, 246–47
- Quercus brantii* (Brant's oak, Persian oak), 3:110
- Quercus robur* (common oak)
 for otitis externa, 5:163
 for phlebitis, 2:81
 for skin fissures, 1:235
 for skin ulcers, 1:231
 specific indications, 1:246–47; 2:101
- Quercus rubra* (red oak)
 formulas containing
 diarrhea, 1:53
 gastrointestinal hypersensitivity, 5:37
 GERD, 1:40
 inflammatory bowel diseases, 1:36
 oral pain, 4:176
 pancreatitis, 1:70
 skin infections, 1:179
 for otitis externa, 5:163
 for pain, 4:171t
 specific indications, 1:87
 for vascular pain, 4:200t
- questions to ask patients, 1:7, 8–9; 2:9, 10–11; 3:9, 10–11; 4:11, 13–14; 5:11, 12–13
- quinine bark. *See* *Cinchona officinalis* (Peruvian bark)
- quinolizidine alkaloids, 5:79
- quinones, 4:62
- R**
- racetams, 4:118
- racism, in medical research, 3:4–5
- radiation therapy, skin protection for, 1:229, 230, 238
- radish, black Spanish. *See* *Raphanus sativus* var. *niger* (black Spanish radish)
- radish sprouts, 3:158
- Radix *Sophorae flavascentis*, 5:45, 46
- raffinose oligosaccharides, 5:67
- rapé (herbal snuff), 4:63
- rapeseed. *See* *Brassica napus* (rapeseed)
- Raphanus sativus* var. *niger* (black Spanish radish), 1:99
 antispasmodic qualities, 1:91
 for biliary pain, 1:100t
 cholagogue action, 1:25, 98, 99
 for digestive pain, 4:197t
 formulas containing
 biliary colic and pain, 1:99; 4:198
 gastroparesis, 1:77
 hyperthyroidism, 3:41
 panic disorder, 4:109
 primary sclerosing cholangitis, 1:100
 for pain, 4:154
 specific indications, 1:87, 105; 2:101, 178; 3:176
 sprouts of, 3:158
- raspberry, red. *See* *Rubus idaeus* (red raspberry)
- rattlesnake. *See* *Crotalus horridus* (homeopathic remedy)
- Rauvolfia serpentina* (Indian snakeroot), 2:45; 4:126
 for arrhythmias, 2:57
 for depression and anxiety, 4:101t
 dopamine-reducing effects, 4:123, 126
 formulas containing
 delirium tremens, 4:132
 depression and anxiety, 4:98
 headaches, 4:164, 165
 hypertension, 2:44
 hyperthyroidism, 3:44
 menopausal cardiac symptoms, 3:141
 migraines, 4:163
 panic disorder, 4:110
 schizophrenia, 4:126
 for headaches, 4:158
 for hypertension, 2:42, 44, 45
 neuropsychiatry and, 4:126
 safety concerns, 4:150
 specific indications, 3:61; 4:150
 for tempering adrenaline surges, 4:109
 for vascular headaches, 2:27
 for vascular pain, 4:200t
- Ravensara aromatica* (clove nutmeg), 2:137
- rayasanas, 2:156

- Raynaud's syndrome, 2:67, 95; 5:84
- reactive arthritis, 5:71–72
 See also arthritis
- reactive esophagitis, 1:44, 45
- rectal fissures. *See* anal fissures
- rectal pain
Aesculus hippocastanum for, 1:81; 4:202
Collinsonia canadensis for, 1:83
Mentha piperita for, 4:211
- rectal prolapse
Hydrastis canadensis for, 1:85, 244
Silybum marianum for, 1:94t, 106
- red alder. *See* *Alnus rubra* (red alder)
- red algae. *See* *Gelidium* spp. (red algae);
Gracilaria spp. (red algae); Rhodophyceae
 (red algae)
- red clover. *See* *Trifolium pratense* (red clover)
- red oak. *See* *Quercus rubra* (red oak)
- red peony. *See* *Paeonia lactiflora*
 (white/red peony)
- red raspberry. *See* *Rubus idaeus* (red raspberry)
- red root. *See* *Ceanothus americanus* (red root,
 New Jersey tea)
- red sage. *See* *Salvia miltiorrhiza* (dan shen,
 red sage)
- redstem wormwood. *See* *Artemisia scoparia*
 (redstem wormwood)
- red yeast rice, for hyperlipidemia, 2:37
- reflex seizures, 4:66, 72–73
 See also epilepsy and seizure disorders
- reflex sympathetic dystrophy
 bee-venom therapy for, 4:75
 herbs for, 4:34
- reflux disease. *See* gastroesophageal reflux
 disorder (GERD)
- regional enteritis. *See* Crohn's disease;
 inflammatory bowel diseases (IBD)
- Rehmannia glutinosa* (di huang, Chinese
 foxglove), 5:67
 for attention deficit hyperactivity disorder,
 4:119
- formulas containing
 alcohol abstinence, 4:132
 allergic airway disorders, 5:49
 autoimmune disorders, 5:66
 demyelinating polyneuropathy, 4:49
 depression and anxiety, 4:106
 dyspnea, 4:194
 endometriosis, 3:150
 lupus, 5:78
 pancreatitis, 1:69
 peripheral neuropathy, 4:47
 psoriasis, 1:211
 Sjögren's syndrome, 5:69
 for neuralgia, 4:34
 for renal failure, 1:153
 specific indications, 4:213–14; 5:67, 93
- reishi. *See* *Ganoderma lucidum* (reishi)
- Reiter's syndrome (reactive arthritis), 5:71–72
- renal calculi. *See* urinary lithiasis
- renal colic
Atropa belladonna for, 1:141, 158
Dioscorea villosa for, 1:160
Eschscholzia californica for, 1:160
Hedeoma pulegioides for, 1:162
Hydrangea arborescens for, 1:162
Hyoscyamus niger for, 1:162
Lobelia inflata for, 1:163
Serenoa repens for, 1:165
 See also urinary colic
- renal congestion
Atropa belladonna for, 1:141, 158
 formula for, 1:120
Podophyllum peltatum for, 1:164
- renal depurants
 definition of, 1:110
 for gout, 5:102, 123
 hydrogogues vs., 1:111
 for myalgia, 5:106t
- renal disorders
Aesculus hippocastanum for, 1:156
Angelica sinensis for, 1:157
Astragalus membranaceus for, 3:55
Atropa belladonna for, 1:158
 bone disorders linked to, 5:127
 common types, 1:108–9
Elymus repens for, 1:160
Epimedium grandiflorum for, 3:57
Ganoderma lucidum for, 1:161
Ginkgo biloba for, 1:161
Juniperus communis for, 1:162
Lespedeza capitata for, 1:163
 listing of formula types, 1:107
 overview, 1:109
Panax ginseng for, 1:163
Phyllanthus amarus for, 5:93
Podophyllum peltatum for, 1:164
 protein intake and, 1:108
Pueraria montana var. *lobata* for, 3:97; 5:140
Pueraria spp. for, 1:164
Rehmannia glutinosa for, 5:93
Salvia miltiorrhiza for, 3:62, 97
Silybum marianum for, 1:88, 106; 3:62, 98
Taraxacum officinale for, 3:99
 See also specific disorders
- renal engorgement
Apis mellifica for, 1:157
Atropa belladonna for, 1:141, 158
- renal failure
 diuretics for, 1:109
 formulas for, 1:152–55
 herbs for, 1:108, 116
 overview, 1:152
Petroselinum crispum for, 1:163
Pueraria spp. for, 1:164
- renal insufficiency
 diuretics for, 1:109
 formula for, 2:58
 herbs for, 1:154t
Juniperus communis for, 1:162; 2:97
- Lespedeza capitata* for, 1:163
Panax ginseng for, 1:163
Phyllanthus amarus for, 2:100
Podophyllum peltatum for, 1:164
Pueraria spp. for, 1:164
Thuja occidentalis for, 2:105
- renal pain
Agrimonia eupatoria for, 4:203
Berberis vulgaris for, 1:158
Equisetum arvense for, 4:208
 formula for, 4:199
Gelsemium sempervirens for, 1:161
Hedeoma pulegioides for, 1:162
 herbs for, 4:166t
Hyoscyamus niger for, 4:210
Phyllanthus amarus for, 4:212
Piper methysticum for, 4:213
Rubia cordifolia for, 4:214
Rubia tinctorum for, 1:165
Viburnum opulus for, 4:217
- renin, 1:107, 110
- ren shen. *See* *Panax ginseng* (ginseng, ren shen)
- reproductive cancers
 chemopreventive agents for, 3:157
Curcuma longa for, 3:168
Fucus vesiculosus for, 3:170
 human papillomavirus association with, 3:111
Humulus lupulus for, 3:171
 overview, 3:154–56
Piper methysticum for, 3:175
Raphanus spp. for, 3:176
 research on estrogenic herbs and, 3:156–58
Trigonella foenum-graecum for, 3:179
 See also hormonal cancers
- reproductive endocrine conditions, 3:101–80
Actaea racemosa for mood and menopause,
 3:140, 140
Aloe for viral infections, 3:110, 110
 amenorrhea types and causes, 3:116
 aromatase inhibitors, 3:120t
 breast condition formulas, 3:142–43
 clearance of estrogen, 3:103
Curcuma longa for, 3:168
Dioscorea creams, 3:121, 121
 dysfunctional uterine bleeding vs. organic
 lesions, 3:117
 endometriosis formulas, 3:149–150
 genital herpes formulas, 3:109–11
Glycyrrhiza for ovarian cysts and
 amenorrhea, 3:146, 146
 herbs for fertility, 3:130, 130, 131t
 human papillomavirus formulas, 3:111–15
Leonurus cardiaca for heart palpitations,
 3:139, 139
Lepidium meyenii for fertility and libido,
 3:163, 163
 libido-enhancing herbs and formulas,
 3:151, 152–54
 male reproductive disorder formulas,
 3:160–64

- reproductive endocrine conditions (*continued*)
- Medicago sativa* for, 3:173
 - menopausal complaint formulas, 3:134–141
 - menstrual cycle disorder formulas, 3:115–125
 - ovarian cyst formulas, 3:144
 - overview, 3:101–4
 - painful intercourse lubricant, 3:151, 153
 - pelvic inflammatory disease formulas, 3:108–9
 - polycystic ovarian syndrome formulas, 3:144–47
 - pregnancy and related issues formulas, 3:129–134
 - premenstrual syndrome formulas, 3:125–29
 - reproductive and genital infections overview, 3:104
 - reproductive cancer herbal therapies, 3:154–160
 - specific herbs for, 3:165–180
 - unopposed estrogen and estrogen dominance, 3:102
 - uterine fibroids formulas, 3:150–51
 - uterine prolapse tincture, 3:153
 - vaginitis formulas, 3:105–7
 - venereal warts topical options, 3:112
 - Viburnum* to support the uterus, 3:133, 133
 - Vitex agnus-castus* for reproductive complaints, 3:148, 148
 - Vitex* for reducing elevated prolactin, 3:123
 - See also *specific conditions*
- reproductive hormones
- herbs for balancing, 4:98, 143
 - role in modulating neurotransmitters, 4:96
- reproductive infections, overview, 3:104
- Rescue Remedy, 4:110
- research in herbal medicine, 3:1–5
- reserpine
- in *Rauwolfia serpentina*, 2:45, 57; 4:126, 150, 158
 - in *Vinca minor*, 2:106
- respiratory allergies
- Astragalus membranaceus* for, 2:159
 - formulas for, 2:127–130; 5:40–44
 - herbs for, 5:41
 - See also *specific types*
- respiratory disorders
- Aconitum napellus* for, 2:156
 - Actaea racemosa* for, 2:157
 - Andrographis paniculata* for, 2:158
 - Angelica sinensis* for, 2:158
 - Apocynum cannabinum* for, 2:90
 - Aspidosperma quebracho* for, 2:159
 - Brassica nigra* for, 2:160
 - Centella asiatica* for, 2:161
 - Citrus* spp. for, 2:161
 - Clerodendron serratum* for, 2:161
 - Collinsonia canadensis* for, 2:93, 161–62
 - Corydalis cava* for, 2:162
 - Crataegus* spp. for, 2:162
 - Equisetum arvense* for, 5:196
 - Eriodictyon californicum* for, 2:164
 - Eucalyptus globulus* for, 2:164
 - Eupatorium perfoliatum* for, 2:165
 - Euphorbia* spp. for, 2:165
 - Grindelia* spp. for, 2:167; 5:91
 - Hemidesmus indicus* for, 2:167
 - Iris versicolor* for, 2:168
 - Ligusticum striatum* for, 2:98
 - Lobelia inflata* for, 2:13, 98, 170
 - Lomatium dissectum* for, 5:138–39, 198
 - Lycium barbarum* for, 2:170
 - Lycopus virginicus* for, 2:170
 - Mikania glomerata* for, 2:172
 - Morella cerifera* for, 2:172
 - Morinda citrifolia* for, 2:172
 - Ocimum sanctum* for, 2:173
 - overview, 2:107–8
 - Petasites hybridus* for, 2:175
 - Phyllanthus emblica* for, 2:176
 - Pinellia ternata* for, 2:176
 - Piper methysticum* for, 2:177
 - Polygala* spp. for, 2:177
 - Raphanus sativus* var. *niger* for, 2:178
 - Schisandra chinensis* for, 2:180; 5:141, 201
 - Silybum marianum* for, 2:180
 - Symplocarpus foetidus* for, 2:181
 - Syzygium aromaticum* for, 2:181
 - Thymus vulgaris* for, 2:182
 - Tinospora cordifolia* for, 2:182
 - Vaccinium myrtillus* for, 2:183–84
 - Withania somnifera* for, 2:184
 - Zanthoxylum clava-herculis* for, 2:184
 - Zingiber officinale* for, 2:184
 - See also *specific disorders*
- respiratory distress syndrome. See acute respiratory distress syndrome (ARDS)
- respiratory infections
- Achillea millefolium* for, 2:156
 - Actaea cimicifuga* for, 2:157
 - Allium cepa* for, 2:157
 - Alstonia scholaris* for, 2:157
 - Althea officinalis* for, 2:157
 - Armoracia rusticana* for, 2:158
 - Asclepius tuberosa* for, 2:159
 - Berberis aquifolium* for, 2:160
 - Bryonia dioica* for, 2:160
 - Citrus* spp. for, 2:161
 - Commiphora myrrha* for, 2:162
 - compress for, 5:47
 - Cornus officinalis* for, 2:162
 - Curcuma longa* for, 2:162
 - Dracocephalum rupestre* for, 2:163
 - Echinacea angustifolia* for, 2:163
 - Eucalyptus globulus* for, 2:164
 - herbs for, 2:121
 - Inula helenium* for, 2:168
 - Ligusticum porteri* for, 2:169
 - Ligusticum striatum* for, 2:169
 - Lomatium dissectum* for, 2:170; 5:139, 198
 - Lonicera japonica* for, 2:170
 - Lycopus virginicus* for, 2:170
 - Magnolia officinalis* for, 2:171
 - Matricaria chamomilla* for, 2:171
 - Melaleuca alternifolia* for, 2:171
 - Melissa officinalis* for, 2:172; 5:199
 - Morinda citrifolia* for, 2:172
 - Nepeta cataria* for, 2:173
 - Olea europaea* for, 2:173
 - Ophiopogon japonicus* for, 2:174
 - Panax ginseng* for, 2:174
 - Pelargonium sidoides* for, 2:175
 - Picrorhiza kurroa* for, 2:176
 - Pinus pinaster* for, 2:176
 - Polygala* spp. for, 2:177
 - Punica granatum* for, 2:178
 - Rosmarinus officinalis* for, 2:179
 - Sambucus canadensis* for, 2:179
 - Sanguinaria canadensis* for, 2:179
 - Schisandra chinensis* for, 2:180
 - Scutellaria baicalensis* for, 2:180
 - Stemona* spp. for, 2:180
 - Sticta pulmonaria* for, 2:181
 - Terminalia chebula* for, 2:182
 - Thymus vulgaris* for, 2:121, 130, 134
 - Trichosanthes kirilowii* for, 2:182
 - Ulmus fulva* for, 2:183
 - Verbascum thapsus* for, 2:184
 - See also upper respiratory infections (URIs)
- respiratory irritation, *Verbascum thapsus* for, 1:166
- respiratory mucosa wounds, herbs for, 4:192t
- respiratory smooth muscle spasms, *Lobelia* for, 1:11, 136; 4:16
- respiratory syncytial virus (RSV)
- Actaea* spp. for, 2:123, 131
 - Lophatherum gracile* for, 2:131, 170
 - overview, 2:130
 - Selaginella uncinata* for, 2:131, 180
 - Terminalia chebula* for, 2:131, 182
- restless legs syndrome, 4:32–33, 135
- restlessness
- Atropa belladonna* for, 1:239
 - Conium maculatum* for, 4:207
 - Eschscholzia californica* for, 4:79
 - Gelsemium sempervirens* for, 4:80
 - Nymphaea nouchali* var. *caerulea* for, 4:147
 - Paeonia* spp. for, 1:86, 105
 - with pyelonephritis, herbs for, 1:120t
 - Scutellaria lateriflora* for, 4:151
- resveratrol
- antioxidant and anti-inflammatory effects, 2:184; 3:99
 - as aromatase inhibitor, 1:146
 - for arthritis, 5:119
 - for attention deficit hyperactivity disorder, 4:119
 - for bowel reactivity, 5:39t
 - chemopreventive effects, 3:157
 - for COPD, 2:148, 150
 - for detoxification, 3:68
 - for diarrhea, 1:52

- resveratrol (*continued*)
 for emphysema, 2:136, 138
 for epilepsy and seizure disorders, 4:65–66
 for excessive CFTR activity, 2:134
 for fatty liver, 1:96
 flavonoids in, 2:33
 formulas containing
 asthma, 2:147
 COPD, 2:150
 emphysema, 2:138
 multiple sclerosis, 5:83
 vascular reactivity, 5:62
 for hemochromatosis, 2:71
 for neuralgia, 4:33
 for neurodegenerative disorders, 4:54
 for neurological conditions, 4:28
 for neuropathic pain, 4:179
 for pain, 4:156
 for pancreatic diseases, 1:68
 for peripheral neuropathy, 4:44
 for prostate cancer, 1:148
 for vascular support, 2:31
 in *Yucca schidigera*, 5:143
- retching
Podophyllum peltatum for, 1:94t, 105
Raphanus sativus var. *niger* for, 1:100t
Silybum marianum for, 1:94t, 106
- reticuline, 4:139, 142
- retinoic acid
 for HPV, 1:200
 for topical skin products, 1:228
- retinoids
 gels and creams, 5:105
 for human papillomavirus, 3:111
- retinopathies
Allium sativum for, 3:90
Crataegus oxyacantha for, 5:195
Eleutherococcus senticosus for, 5:196
 formulas for, 5:156–57
Ginkgo biloba for, 5:197
 overview, 5:156
Salvia multiorrhiza for, 3:62, 97
Vaccinium myrtillus for, 5:203
See also diabetic retinopathy
- reward deficiency syndrome, 4:131
- reward pathway, dopamine hypothesis
 and, 4:131
- Reynoutria japonica*. *See Polygonum cuspidatum*
 (Japanese knotweed)
- Reynoutria multiflora* (fo ti, he shou wu,
 Chinese knotweed), 1:219
 5 α -reductase inhibition, 1:218, 219; 3:162
 formulas containing
 alopecia, 1:217
 amenorrhea, 3:123
 hormone-related infertility, 3:130
 lupus, 5:77, 78
 for hormone-related infertility, 3:130, 131t
 for hyperlipidemia, 2:36
 for muscle pain, 4:182, 183
 specific indications, 2:101–2
- Rhamnus* spp., as intestinal smooth-muscle
 mover, 1:18
- Rhamnus frangula* (alder buckthorn), 1:47
- Rhamnus purshiana* (sacred bark, cascara)
 emodin in, 2:110
 formulas containing
 constipation, 1:48
 COPD, 2:151
 eczema, 1:189
 as intestinal smooth-muscle mover, 2:20
 as irritant laxative, 1:46, 47, 48
 as lymph mover, 3:20; 4:22; 5:22
 specific indications, 1:87, 247; 2:178
- rhein, 1:68, 219
- rheumatic pain
Actaea racemosa for, 4:202
Berberis aquifolium for, 5:134
Cannabis sativa for, 5:87
Caulophyllum thalictroides for, 5:134
Citrullus colocynthis for, 4:206
 formula for, 4:182–83
 herbal therapies for, 4:183t
Hyoscyamus niger for, 4:210
Lobelia inflata for, 4:211
Phytolacca americana for, 5:139
Piper methysticum for, 5:140
Ricinus communis for, 4:214
Sanguinaria canadensis for, 5:141
Stellaria media for, 5:141
Strychnos nux-vomica for, 4:215
Valeriana officinalis for, 5:143
Withania somnifera for, 4:218
- rheumatism
Cinnamomum verum for, 5:87
Gaultheria procumbens for, 5:137
Symphytum officinale for, 5:142
- rheumatoid arthritis
Andrographis paniculata for, 5:85, 132
 apitherapy for, 5:86
Arnica montana for, 5:133
Atropa belladonna for, 5:133
Bryonia dioica for, 4:205
Caulophyllum thalictroides for, 5:134
Celastrus aculeatus for, 5:87
 chemical exposure linked to, 5:99
Cinnamomum cassia for, 5:87
Colchicum autumnale for, 4:206
Curcuma longa for, 5:121
Equisetum spp. for, 5:101
Eucalyptus globulus for, 1:242
 formulas for, 5:117–122
Fucus vesiculosus for, 5:90
Grifola frondosa for, 5:91
 overview, 5:115
 periodontal disease linked to, 5:113
Rehmannia glutinosa for, 5:93
 sample cases, 1:16–17, 17; 2:18–19, 19; 3:19–20,
 19; 4:21–22, 22; 5:21–22, 21, 22
Schisandra chinensis for, 5:112
Tripterygium wilfordii for, 4:216
Urtica spp. for, 5:142
- Rheum emodi*. *See Rheum officinale*, *R.*
palmatum (Chinese rhubarb, turkey rhubarb)
- Rheum officinale*, *R. palmatum* (Chinese
 rhubarb, turkey rhubarb)
 alterative qualities, 1:46
 antimicrobial qualities, 1:61
 in Apple Pectin Truffles, 1:48
 for ARDS, 2:153, 154
 for digestive pain, 4:197t
 emodin in, 2:110
 formulas containing
 abdominal inflammation, 4:196
 anorexia, 1:37
 biliary insufficiency, 1:98
 cardiopulmonary disease, 2:85
 COPD, 2:153
 digestive pain, 4:198
 diverticulitis and diverticulosis, 1:72
 hyperhidrosis, 1:227
 macular degeneration, 5:158
 osteoporosis, 5:127
 pancreatitis, 1:69, 70, 71
 psoriasis, 1:211
 renal failure, 1:154, 155
 SIBO, 1:76
 for *Helicobacter pylori* infections, 1:43
 for hepatitis, 1:90
 for hyperlipidemia, 2:36
 as irritant laxative, 1:47, 48
 for pain, 4:170t
 for renal failure, 1:152, 153
 specific indications, 1:87, 105; 2:102, 178;
 4:214; 5:140, 200
 for vascular pain, 4:200t
- Rheum rhabarbarum* (common garden
 rhubarb), 1:87
- rhinitis, allergic. *See* allergic rhinitis
- rhinophyma, with acne rosacea, 1:206
- rhinosinusitis
Andrographis paniculata for, 5:85
Eleutherococcus senticosus for, 5:89
 link to asthma, 5:29
 nasal lavage for, 5:173
 overview, 5:171
See also allergic rhinosinusitis; sinusitis
- Rhodiola* spp.
 as chi tonic, 2:16
 for cystic fibrosis, 2:134
 for diarrhea, 1:52
 for insomnia with exhaustion, 1:14
- Rhodiola kirilowii* (rhodiola), 1:27; 2:135
- Rhodiola rosea* (arctic rose), 4:112
 adaptogenic qualities, 3:49; 4:90, 112
 for congestive heart failure, 2:50
 for depression and anxiety, 4:95, 101t, 103t
 ergogenic effects, 5:112
 formulas containing
 adrenal disorders, 3:49

- Rhodiola rosea* (arctic rose) (*continued*)
 attention deficit hyperactivity disorder, 4:119, 121
 cerebral vascular insufficiency, 2:64
 colds, 5:170
 coronary artery disease, 2:40
 depression and anxiety, 4:98
 heart stress at high altitudes, 2:52
 hypotension, 2:86
 impotence, 2:87
 muscle spasms and tension, 5:113
 muscle strength, 5:112
 myalgia, 5:109
 myositis conditions, 5:70
 prostate cancer, 1:148
 prostatitis, 1:151
 PTSD, 4:113
 vertigo, 5:168
 for increasing deficient adrenergic tone, 4:95
 for insomnia, 3:16, 136t; 4:18; 5:18
 for menopausal symptoms, 3:136t, 138t
 for muscle weakness, 5:110, 111
 for myositis conditions, 5:70
 for poor circulation, 2:58, 63
 for prostate cancer, 1:147, 148
 for schizophrenia, 4:124, 125
 serotonin-promoting qualities, 4:92
 specific indications, 2:102; 3:61, 176; 4:150–51; 5:140
 Rhodophyceae (red algae), 1:206
 rhonchi, 2:118, 120
 rhubarb. *See Rheum* spp.
Rhus aromatica (sweet sumac), 1:165
Rhus toxicodendron (poison ivy)
 for bites and stings, 1:171t
 for eczema and allergic dermatitis, 1:188
 specific indications, 1:165
Ribes spp. (currant)
 for dermatitis, 1:189
 essential fatty acids in, 5:84
 for glossitis, 5:179
 specific indications, 2:102
Ribes nigrum (black currant)
 formulas containing
 demyelinating polyneuropathy, 4:49
 hyperhidrosis, 1:227
 for herpes simplex viral infections, 5:180
 for peripheral neuropathy, 4:43t, 44
 for seborrhic dermatitis, 1:190
 seed oil from, 2:43; 4:57
 for skin fissures, 1:235
 specific indications, 4:85
 ricin, 1:87; 4:214
Ricinus communis (castor oil)
 for digestive pain, 4:197t
 formulas containing
 abdominal inflammation, 4:196
 alopecia, 1:217
 arthritis, 5:119
 Bell's palsy, 4:36
 breast conditions, 3:143
 bursitis and tendinitis, 5:103
 carpal tunnel syndrome, 4:48
 contractures, 5:105
 diarrhea, 1:58
 endometriosis, 3:149
 goiter, 3:33
 hemorrhoids, 1:50; 2:78
 joint pain, 4:187
 lung pain, 4:195
 muscle pain, 4:183
 musculoskeletal trauma, 5:97
 neuralgia, 4:35, 182
 pain, 4:171
 pancreatitis, 1:71
 peripheral neuropathy, 4:45
 pigmentation disorders, 1:224, 225
 pleurisy, 2:139
 sinus pain, 4:177
 skin fissures, 1:234
 skin protection, 1:228
 streptococcal infections, 1:233
 trigeminal neuralgia, 4:39
 urinary colic, 1:139
 venous congestion, 2:80
 warts, 1:201
 hot packs with, 4:170–71
 as irritant laxative, 1:47, 48
 with *Lobelia* compress, 3:124–25
 for osteoarthritic hand pain, 4:187
 for pain, 4:169
 for peripheral neuropathy, 4:44
 plasters containing, 2:110, 111
 for polymyositis, 5:71
 safety concerns, 4:214
 for skin cancer, 1:236
 specific indications, 1:87; 2:178; 4:214
 in topical protocols, 2:112, 113; 5:47
 for trigeminal neuralgia, 4:37
 right upper quadrant pain and fullness
Aesculus hippocastanum for, 1:101
Chelidonium majus for, 1:82, 103, 240
 herbs for, 4:166t, 197t
Leptandra virginica for, 1:85, 104
Morella cerifera for, 1:86, 105
Raphanus sativus var. *niger* for, 1:105
Taraxacum officinale for, 1:88, 106
 rikkunshito formula, 1:77
 ringworm, 1:195, 247
 rivastigmine, 4:52
 Robert's Formula for Ulcers, 1:63–64
 Rockefeller, John D., 5:2, 3
 rompe piedras (*Lepidium latifolium*), 2:98
 root canals, herbal therapies for, 5:177
Rosa spp. (rose)
 formulas containing
 burns, 1:172
 cellulite, 1:233
 skin protection, 1:228
 in Mouthwash for Halitosis, 1:51
Rosa canina (dog rose), 5:119
 for allergies, 5:48
 in aphrodisiac tea, 3:153
 for arthritis, 5:119
 essential fatty acids in, 5:84
 flavonoids in, 2:33
 footbaths with, 4:105
 formulas containing
 arrhythmias, 2:56
 capillary fragility, 2:66
 emphysema, 2:138
 endocarditis, 2:72
 hypertension, 2:43
 vascular reactivity, 5:63
 vascular support, 2:27
 vasculitis, 2:82
 for lipid health, 2:32
 specific indications, 2:102, 178–79
 for varicosities, 2:75
 for vascular infections, 2:72
 rosacea. *See acne rosacea*
Rosa damascena (damask rose), 3:134; 4:102, 103t
 roseapple (*Syzygium cumini*), 3:98–99
 rose hips, 2:26; 5:48, 119
 roselle. *See Hibiscus sabdariffa* (flor de Jamaica, hibiscus, flor de Jamaica)
 rosemary. *See Rosmarinus officinalis* (rosemary)
 rosewater
 for acne rosacea, 1:207
 for alopecia, 1:215
 for burns, 1:172
 formulas containing
 eye drops, 5:149
 respiratory allergies, 5:42
 rosmarinic acid
 for allergies and autoimmune disorders, 5:65
 formulas containing, 5:83
 for genital herpes, 3:109
 immunomodulating qualities, 5:32
 in *Leonurus cardiaca*, 3:139
 in *Perilla frutescens*, 5:45
 specific indications, 3:61–62
 for thyroid disorders, 3:28, 43
Rosmarinus officinalis (rosemary), 3:43
 antiallergy qualities, 2:127
 bronchodilating properties, 2:108t
 for cognition, 4:53
 for cystitis and pyelonephritis, 1:116
 for dementia, 4:52
 for depression and anxiety, 4:101t
 as drying agent, 2:133
 for epilepsy and seizure disorders, 4:67
 for exophthalmia, 3:45
 formulas containing
 alcohol withdrawal seizures, 4:71
 alopecia, 1:217, 218
 arthritis, 5:119
 Bell's palsy, 4:36
 carpal tunnel syndrome, 4:48
 cerebral vascular insufficiency, 2:62–63, 64

- Rosmarinus officinalis* (rosemary) (continued)
- cystitis, 1:114
 - dementia, 4:55
 - GERD, 1:40, 41
 - hyperthyroidism, 3:41
 - memory support, 4:56–57
 - multiple sclerosis, 5:83
 - PTSD, 4:113
 - pyelonephritis, 1:120
 - respiratory allergies, 5:40
 - tinnitus, 5:166
 - urinary conditions, 1:116, 117
 - vertigo, 5:166
 - withdrawal symptoms, 4:136
 - for *Helicobacter pylori* infections, 1:43
 - for nasal polyps, 5:172
 - for neurological conditions, 4:28
 - neuroprotective effects, 4:31
 - for prostatitis, 1:151
 - rosmarinic acid in, 3:43; 5:65
 - specific indications, 1:165, 247; 2:179; 3:61–62; 4:85, 214
 - for urinary conditions, 1:114
- rotenone, 4:213
- Rotundine, 4:129, 141
- rou cong-rong. *See Cistanche tubulosa* (rou cong-rong)
- roundhead bushclover. *See Lespedeza capitata* (roundhead bushclover)
- RSV. *See* respiratory syncytial virus (RSV)
- rubefaciens, for pain, 4:192
- Rubia cordifolia* (madder, majit), 4:214–15
- Rubia tinctorum* (common madder)
- bladder cancer and, 1:132, 134
 - for liver support, 1:89
 - specific indications, 1:165
 - for thick and cloudy urine, 1:139
- Rubus* spp., 2:31
- astringent qualities, 1:51, 52, 54
 - formulas containing
 - anemia, 2:69
 - vasculitis, 2:82
- Rubus idaeus* (red raspberry)
- astringent qualities, 1:19t, 54; 2:21t; 3:21t; 4:24t; 5:24t
 - formulas containing
 - amenorrhea, 3:123
 - arthritis, 5:116
 - diarrhea, 1:58
 - gastroenteritis, 1:62
 - osteoporosis, 5:128
 - vascular reactivity, 5:63
 - minerals in, 5:100t, 112
 - specific indications, 1:87; 3:176; 5:200–201
 - as uterine tonic, 3:119
- rue. *See Ruta graveolens* (rue)
- Rumex* spp.
- alterative qualities, 1:25, 27, 46, 48, 90
 - for digestion of fats, 1:13
 - emodin in, 2:110
 - formulas containing
 - acne rosacea, 1:207
 - anorexia, 1:37
 - for GERD, 1:39
 - for halitosis, 1:50
 - for iron deficiency anemia, 2:68
 - for liver function, 1:13
 - for malabsorption, 1:73
- Rumex acetosella* (sheep sorrel)
- antimicrobial qualities, 1:61
 - antiparasitic qualities, 1:54
 - specific indications, 1:87
- Rumex crispus* (yellow dock)
- alterative qualities, 1:19t; 2:21t; 3:21t; 4:24t; 5:24t
 - for digestive support, 5:129
 - in Dr. Stansbury's General Alterative Tea, 1:27
 - formulas containing
 - anorexia, 1:38
 - constipation, 1:47, 48
 - dyspepsia, 1:28, 29
 - malabsorption, 1:73
 - for malabsorption, 1:74
 - for muscle pain and spasms, 5:105
 - for poor circulation, 2:63
 - specific indications, 1:87, 105, 247; 2:179; 5:140
- rupturewort. *See Herniaria glabra* (rupturewort)
- ruscogenins, 2:102, 174
- Ruscus aculeatus* (butcher's broom), 1:49; 2:102
- Ruta graveolens* (rue)
- antiallergic qualities, 5:34t
 - as emmenagogue, 3:128
 - formulas containing
 - Paget's disease, 5:130
 - pain, 4:187
 - skeletal fractures and bone injuries, 5:101
 - for muscle pain, 4:183t
 - rutin from, 2:79
- rutin, 2:79
- rutosides, 1:50
- ## S
- sacred bark (*Rhamnus purshiana*), 4:22
- sacred lotus. *See Nymphaea nouchali* var. *caerulea* (blue water lily, sacred lotus)
- s-adenosylmethionine (SAME), 1:93, 122
- safety concerns
- Aconitum carmichaelii*, 4:109
 - Aconitum napellus*, 1:18, 69, 156; 2:89, 156; 4:35–36, 74, 101t, 102, 109, 110, 138–39, 177, 180, 181, 195, 201–2; 5:22, 131, 192
 - Adonis vernalis*, 2:89
 - apitherapy, 4:63–64
 - Apocynum cannabinum*, 1:157; 2:90
 - Arnica montana*, 4:204
 - Artemisia absinthium*, 1:81; 5:193
 - Atropa belladonna*, 1:18, 82, 158, 180; 2:159; 4:63, 76, 172, 178, 195, 199, 204; 5:22, 119, 133, 193
 - berberine-related photosensitivity, 5:189
 - Borago officinalis*, 4:77
 - Caulophyllum thalictroides*, 4:206; 5:134
 - Colchicum autumnale*, 4:47, 78, 207; 5:105, 124, 135
 - Conium maculatum*, 1:18, 159; 4:101t, 171, 179, 184, 207; 5:131, 136
 - Convallaria majalis*, 5:195
 - Digitalis purpurea*, 2:20, 94
 - Gaultheria procumbens*, 4:208
 - Gelsemium sempervirens*, 1:161; 4:35, 80, 101t, 143, 180, 209; 5:66, 131, 137, 197
 - H2 antagonists, 1:40, 63
 - Hedeoma pulegioides*, 1:162, 244
 - Hyoscyamus niger*, 2:168
 - Laburnum anagyroides*, 4:144
 - Lobelia inflata*, 2:170
 - Myristica fragrans*, 4:212
 - Petasites hybridus*, 4:212
 - Phytolacca americana*, 4:212
 - Piper methysticum*, 4:85, 149, 213; 5:107, 200
 - Piscidia piscipula*, 4:213
 - Rauwolfia serpentina*, 4:150
 - Rheum rhabarbarum*, 1:87
 - Ricinus communis*, 1:87; 4:214
 - Sanguinaria canadensis*, 5:93, 141, 201
 - Strophanthus hispidus*, 2:104
 - Strychnos nux-vomica*, 4:36, 152, 167, 168, 215
 - Symphytum officinale*, 5:142
 - thiazide diuretics, 1:110
 - toxic herb dosages, 1:5, 18; 2:7, 20; 3:8, 20; 4:9, 23; 5:9, 22–23
 - Tripterygium wilfordii*, 4:216
 - Turska's Formula, 4:196
 - Urginea maritima*, 2:105
 - Veratrum* spp., 5:22, 106, 143, 203
 - Veratrum album*, 4:189, 190
 - Veratrum viride*, 1:249; 4:87–88, 171, 172, 178, 190, 217
- safflower. *See Carthamus tinctorius* (safflower)
- saffron crocus. *See Crocus sativus* (saffron crocus, xi hong hua)
- safranal, 4:141
- sage. *See Salvia* spp.
- Saiboku-To, 5:46
- saiko. *See Bupleurum* spp.
- saikosaponins
- for adrenal disorders, 3:49, 51
 - in *Curcuma longa*, 1:102
 - for hepatitis, 1:93
 - immunomodulating qualities, 3:55, 73
 - for renal failure, 1:153
 - specific indications, 4:140
- Saint Anthony's fire (ergotism), 4:162
- St. Johnswort. *See Hypericum perforatum* (St. Johnswort)
- Salad of the Sea recipe, 3:37
- salai guggul, 5:118
- salicylate anodynes, 4:43t
- salicylic acid
- in skin care products, 1:201, 223, 247
 - for warts, 1:199

- salidosides, 4:151; 5:140
 saline solutions
 for eye injuries, 5:154
 for nasal polyps, 5:173
 for pharyngitis, 5:188
 for throat pain, 5:190
Salix spp. (willow)
 for arthritis, 5:114
 for cerebral vascular insufficiency, 2:65
 for dental procedures, 5:177
 for gastrointestinal hypersensitivity, 5:37
 for headaches, 4:158
 for muscle pain and spasms, 5:106
 for pain, 4:171t
 for skin allergic conditions, 5:54t
Salix alba (white willow)
 for dermatitis, 1:188
 formulas containing
 dental conditions, 5:177
 headaches, 4:164
 hyperthyroidism, 3:45
 migraines, 4:162
 muscle cramps, 5:106
 musculoskeletal trauma, 5:97
 oral allergic reactivity, 5:51
 Paget's disease, 5:130
 pigmentation disorders, 1:223
 premenstrual syndrome, 3:127
 for headaches, 4:163
 for itching skin, 1:185, 187
 for menstrual cramps, 3:124
 for pain, 4:171t
 for peripheral neuropathy, 4:43t
 for skin infections, 1:176
 specific indications, 1:87, 247; 5:140, 201
 salmon calcitonin, for Paget's disease, 5:129
Salmonella infections, 1:51
 salsolinol, 4:139
Salvia spp.
 for glossitis, 5:179
 neuroprotective effects, 4:31
 rosmarinic acid from, 5:65
Salvia divinorum (diviner's sage)
 for depression and anxiety, 4:151
 for opiate addiction, 4:129
 opiate agonist qualities, 4:134
Salvia hispanica (chia)
 seeds of, 3:79, 80, 82, 97
 specific indications, 3:97
Salvia miltiorrhiza (dan shen, red sage)
 antifibrotic qualities, 1:91
 antispasmodic qualities, 1:135
 for arrhythmias, 2:57
 for atherosclerosis, 2:32
 for Behçet's disease, 5:74
 for bone health, 5:127
 for cardiopulmonary disease, 2:83
 for cerebral vascular insufficiency, 2:62
 for CREST, 5:84
 for depression, 4:103t
 for erectile dysfunction, 3:16, 161
 for exophthalmia, 3:45
 formulas containing
 arrhythmias, 2:53, 56
 arthritic pain, 4:185
 Behçet's disease, 5:74
 cerebral vascular insufficiency, 2:64, 65
 congestive heart failure, 2:50
 CREST, 5:84
 diabetic neuropathy, 3:73
 endocarditis, 2:72
 esophageal disorders, 1:44
 glaucoma, 5:156
 heart stress at high altitudes, 2:52
 hemochromatosis, 2:71
 Henoch-Schönlein purpura, 5:75
 hepatitis, 1:95
 hyperlipidemia, 2:37
 hypertension, 2:45
 hyperthyroidism, 3:43, 45
 inflammatory bowel diseases, 1:34
 insomnia, 4:115
 lupus, 5:77, 78
 macular degeneration, 5:158
 nephropathy, 3:73
 neurogenic bladder, 1:127
 ovarian cysts, 3:144
 pancreatitis, 1:69, 70
 pelvic inflammatory disease, 3:108
 peripheral vascular insufficiency, 2:58
 phlebitis, 2:81
 pigmentation disorders, 1:223
 premenstrual syndrome, 3:129
 primary sclerosing cholangitis, 1:100
 psoriasis, 1:211
 renal failure, 1:153, 154, 155
 retinopathies, 5:157
 Sjögren's syndrome, 5:69
 urinary conditions, 1:111, 115
 urinary lithiasis, 1:140
 uterine fibroids, 3:150
 vascular damage, 3:74
 vascular support, 2:27, 30; 3:78
 venous congestion, 2:76, 80
 vertigo, 5:166
 GABAergic qualities, 4:110
 for gingivitis, 5:184
 for heart infections, 2:72
 for hemochromatosis, 2:70–71
 for Henoch-Schönlein purpura, 5:75
 for hepatitis, 1:90
 for hormonal support, 3:137
 for hormone-related infertility, 3:129
 for hyperlipidemia, 2:36
 for nasal polyps, 5:172
 for neurogenic bladder, 1:126, 127
 for neurological conditions, 4:28
 perfusion-enhancing diuretic qualities, 1:109
 for renal failure, 1:152, 154t
 specific indications, 1:247; 2:102–3; 3:62, 97, 176; 4:151; 5:93, 201
 for urinary conditions, 1:108, 115
 for varicosities, 2:81
 for vascular infections, 2:72
 for vascular support, 2:27
 for wound healing, 4:192t
Salvia officinalis (sage)
 for altered breath sounds, 2:118
 for amenorrhea, 3:122
 for cognition, 4:53
 for dementia, 4:52
 for depression and anxiety, 4:101t
 as drying agent, 2:133
 for eye conditions, 5:147t, 149t
 formulas containing
 Alzheimer's disease, 4:56
 cerebral vascular insufficiency, 2:62–63, 64
 conjunctivitis, 5:150
 dental conditions, 5:177
 depression and anxiety, 4:102
 excessive lactation, 3:134
 hot flashes, 3:135
 hyperhidrosis, 1:226, 227
 hyperthyroidism, 3:45
 insomnia, 4:115
 itching skin, 1:187
 menopausal symptoms, 4:100
 peripheral neuropathy, 4:45
 polycystic ovarian syndrome, 3:145
 stomatitis and gingivitis, 5:182
 for hormone-related infertility, 3:131t
 neuroprotective effects, 4:31
 for polycystic ovarian syndrome, 3:145
 for respiratory allergies, 5:41
 rosmarinic acid in, 3:43
 specific indications, 1:247; 2:179; 3:176–77; 4:85–86; 5:201
 for throat pain, 5:191t
Salvia rhytidea (Persian sage), 3:109
 salvinorin, 4:151
Sambucus spp.
 formulas containing, 2:117, 119
 for respiratory infections, 2:130
Sambucus canadensis (elderberry)
 specific indications, 1:247; 2:179
 for vasculitis, 2:82
Sambucus nigra (elderberry)
 for colds, 5:170t
 for dermatitis, 1:188
 diuretic qualities, 1:112
 for eye conditions, 5:147
 formulas containing
 bronchitis, 2:132
 childhood skin eruptions, 1:193
 conjunctivitis, 5:148
 laryngitis, 5:190
 lung conditions, 2:123
 muscle aches with influenza, 4:186
 otitis media, 5:160, 161

- Sambucus nigra* (elderberry) (continued)
 retinopathies, 5:157
 scratchy throat, 5:191
 ulcerated skin, 1:231
 urinary conditions, 1:116
 vascular reactivity, 5:63
 for respiratory infections, 2:121
 for sinusitis, 5:171
 for skin eruptions, 1:194
 for skin ulcers, 1:231
 specific indications, 5:201
 for throat pain, 5:191t
 for tonsillitis and pharyngitis, 5:188
 for viral infections, 2:131
- sample cases
 acne variations, 1:16, 16; 2:18, 18; 3:18–19, 18; 4:20–21, 21; 5:20–21, 21
 insomnia variations, 1:14–15, 14, 15; 2:16–17, 16, 17; 3:16–18, 16, 17; 4:18–20, 19; 5:18–20, 19
 rheumatoid arthritis variations, 1:16–17, 17; 2:18–19, 19; 3:19–20, 19; 4:21–22, 22; 5:21–22, 21, 22
- sandalwood, nebulized form, 2:137
 sangre de drago. *See Croton lechleri* (dragon's blood)
- Sanguinaria canadensis* (bloodroot), 5:180
 for bronchitis, 2:131
 for dental conditions, 5:174
 for dermatologic conditions, 1:171t, 191
 in escharotic treatments, 3:115
 formulas containing
 bronchitis, 2:133
 coughs, 2:123
 dental conditions, 5:176, 177
 dental extractions, 4:177
 headaches, 4:161
 human papillomavirus, 3:114
 lichen planus, 1:211
 oral allergic reactivity, 5:51, 52
 oral leukoplakia, 5:186
 pigmentation disorders, 1:225
 stomatitis and gingivitis, 5:182
 throat pain, 4:178
- for fungal skin infections, 1:197
 for headaches, 4:160
 for *Helicobacter pylori* infections, 1:43
 for human papillomavirus, 3:112, 114
 for inflammatory bowel diseases, 5:79
 for itching skin, 1:185
 for mouth conditions, 5:180
 for oral infections, 5:146
 for pain, 4:171t
 for poison ivy/oak dermatitis, 1:203, 237
 safety concerns, 5:141, 201
 for skin allergic conditions, 5:54t
 for skin eruptions, 1:190, 194
 specific indications, 1:87–88, 247; 2:179; 3:177; 4:215; 5:93, 141, 201
 for streptococcal infections, 1:180
 as tissue mover, 1:18; 2:20; 3:20; 4:22; 5:22
- for tongue conditions, 5:178t
 for warts, 1:199, 200
- san qi. *See Panax notoginseng* (san qi, notoginseng)
- Saposhnikovia divaricata* (fang feng), 2:150
- sarcopenia
Dioscorea villosa for, 5:136
 formula for, 5:111
Panax ginseng for, 5:139
- Sargassum* spp., 3:33
Sargassum muticum (Japanese wireweed), 3:62
- sarsaparilla. *See Smilax ornata* (sarsaparilla)
- sarsasapogenin, 1:34
- Sativex, 4:205
- Satureja* spp. (savory), 4:102
- Saussurea costus* (saw-wort)
 formulas containing
 hemoptysis, 2:126
 tuberculosis, 2:156
 specific indications, 2:179
- Saussurea pulvinata* (saw-wort, snow lotus), 4:31
- savin juniper. *See Juniperus sabina* (savin juniper)
- savory (*Satureja* spp.), 4:102
- saw palmetto. *See Serenoa repens* (saw palmetto)
- saw-wort. *See Saussurea* spp.
- scabies
Allium sativum for, 1:238
Eucalyptus globulus for, 1:242
 formulas for, 1:197–98
Hedeoma pulegioides for, 1:243
Lavandula angustifolia for, 1:245
Melaleuca alternifolia for, 1:245
 ointment for, 4:189
Phytolacca spp. for, 1:246
Thymus vulgaris for, 1:249
- scalp infections, 1:213, 214–15
- scars
Allium cepa for, 1:238
Calendula officinalis for, 1:239
Equisetum arvense for, 1:242
 formulas for, 1:181–83
 herbs for, 1:181
- Schisandra chinensis* (magnolia vine), 5:112
 adaptogenic qualities, 4:90
 adrenal-supporting qualities, 5:111t
 for congestive heart failure, 2:48
 for depression and anxiety, 4:95, 103t
 formulas containing
 Addison's disease, 3:51
 allergic airway disorders, 5:49
 allergic rhinosinusitis, 2:130
 arrhythmias, 2:53
 attention deficit hyperactivity disorder, 4:119
 autoimmune disorders, 5:68, 122
 COPD, 2:153
 depression and anxiety, 4:106
 gastrointestinal hypersensitivity, 5:37
 herpetic neuralgia, 4:40
 sarcopenia, 5:111
- schizophrenia, 4:125
 venous congestion, 2:80
 for muscle strength, 5:112
 neuroprotective effects, 4:31
 specific indications, 1:106; 2:103, 180; 4:86, 151; 5:141, 201
- Schistosoma* infections, 1:119
- schistosomiasis, 1:119
- schizophrenia
Celastrus paniculatus for, 4:141
 formulas for, 4:124–27
Ligusticum striatum for, 4:145
 need for pharmaceutical therapies, 4:8, 122, 123
Nelumbo nucifera for, 4:147
 overview, 4:122–24
Rauvolfia serpentina for, 4:150
- Schwann cells, 4:42
- sciatica
Arnica montana for, 4:204
Capsicum annuum for, 5:134
Colchicum autumnale for, 4:206
Dioscorea villosa for, 5:136
Gaultheria procumbens for, 5:137
Hamamelis virginiana for, 5:138
Hypericum perforatum for, 4:210
Melilotus officinalis for, 4:82
Piscidia piscipula for, 4:213
 therapies for, 4:183t; 5:130–31
Valeriana officinalis for, 5:143
Verbascum thapsus for, 4:217
Zanthoxylum clava-herculis for, 5:143
- scleritis, therapies for, 5:150
- scleroderma
 chemical exposure linked to, 5:99
Hippophae rhamnoides for, 5:91
- sclerotherapy, 4:169
- scopolamine
 for amphetamine cessation, 4:135
 for motion sickness, 5:167
 for opiate addiction, 4:129
 for urinary retention and bladder spasm, 1:128, 136, 158
- scopolamine detoxification technique, 4:129
- Scotch broom. *See Cytisus scoparius* (Scotch broom)
- Scots pine (*Pinus sylvestris*), 4:48, 165
- scouring rush. *See Equisetum* spp.
- scratch testing, 5:52–53
- scratchy throat, formula for, 5:191
See also sore throat
- screening for neurological conditions, 4:29–32
- scrofula, as term, 5:94
- Scrophularia nodosa* (figwort)
 alterative qualities, 1:27
 for crawling and tingling sensations, 1:232
 for dermatologic conditions, 1:171t
 formulas containing
 Behçet's disease, 5:74
 contact dermatitis, 5:54
 seborrhea, 5:55

- Scrophularia nodosa* (figwort) (*continued*)
 for itching skin, 1:187
 for seborrheic dermatitis, 1:190
 for skin allergic conditions, 5:54t
 for skin eruptions, 1:194
 specific indications, 1:88, 247
 scute. *See Scutellaria baicalensis* (huang qin)
- Scutellaria* spp.
 nerve qualities, 1:51
 for Parkinson's disease, 4:60
 for restless insomnia, 1:14, 15; 4:19, 20
- Scutellaria baicalensis* (huang qin), 2:150
 for adrenal disorders, 3:46
 antiallergic qualities, 1:33; 5:34t
 for anxiety, 4:17
 for attention deficit hyperactivity disorder, 4:119
 for biliary pain, 1:100t
 for COPD, 2:148
 for cystic fibrosis, 2:135
 formulas containing
 allergic airway disorders, 5:46, 49
 allergic hypersensitivity, 5:35
 arthritis, 4:185; 5:122
 asthma, 2:145
 attention deficit hyperactivity disorder, 4:120
 autoimmune disorders, 5:66
 Behçet's disease, 5:74
 bronchitis, 2:134
 colds, 5:170
 COPD, 2:148
 cystic fibrosis, 2:135
 dermatitis, 1:190, 192
 endometriosis, 3:150
 gastrointestinal hypersensitivity, 5:38, 39
 gout, 5:123, 124
 hemochromatosis, 2:71
 hepatitis, 1:95
 hypertension, 2:43
 inflammatory bowel diseases, 1:35
 lower urinary epithelial dysfunction, 1:125
 lupus, 5:77
 migraines, 4:162
 overactive bladder, 1:130
 pain, 4:172
 pemphigus support, 1:221
 psoriasis, 1:211
 schizophrenia, 4:125
 stridor, 2:121
 wound healing, 1:181
 GABAergic qualities, 4:110
 for gout, 5:123
 for hemochromatosis, 2:71
 for hepatitis, 1:90
 histamine-blocking qualities, 5:32, 32t
 for hyperlipidemia, 2:36
 for inflammatory bowel diseases, 1:34
 for itching skin, 1:185, 187
 for liver support, 1:90
 for neurological conditions, 4:27, 28
 neuroprotective effects, 4:31
 for otitis media, 5:159
 for psoriasis, 5:70
 for respiratory conditions, 2:150
 for sinusitis, 5:171
 for skin allergic conditions, 5:54t
 for sleep difficulties, 2:16, 17
 specific indications, 1:106, 247; 2:103, 180; 4:86, 215; 5:93, 141
 for viral infections, 2:131
- Scutellaria barbata* (barbed skullcap), 1:146; 3:120
- Scutellaria lateriflora* (skullcap)
 for anxiety, 5:17
 for epilepsy and seizure disorders, 4:66
 formulas containing
 anorexia, 1:38
 delirium tremens, 4:132
 diarrhea, 1:57
 dyspepsia, 1:28
 hyperventilation, 2:140
 menopausal symptoms, 3:138
 muscle tension, 5:106, 107
 pain, 4:169
 Parkinson's disease, 4:63
 premenstrual syndrome, 3:126
 restless legs syndrome, 4:33
 seizures, 4:72
 shingles lesions, 1:231
 tics and twitching, 5:106
 withdrawal symptoms, 4:136
 GABAergic qualities, 4:110, 114
 for hyperventilation, 2:140
 for insomnia, 3:17, 136t
 for migraines, 4:173
 for nerve pain, 4:91, 180t
 for panic disorder, 4:109
 for Parkinson's disease, 4:60
 for restless legs syndrome, 4:32
 for schizophrenia, 4:125
 for sleep difficulties, 2:16, 17
 specific indications, 1:165, 248; 3:177; 4:86, 151; 5:141
 for withdrawal symptoms, 4:128
 scutellarin, 4:79
- sea almond. *See Terminalia* spp. (sea almond)
- sea buckthorn. *See Hippophae rhamnoides* (sea buckthorn)
- seasonal allergies, formula for, 5:170
- sea squill. *See Drimia maritima* (sea squill)
- seaweed alginates, for GERD, 1:42
- seaweed broth, 1:80
- seaweeds
 alginates in, 1:42
 for goiter, 3:32
 immunomodulating qualities, 1:78
 as mineral source, 5:125
 mucous-enhancing qualities, 1:64
 recipes containing, 1:80; 3:37
 for thyroid and metabolic function, 3:27, 27, 35
 for toxin-induced neuropathy, 4:47
See also specific types
- seborrhea
 formula for, 5:54–55
 link to eczema, 5:29
Smilax ornata for, 5:93
- seborrheic dermatitis
Allium cepa for, 1:238
Cannabis sativa for, 1:240
 herbs for, 1:190
Juglans spp. for, 1:244
Scrophularia nodosa for, 1:247
Smilax ornata for, 1:248
Trifolium pratense for, 1:249
Viola spp. for, 1:249
- Secale cornutum* (homeopathic remedy), 3:133
- secoisolariciresinol, 1:160
- secondary amenorrhea, 3:116
See also amenorrhea
- secretory diarrhea, 1:52, 54, 55
See also diarrhea
- secretory otitis media, 5:159
See also otitis media
- secretory stimulants
 formulas, 1:37–38, 73
 listing of herbs, 1:74
 warming stimulants, 1:19t; 2:21t; 3:21t; 4:23t; 5:23t
- seed oils
 for dementia, 4:57
 for epilepsy and seizure disorders, 4:68–69
- seeds. *See nuts and seeds*
- Seedy Sea Salt recipe, 2:33
- seizural disorders. *See epilepsy and seizure disorders*
- Selaginella uncinata* (spikemoss), 2:131, 180
- selective estrogen response modifiers (SERMs), 1:143; 3:101, 127, 159
- selective serotonin reuptake inhibitors (SSRIs), 4:90, 92, 93
- Selenicereus grandiflorus* (night-blooming cactus), 2:51
 for arrhythmias, 2:57
 for cardiac symptoms, 3:141
 for congestive heart failure, 2:51
 for cor pulmonale, 2:155
 formulas containing
 arrhythmias, 2:55, 83
 cardiopulmonary disease, 2:83
 congestive heart failure, 2:50
 coronary artery disease, 2:40
 cor pulmonale, 2:155
 specific indications, 2:103
 selenium, 3:29, 30, 32, 34; 4:46, 47
 selenomethionine, 4:50, 51
 self-heal. *See Prunella vulgaris* (self-heal)
- Selye, Hans, 3:46
- Seneca snakeroot (*Polygala senega*), 4:67
- Senecio aureus* (golden ragwort), 3:119

- Senna* spp.
 emodin in, 2:110
 specific indications, 2:103, 180
 See also *Cassia* spp.
- Senna alata* (candle bush), 2:144t
 senses, observing, 3:11
- sensitive plant (*Mimosa pudica*), 4:31, 53
- Serenoa repens* (saw palmetto), 1:136
 5 α -reductase inhibition, 1:145, 216, 218;
 3:162, 177
 alterative qualities, 1:27
 for amenorrhea, 3:115, 122, 123
 for benign prostatic hyperplasia, 1:144, 147,
 165; 3:162, 177
 for bladder cancer, 1:132
 dehydrogenase inhibitors in, 1:146
 for enuresis, 1:131
 for erectile dysfunction, 3:15
 formulas containing
 acne, 1:201
 adrenal disorders, 3:50
 alopecia, 1:216, 218
 amenorrhea, 3:123
 anovulatory cycles, 3:123
 benign prostatic hyperplasia, 3:162
 bladder cancer, 1:132, 134
 hirsutism, 1:214
 hormone-related infertility, 3:131
 male infertility, 3:164
 neurogenic bladder, 1:127
 polycystic ovarian syndrome, 3:145
 prostate cancer, 1:148
 prostatic diseases, 1:146
 prostatitis, 1:151
 for hormone-related infertility, 3:129, 131f
 for muscle weakness, 5:111
 for neurogenic bladder, 1:127
 for ovarian cysts, 3:144
 for overactive bladder, 1:129
 phytosterols in, 3:155
 for polycystic ovarian syndrome, 3:145, 177
 for prostate cancer, 1:147
 for prostatic diseases, 1:143, 144
 for prostatic enlargement, 1:109, 165
 for prostatitis, 1:151
 for renal failure, 1:154t
 for reproductive endocrine conditions, 3:103
 specific indications, 1:165, 248; 3:177
 testosterone-reducing effects, in women,
 3:145
 for urinary colic, 1:136
 for urinary retention, 1:142
- SERMs (selective estrogen response modifiers),
 1:143; 3:101, 127, 159
- serotonin
Actaea racemosa effects on, 4:139
 ayahuasca effects on, 4:137
 botanical agents that promote, 4:92
 in *Mucuna pruriens*, 4:62
 physiological actions of, 4:92
Psilocybe cubensis effects, 4:137
 SSRIs, 4:90, 92
 serotonin 5-HT₄ receptor agonists, 1:76
 serotonin antagonists, for schizophrenia, 4:125
Sesamum indicum (sesame seed, black
 sesame seed)
 formulas containing
 arthritis, 5:120
 demyelinating polyneuropathy, 4:49
 dry mouth, 5:186
 peripheral neuropathy, 4:44
 for nephropathy, 3:73
 seed oil for salad dressing, 4:57
 specific indications, 5:141
 sesquiterpene lactones, 4:204
 sesquiterpenes
 in *Curcuma*, 1:102
 in *Matricaria*, 1:41
 for schistosomiasis, 1:119
 in *Ulmus*, 1:65
 severity of the complaint, 3:11
 sex drive, observing, 3:11
 sexual function
Cyperus esculentus for, 4:142
Epimedium brevicornu for, 5:137
Lepidium meyenii for, 4:145
Mitragyna speciosa for, 4:147
Mucuna pruriens for, 4:83
Pueraria montana var. *lobata* for, 4:150
Strychnos nux-vomica for, 4:152
Tribulus terrestris for, 5:142
 See also aphrodisiacs; libido, low
 sexually transmitted diseases
 cystitis from, 1:114
Piper spp. for, 1:164
Thuja spp. for, 1:166, 235
 shamanistic view of mental health conditions, 4:12
 shan zhu yu. See *Cornus officinalis* (Japanese
 cornel, shan zhu yu)
 shatavari. See *Asparagus racemosus* (shatavari)
 shea (*Vitellaria paradoxa*), 5:48
 sheep sorrel. See *Rumex acetosella* (sheep sorrel)
 Shen-An, 5:127
 shengma. See *Actaea cimicifuga* (shengma)
 shepherd's purse. See *Capsella bursa-pastoris*
 (shepherd's purse)
Shigella infections
 intestinal bleeding from, 1:66, 67
 traveler's diarrhea from, 1:51
 shiitake. See *Lentinula edodes* (shiitake)
 shikkaron merushat (*Hyoscyamus reticulatus*),
 4:61
 shingles
Aconitum napellus for, 4:202
Capsicum frutescens for, 4:205
 herbs for, 4:40
Hyoscyamus niger for, 4:210
Hypericum perforatum for, 4:210
 topical spray for, 4:41, 182
 shingles lesions, 1:231
 Shin'iseihaito (xin yi qing fei tang), 2:174
 shiso. See *Perilla frutescens* (Korean perilla,
 shiso, perilla)
 shooting pain, herbs for, 4:171t
 short menstrual cycles, formula for, 3:118
 Shuyu Decoction for Depression, 4:106
 sialogogues, 5:185
 Siberian fir. See *Abies sibirica* (Siberian fir)
 Siberian ginseng. See *Eleutherococcus senticosus*
 (Siberian ginseng, eleuthero, ciwujia)
 SIBO. See small intestinal bacterial
 overgrowth (SIBO)
 sick building syndrome, as term, 5:47
Sida cordifolia (country mallow, heart-leaf sida,
 bala), 4:61
 side effects, pharmaceuticals, 5:32
Silene vulgaris (maiden's tears), 4:50
 Silica (homeopathic remedy), 5:153
 silica, for headaches, 4:165t
 silk tree. See *Albizia julibrissin* (silk tree, mimosa)
 silver birch. See *Betula pendula* (silver birch)
 silver ragwort (*Jacobaea maritima*), 5:152
Silybum marianum (milk thistle), 1:95
 alterative qualities, 1:27
 antifibrotic qualities, 1:91
 for anxiety, 4:16, 17
 biliary support qualities, 1:52, 72
 cholagogue action, 1:98
 for cystic fibrosis, 2:135
 for digestive pain, 4:197t
 for eye conditions, 5:147, 147t
 formulas containing
 acne, 1:202, 203
 acne rosacea, 1:207
 alcohol recovery, 4:136
 autoimmune disorders, 5:68, 122
 bites and stings, 1:172
 cardiopulmonary disease, 2:85
 cholelithiasis, 1:98
 cholestasis, 1:98
 CREST, 5:84
 cystic fibrosis, 2:135
 depression and anxiety, 4:98, 100
 erythema multiforme, 1:220
 esophageal disorders, 1:45
 fatty liver, 1:96
 gastrointestinal hypersensitivity, 5:37, 38, 39
 gastroparesis, 1:77
 heart stress at high altitudes, 2:52
 hemorrhoids, 1:50
 hepatitis, 1:93, 94, 95
 hyperlipidemia, 2:37, 47
 hyperthyroidism, 3:42
 liver pathology, 1:97
 metabolic syndrome, 3:74–75, 76
 muscle pain, 5:107
 nephropathy, 3:73
 pancreatitis, 1:70
 peripheral neuropathy, 4:46
 pigmentation disorders, 1:223

- Silybum marianum* (milk thistle) (continued)
 primary sclerosing cholangitis, 1:100
 renal failure, 1:155
 styes, 5:153
 thyroiditis, 3:31
 tinnitus, 5:166
 urinary conditions, 1:116
 for halitosis, 1:50
 for heavy metal neuropathy, 4:50
 for hemochromatosis, 2:71
 for hepatitis, 1:91, 94t, 95
 for inflammatory bowel diseases, 1:34
 for lipid health, 2:32–33; 3:82
 for liver support, 1:89, 93, 95
 mast-cell stabilizing effects, 2:144t
 for metabolic conditions, 3:74–75
 for muscle pain and spasms, 5:105
 for muscle weakness, 5:111
 neuroprotective effects, 4:31
 for pain, 4:166t
 perfusion-enhancing diuretic qualities, 1:109
 polyphenols in, 1:223
 for renal failure, 1:152, 153, 154t
 for reproductive endocrine conditions, 3:102
 for restless insomnia, 1:15; 2:17; 3:18; 4:20; 5:20
 for restless legs syndrome, 4:33
 specific indications, 1:88, 106, 248; 2:103, 180; 3:62, 98; 5:201
 for styes, 5:153
 for telangiectasias, 1:208
 for urinary conditions, 1:108, 115
 for varicosities, 2:74
 for vascular support, 2:35
- silymarin
 for hepatitis, 1:93
 for inflammatory bowel diseases, 1:35
 for pigmentation disorders, 1:223
- simmering herbs, 1:20; 2:22–23; 3:23; 4:25; 5:25
- Simmondsia chinensis* (jojoba), 5:48
- Sinapis alba* (mustard seed, white mustard), 3:43
- Sinclair method, 4:130
- sinus colds, formula for, 5:171
 See also colds
- sinusitis
Albizia lebbek for, 2:157
Allium sativum for, 2:157
Angelica dahurica for, 2:158
Angelica sinensis for, 2:158; 5:192
Armoracia rusticana for, 2:158, 159; 5:193
Berberis aquifolium for, 2:160
Curcuma longa for, 2:162
 formulas for, 5:172
Ligusticum porteri for, 2:169
Linum usitatissimum for, 2:169
Lomatium dissectum for, 2:170
Magnolia officinalis for, 2:171
 overview, 5:171
Panax ginseng for, 2:174
Petasites hybridus for, 2:175; 5:41
- Xanthium cavanillesii* for, 2:184
 See also rhinosinusitis
- sinus pain, 4:177, 202
- sipping vinegars, 3:89
- Siraitia grosvenorii* (monk fruit, luo han guo), 3:85
 formulas containing, 4:58, 59
 in *Poria* steam cakes, 4:107
 powder of, 3:78
 specific indications, 3:98
 as sweetener, 3:77, 78, 79, 85, 98
 syrup of, 3:77
- siris. See *Albizia lebbek* (siris, lebbek tree)
- Sitka valerian. See *Valeriana sitchensis* (Sitka valerian)
- sitz baths
 for anal fissures, 1:235
Camellia sinensis in, 5:87
Coptis trifolia in, 3:168
 for cystitis, 1:113, 114
Equisetum arvense in, 1:113, 160; 4:208
 for fungal skin infections, 1:195, 196
 for genital herpes, 3:111; 4:41
Hamamelis virginiana in, 3:171
 for hemorrhoids, 1:49–50; 2:78
 for postpartum pain, 4:193
 for reactive arthritis, 5:72
Thuja spp. in, 3:178
 for vaginitis, 3:105, 106–7
- Sjögren's syndrome
Cordyceps sinensis for, 1:153
Curcuma longa for, 5:121
 formula for, 1:227
 mouthwash for, 5:52
 overview, 5:68–69
Pilocarpus jaborandi for, 1:227, 246; 5:151, 200
Rehmannia glutinosa for, 5:93
 throat wash for, 1:45
Ulmus fulva for, 5:142
Zanthoxylum clava-herculis for, 5:143
- skeletal fractures, formulas for, 5:100–101
- skin, as organ of elimination, 1:2
- skin, itching. See itching skin
- skin allergic conditions
Angelica sinensis for, 5:85
Astragalus membranaceus for, 5:86
Camellia sinensis for, 5:86–87
Hamamelis virginiana for, 5:91
 herbs for, 1:232; 5:54t
Hippophae rhamnoides for, 5:91
Hypericum perforatum for, 5:91
 overview, 1:183; 5:34–35
 See also contact dermatitis
- skin autoimmune conditions
Eleutherococcus senticosus for, 5:136
Hippophae rhamnoides for, 5:91
Oenothera biennis for, 5:92
Panax ginseng for, 5:139
- skin cancer
Conium maculatum for, 1:237, 241
Galium aparine for, 1:242
- general therapy for, 1:236
 herbs for, 1:237
Hydrastis canadensis for, 1:244
Rosmarinus officinalis for, 1:247
Sanguinaria canadensis for, 1:247; 3:177
- skin disorders
Atropa belladonna for, 5:133
Berberis aquifolium for, 5:134, 194
Calendula officinalis for, 3:55
Ceanothus americanus for, 3:91
Cinnamomum verum for, 3:91
Cnidium monnieri for, 5:87
Colchicum autumnale for, 5:88
Curcuma longa for, 5:89
Eleutherococcus senticosus for, 5:89
Equisetum arvense for, 3:93
Fucus vesiculosus for, 5:90
Matricaria chamomilla for, 5:92
Melaleuca alternifolia for, 5:92
Sanguinaria canadensis for, 3:177
Scutellaria baicalensis for, 5:93
Smilax ornata for, 5:93
Trifolium pratense for, 5:142
 See also specific disorders
- skin disorders associated with digestive and liver disorders
Achillea millefolium for, 1:101
Andrographis paniculata for, 1:238
Arctium lappa for, 1:81, 101
Berberis aquifolium for, 1:86, 105, 245
Chelidonium majus for, 1:83, 103, 240
Cnicus benedictus for, 1:240
Gentiana lutea for, 1:243
Iris versicolor for, 1:104, 244
Juglans nigra for, 1:85
Rumex crispus for, 1:87, 105
Silybum marianum for, 1:248
Stillingia sylvatica for, 1:248
- skin eruptions
Atropa belladonna for, 1:239
Centella asiatica for, 1:240
 in children, 1:193–94
Echinacea spp. for, 1:241
Euphrasia officinalis for, 1:242
Glycyrrhiza glabra for, 1:243
Grindelia squarrosa for, 1:243
 herbs for, 1:185, 187, 190, 194
Hypericum perforatum for, 1:244
Iris versicolor for, 1:244
Juglans spp. for, 1:244
Lobelia inflata for, 1:245
Phytolacca spp. for, 1:246
Rumex crispus for, 1:247
Salix alba for, 1:247
Silybum marianum for, 1:248
Smilax ornata for, 1:248
 as symptom of healing crises, 1:8
Tanacetum parthenium for, 1:248
Thuja spp. for, 1:248–49
Vitex agnus-castus for, 1:249

- skin fissures, formulas for, 1:234–35
- skin infections
- Allium sativum* for, 1:195, 196, 197, 238
 - Azadirachta indica* for, 1:239
 - Berberis aquifolium* for, 1:245
 - Calendula officinalis* for, 1:239
 - Cinnamomum* spp. for, 1:240
 - Commiphora mukul* for, 1:241
 - Coptis* spp. for, 1:241
 - Cordyceps sinensis* for, 1:241
 - Echinacea* spp. for, 1:241
 - Eupatorium perfoliatum* for, 1:242
 - formulas for, 1:175–180
 - fungal, 1:194–97, 240
 - Ganoderma lucidum* for, 1:243
 - Grifola frondosa* for, 1:243
 - herbs for, 1:176, 181, 183
 - Melaleuca alternifolia* for, 1:245
 - Organum vulgare* for, 1:246
 - overview, 1:175–76
 - Panax ginseng* for, 1:246
 - Phytolacca* spp. for, 1:246
 - Usnea barbata* for, 1:249
 - Zingiber officinale* for, 1:183, 249
- skin inflammation
- Curcuma longa* for, 5:121
 - Eugenia caryophyllata* for, 5:89
 - Hamamelis virginiana* for, 5:138
 - Hypericum perforatum* for, 4:143
 - Matricaria chamomilla* for, 4:211
 - Tanacetum parthenium* for, 5:56
- skin injuries. *See* traumatic injuries to the skin
- skin lesions
- Achillea millefolium* for, 1:81, 238
 - Alnus serrulata* for, 1:238
 - Apium graveolens* for, 1:238; 5:86
 - Astragalus membranaceus* for, 1:239
 - Atropa belladonna* for, 1:239
 - from Behçet's disease, 5:72
 - Centella asiatica* for, 5:87
 - Citrus bergamia* for, 1:240
 - Cnidium monnieri* for, 5:87
 - Conium maculatum* for, 1:241
 - Echinacea* spp. for, 1:241
 - Eucalyptus globulus* for, 1:242
 - Galium aparine* for, 1:242
 - Ginkgo biloba* for, 1:243; 5:90
 - Gymnema sylvestre* for, 1:243
 - from Henoch-Schönlein purpura, 5:74, 75
 - herbs for, 1:237
 - Hippophae rhamnoides* for, 1:244
 - Hypericum perforatum* for, 1:244; 5:91
 - Lavandula angustifolia* for, 1:244
 - Lonicera japonica* for, 1:245
 - Nigella sativa* for, 5:92
 - propolis for, 1:246
 - Rhamnus purshiana* for, 1:247
 - Sambucus canadensis* for, 1:247
 - Sanguinaria canadensis* for, 1:247
 - Thuja* spp. for, 1:249
 - topical protocols, 5:55
 - Urtica* spp. for, 5:94
 - Viola* spp. for, 1:249
- skin pain
- Aloe vera* for, 4:203
 - Chelidonium majus* for, 4:206
 - Conium maculatum* for, 4:207
 - Curcuma longa* for, 4:207
 - formulas for, 4:188–193
 - Hamamelis virginiana* for, 4:209
 - herbs for, 4:166t
 - Hypericum perforatum* for, 4:210
 - Lavandula angustifolia* for, 4:210
 - Mentha piperita* for, 4:211
 - Myristica fragrans* for, 4:212
 - Ocimum tenuiflorum* for, 4:212
- skin protection
- formulas for, 1:228–230
 - Fucus vesiculosus* for, 1:242
 - herbs for, 1:228, 241
 - Hippophae rhamnoides* for, 1:244
 - Lonicera japonica* for, 1:245
 - Matricaria chamomilla* for, 1:245
- skin ulcers
- Calendula officinalis* for, 1:239
 - Centella asiatica* for, 5:87
 - Conium maculatum* for, 1:241
 - Echinacea* spp. for, 1:241
 - formulas for, 1:230–32
 - Forsythia suspensa* for, 1:242
 - Ginkgo biloba* for, 1:243
 - Grindelia squarrosa* for, 1:243; 5:91
 - Hamamelis virginiana* for, 1:243
 - herbs for, 1:231
 - Hydrastis canadensis* for, 1:244
 - Phytolacca* spp. for, 1:246
 - Quercus* spp. for, 1:247
 - Stillingia sylvatica* for, 1:248; 5:94
 - Trifolium pratense* for, 1:249
- skullcap. *See* *Scutellaria* spp.
- skunk cabbage (*Symplocarpus foetidus*), 2:117, 181
- sleep apnea, 2:88–89
- sleep difficulties
- Conium maculatum* for, 4:207
 - Corydalis cava* for, 2:162
 - Eleutherococcus senticosus* for, 3:57, 93
 - Eschscholzia californica* for, 2:95, 164; 3:57, 169
 - Leonurus cardiaca* for, 3:172
 - Nepeta cataria* for, 2:173
 - observing, 1:9; 2:11; 3:11; 4:13; 5:13
 - Piscidia piscipula* for, 4:213
 - Scutellaria lateriflora* for, 3:177
 - Valeriana officinalis* for, 3:179
 - Withania somnifera* for, 2:184
 - Ziziphus jujuba* for, 4:152
 - See also* insomnia
- sleepy plant (*Mimosa pudica*), 4:31, 53
- slippery elm. *See* *Ulmus* spp.
- Slippery Elm Porridge for Acute Ulcer or Gastritis Pain, 1:66
- slow-brainstem syndrome, 4:184
- sluggish digestion, 1:25, 29, 83
- See also* digestion, poor
- Smallanthus sonchifolius* (yacon), 3:81
- for glycemic control, 3:80
 - for intestinal health and glycemic control, 3:81
 - specific indications, 3:98
 - in Yacon Cookies, 3:80
- small intestinal bacterial overgrowth (SIBO)
- acid-blocking drugs and, 1:40, 75
 - antimicrobials for, 1:24
 - increased risk with pancreatic diseases, 1:68
 - relationship with gastrointestinal disorders, 1:24
 - treating, 1:75–76
- small-leaved lime, small-leaved linden (*Tilia cordata*), 4:158
- small pasque flower (*Anemone pratensis*), 4:199
- Smilax ornata* (sarsaparilla)
- adaptogenic properties, 3:49
 - adrenal-supporting qualities, 5:111t
 - alterative qualities, 1:27
 - for dermatitis, 1:188
 - formulas containing
 - arthritis, 5:122
 - autoimmune disorders, 5:67
 - Behçet's disease, 5:74
 - headaches, 4:164
 - itching skin, 1:187
 - muscle weakness, 5:111
 - myalgia, 5:109
 - pelvic inflammatory disease, 3:108
 - peripheral neuropathy, 4:46
 - psoriasis, 1:211
 - for itching skin, 1:187
 - for muscle weakness, 5:110
 - for myositis conditions, 5:70
 - for pelvic inflammatory disease, 3:108
 - for poor circulation, 2:63
 - for skin eruptions, 1:190
 - for skin infections, 1:176
 - specific indications, 1:88, 248; 3:62, 98, 177; 4:86; 5:93–94
- Smilax regelii* (sarsaparilla), 1:190
- Smith, Richard, 5:1
- smoking cessation
- formulas for, 4:133, 134–35
 - Laburnum anagyroides* for, 4:144
 - Lobelia inflata* for, 4:145
- Smoothie, Anti-Inflammatory, 4:173
- smoothies
- for constipation in children, 1:47
 - for inflammation, 4:173
 - for inflammatory bowel diseases, 1:35
 - for leaky gut syndrome, 1:79
- snakebites
- Echinacea* spp. for, 1:241
 - formulas for, 1:172
 - overview, 1:170
- snakeroot. *See* *Polygala* spp.

- snowball bush. *See Viburnum opulus* (crampbark)
- snowdrop. *See Galanthus* spp.
- snow lotus (*Saussurea pulvinata*), 4:31
- snow parsley. *See Cnidium monnieri* (osthole, snow parsley)
- snuff
- for nasal polyps, 5:173, 174
 - for Parkinson's disease, 4:63
- social signal transduction hypothesis, 4:90
- sodium citrate, for alkalinizing the urine, 1:150
- sodium-iodide symporter disruptors, 3:38–39
- Solanaceae herbs
- antispasmodic qualities, 1:135, 141
 - joint pain associated with, 5:116
 - myalgia associated with, 5:105
 - tropane alkaloids in, 1:128, 136, 141
- Solanum xanthocarpum* (yellow-fruit nightshade), 5:31t
- Solidago* spp. (goldenrod)
- formulas containing, 1:130
 - for overactive bladder, 1:129
 - for prostate health, 1:150
 - for prostatitis, 1:151
 - for renal failure, 1:154t
 - specific indications, 5:201
 - for urinary conditions, 1:115
 - for urinary tract reactivity, 5:58
- Solidago canadensis* (goldenrod)
- formulas containing
 - prostate cancer, 1:149
 - prostatitis, 1:151
 - renal failure, 1:155
 - urinary conditions, 1:111, 112, 115
 - for renal failure, 1:154t
 - specific indications, 1:165
 - for urinary retention, 1:142
- Solidago chilensis* (goldenrod), 3:164
- Solidago odora* (goldenrod)
- formulas containing
 - prostatitis, 1:151
 - renal failure, 1:155
 - specific indications, 1:165
- Solidago virgaurea* (goldenrod), 1:165
- sonic-hedgehog-function-inducing mutations, 4:191
- Sophora alopecuroides* (kudouzi), 5:79
- Sophora flavescens* (shrubby sophora), 5:45
- sopite syndrome, 5:167
- soreness
- Actaea racemosa* for, 4:202
 - Eupatorium perfoliatum* for, 4:208
- herbs for, 4:170t
- sore throat
- Althea officinalis* for, 2:157
 - Anemopsis californica* for, 2:158
 - Baptisia tinctoria* for, 5:193
 - Berberis aquifolium* for, 2:160
 - Calendula officinalis* for, 5:194
 - Capsicum annuum* for, 2:160; 5:194
 - Cinnamomum camphora* for, 2:161
 - Coptis trifolia* for, 3:56, 92
 - Eupatorium perfoliatum* for, 5:196
- formulas for, 5:188–191
- with GERD, 1:40
- hydrotherapy for, 5:188
- Ligusticum porteri* for, 2:169
 - Ligusticum striatum* for, 2:169
 - Lomatium dissectum* for, 5:198
 - Lonicera japonica* for, 2:170
 - Marrubium vulgare* for, 2:171
 - Mentha piperita* for, 2:172
 - Morella cerifera* for, 2:172; 5:199
 - Phytolacca americana* for, 2:176; 3:175
 - Polygala* spp. for, 2:177
 - Rumex crispus* for, 2:179
 - Salvia officinalis* for, 2:179
 - Siraitia grosvenorii* for, 3:98
 - Spilanthes acmella* for, 5:201
 - Syzygium aromaticum* for, 2:181
- therapies for, 5:190
- See also* throat pain
- sorrel, sheep. *See Rumex acetosella* (sheep sorrel)
- soups
- electrolyte replacement broth, 1:57–58
 - for inflammatory bowel diseases, 1:35
 - seaweed broth, 1:80
- sour smell to the body, *Rheum palmatum* for, 1:87, 105
- southern maidenhair fern. *See Adiantum capillus-veneris* (maidenhair fern)
- southern prickly ash. *See Zanoxylum clava-herculis* (southern prickly ash)
- southernwood (*Artemisia abrotanum*), 3:128
- soy. *See Glycine max* (soy)
- soy lecithin. *See* lecithin
- soy milk, 3:160, 164
- Spanish black radish. *See Raphanus sativus* var. *niger* (black Spanish radish)
- Spanish fly. *See Cantharis vesicatoria* (Spanish fly)
- Spanish needles (*Bidens parviflora*), 5:31t
- spastic pain
- Conium maculatum* for, 4:207
- formula for, 4:172
- Mentha piperita* for, 4:211
 - Petasites hybridus* for, 4:194
 - Piper methysticum* for, 4:213
- spearmint. *See Mentha spicata* (spearmint)
- specific herbs
- role in formulas, 1:9, 10–11; 2:11, 12, 13; 3:12–13, 12; 4:9, 17; 5:8–9, 16
 - in Triangle exercise, 1:9, 10–11; 2:11, 12; 4:14, 14, 15; 5:14, 14, 15
- specific indications
- choosing herbs based on, 1:3; 2:5, 12; 3:5, 6–7; 4:7, 8–9, 17; 5:7, 16
 - choosing individual *materia medica* options, 1:10, 21; 2:12–13, 23–24; 3:12–13, 23–24; 4:14, 15, 26; 5:14–15, 26
 - as term, 1:2; 2:5; 3:5; 4:6; 5:6
- spermatogenesis and sperm motility
- Alpinia galanga* for, 3:165
 - antiandrogenic herb concerns, 3:148, 173–74
 - Astragalus membranaceus* for, 3:166
 - Epimedium grandiflorum* for, 3:169
 - Eurycoma longifolia* for, 3:169
 - Lepidium meyenii* for, 3:163
 - Panax ginseng* for, 3:174
 - Tribulus terrestris* for, 3:178
- Sphaeranthus indicus* (East Indian globe thistle), 3:162
- spices, 3:69
- spider bites, formula for, 1:172
- spider veins. *See* telangiectasias (spider veins)
- Spigelia anthelmia* (pinkroot), 5:177
- spikemoss. *See Selaginella uncinata* (spikemoss)
- spikenard (*Valeriana jatamansi*), 4:87
- Spilanthes acmella* (paracress)
- antimicrobial qualities, 1:61
 - antiparasitic qualities, 1:54
 - for herpetic neuralgia, 4:40
 - for migraines, 4:165
 - specific indications, 5:141, 201–2
- spilanthal, 5:141, 201
- spinal trauma, neurogenic bladder from, 1:126, 158
- spirulina (*Arthrospira maxima*), 4:49
- spit poultices, 1:170
- spleen disorders
- alterative herbs for, 1:27
 - Ceanothus americanus* for, 1:82, 103
 - herbal therapies for, 4:197t
 - Quercus* spp. for, 1:247
 - Scutellaria baicalensis* for, 1:106
 - Silybum marianum* for, 1:88, 106
- spotting, formula for, 3:120, 122
- sprains and strains
- acute treatments for, 5:98
 - Arnica montana* for, 4:203; 5:133
 - bromelain for, 5:108
 - formulas for, 5:96–97, 98, 99
 - Hamamelis virginiana* for, 4:209; 5:138
 - Hypericum perforatum* for, 3:95–96
 - overview, 5:96
 - Symphytum officinale* for, 5:142
- sprouts, for heavy metal toxicity, 4:51
- spurge. *See Euphorbia* spp.
- squalene, 1:160
- squamous cell carcinoma, 1:131, 230, 236
- squill. *See Drimia maritima* (sea squill)
- SSRIs (selective serotonin reuptake inhibitors), 4:90, 92, 93
- stabbing pain, herbs for, 4:171t
- staff vine, staff tree. *See Celastrus aculeatus* (staff vine, staff tree)
- stamina
- Arctium lappa* for, 3:54
 - Eleutherococcus senticosus* for, 3:57, 93
 - Lepidium meyenii* for, 3:96, 162, 172
 - Rhodiola rosea* for, 3:49
 - Withania somnifera* for, 3:63

- standardized medicines, indications for, 1:20;
2:22; 3:22; 4:25; 5:25
- Staphylococcus aureus* infections, 1:114, 177–79
- Staphylococcus saprophyticus* infections, 1:114
- staphylokinase, 2:64
- star anise (*Illicium verum*), 4:120
- stasis ulcers
- Berberis aquifolium* for, 2:91
 - Centella asiatica* for, 2:92
 - Echinacea* spp. for, 2:94
 - formulas for, 2:59, 60
 - herbs for, 2:60
 - Hydrastis canadensis* for, 2:97
 - Hypericum perforatum* for, 2:97
- status epilepticus, *Panax ginseng* for, 4:84
- steam cakes, with *Poria*, 4:106–7
- steam inhalation
- for emphysema, 2:136–37
 - for pneumonia, 2:141
- steatorrhea
- alteratives for, 1:90
 - Iris versicolor* for, 1:85, 104, 244
 - pancreatic enzymes for, 1:68
 - from pancreatic insufficiency, 1:68
- steeping herbs, 1:20; 2:22–23; 3:23; 4:25; 5:25
- Stellaria media* (chickweed)
- alterative qualities, 1:27
 - formulas containing
 - anemia, 2:70
 - arthritis, 5:119
 - bites and stings, 1:170
 - for hormone-related infertility, 3:130
 - iron in, 2:70
 - for liver support, 1:90
 - specific indications, 2:104; 5:141
- Stemona* spp. (bai bu), 2:180–81; 5:49
- Stephania* spp., for withdrawal symptoms, 4:129
- Stephania tetrandra* (han fang ji), 5:80
- steroid regulation of cells, 3:102–3
- steroids
- avoiding use of, 5:30
 - formula to support weaning from, 5:36
 - Glycyrrhiza glabra* for weaning from, 5:90
 - Oenothera biennis* for weaning from, 5:92
 - withdrawal from, 1:188; 4:46–47
- Stevens-Johnson syndrome, 1:219–220; 5:50
- Stevia rebaudiana* (stevia, sweet leaf), 3:79
- in aphrodisiac tea, 3:153
 - chromium in, 3:80f
 - formulas containing
 - attention deficit hyperactivity disorder, 4:120
 - cellulite, 1:233
 - hyperlipidemia, 2:36
 - hypertension, 2:43
 - retinopathies, 5:157
 - in High Chromium Summer Tea for Metabolic Support, 3:87
 - hypoglycemic effects, 3:73
 - as noncaloric sweetener, 3:79, 98
 - specific indications, 2:104; 3:98
 - for vascular support, 2:30
- Sticta pulmonaria* (lungwort)
- for bronchitis, 2:131
 - for coughs, 2:117
 - formulas containing, 2:141
 - for pain, 4:166f
 - specific indications, 2:181; 4:215
- stigmaterol, 1:144
- Stillingia sylvatica* (queen's root)
- alterative qualities, 1:27
 - for coughs, 2:117
 - as counterirritant, 2:132
 - formulas containing
 - arthritis, 5:120
 - hemoptysis, 2:126
 - laryngitis, 5:190, 191
 - lung conditions, 2:123
 - Paget's disease, 5:130
 - pompholyx, 5:55
 - seborrhea, 5:55
 - stridor, 2:121
 - vocal strain, 5:191
 - liniments containing, 2:113
 - for malabsorption, 1:74
 - for seborrheic dermatitis, 1:190
 - for skin eruptions, 1:190
 - specific indications, 1:88, 106, 248; 2:181; 5:94, 141–42
 - for throat pain, 5:191t
- stimulant diuretics, 1:109
- stimulants
- for attention deficit hyperactivity disorder, 4:118, 119
 - avoiding, with overactive bladder, 1:129
 - digestive, 1:25, 51, 88
 - warming, 1:18, 19; 2:20, 21; 3:20–21, 21; 4:23, 23; 5:23, 23t
- stinging nettle. *See Urtica dioica* (stinging nettle)
- stinging pain, herbs for, 4:170t
- stings. *See* bites and stings
- stomach acid
- acid pockets, 1:42
 - association with ulcers, 1:29, 63
 - See also* hypochlorhydria
- stomach flu
- antimicrobials for, 1:24
 - formula for, 1:54
- stomach pain
- Chelidonium majus* for, 1:82, 103; 4:206
 - Conium maculatum* for, 4:207
 - formulas for, 1:28
 - Matricaria chamomilla* for, 1:86
 - Morella cerifera* for, 1:86
 - Rheum palmatum* for, 4:214
 - Syzygium aromaticum* for, 4:216
- stomach ulcers. *See* gastric ulcers
- stomatitis
- allergic, 5:181, 186
 - Angelica sinensis* for, 5:192
 - Capsicum annuum* for, 5:194
 - Colchicum autumnale* for, 5:88
 - formulas for, 5:51
 - Glycyrrhiza glabra* for, 5:197
 - Hydrastis canadensis* for, 5:189
 - Origanum vulgare* for, 5:199
 - overview, 5:179–181
 - Pimpinella anisum* for, 5:200
 - Piper methysticum* for, 5:200
 - Sanguinaria canadensis* for, 5:201
 - Spilanthes acmella* for, 5:202
 - supportive therapies for, 5:50
 - Zingiber officinale* for, 5:203
- stonebreaker. *See Phyllanthus niruri* (stonebreaker)
- stoneroot. *See Collinsonia canadensis* (stoneroot)
- stoneseed. *See Lithospermum ruderales* (stoneseed)
- stool abnormalities
- Asclepius tuberosa* for, 1:81
 - Chelidonium majus* for, 1:82–83, 103
 - Chionanthus virginicus* for, 1:83, 103
 - Morella cerifera* for, 1:86, 105
 - Ricinus communis* for, 1:87
 - Silybum marianum* for, 1:106
 - See also* bloody stools; diarrhea; steatorrhea
- straining with bowel movements. *See* bowel movement straining
- strains and sprains. *See* sprains and strains
- strangury, *Elymus repens* for, 1:160
- Strassman, Rick, 4:4–5
- strawberry tongue, *Atropa belladonna* for, 5:178t, 193
- streptococcal infections
- formulas for, 1:179, 180
 - herbs for, 1:180, 241
- streptokinase, 2:64
- stress
- Avena sativa* for, 3:166
 - Eleutherococcus senticosus* for, 1:84; 3:57, 93, 169
 - Eschscholzia californica* for, 3:57
 - formulas for, 1:33; 4:182–83
 - Glycyrrhiza glabra* for, 1:85; 4:143
 - herpes outbreaks and, 3:109
 - HPA axis and, 4:112
 - Humulus lupulus* for, 1:85; 3:171
 - hyperventilation with, 2:140
 - Lavandula* spp. for, 2:97; 4:210
 - link to unopposed estrogen, 3:102
 - Matricaria chamomilla* for, 4:146
 - Melissa officinalis* for, 3:173; 4:82, 146
 - Nelumbo nucifera* for, 4:147
 - Ocimum tenuiflorum* for, 3:173; 4:148
 - Panax ginseng* for, 1:86; 4:148
 - Passiflora* spp. for, 2:175; 4:148
 - Perilla frutescens* for, 4:149
 - Piper methysticum* for, 3:175
 - Poria cocos* for, 4:149
 - Rhodiola rosea* for, 3:61
 - role in allergies, 5:28
 - Taraxacum officinale* for, 3:62

- stress (*continued*)
Tilia × *europaea* for, 2:105
 tonics for, 3:48
Valeriana officinalis for, 4:152; 5:143
Withania somnifera for, 2:184; 3:63; 4:152; 5:143
 See also posttraumatic stress disorder (PTSD)
- stress-related diarrhea, 1:56–57
 See also diarrhea
- stress sensors, 4:124
- stretch marks
Aloe vera for, 1:238
 formulas for, 1:233
Hypericum perforatum for, 1:244
- stridor
 formulas for, 2:121
 herbs for, 2:118
 overview, 2:115–16
- strokes
Angelica sinensis for, 2:90
Astragalus membranaceus for, 2:91
Atractylodes spp. for, 2:91
 caffeine for, 4:120
 dysphagia associated with, 1:44
Epimedium brevicornu for, 2:95
Leonurus cardiaca for, 4:144, 145
Ligusticum striatum for, 2:98; 4:145
 nutraceuticals for, 2:63
Ophiopogon japonicus for, 2:99
 overview, 2:61
Paeonia lactiflora for, 2:100
Poria cocos for, 2:101
Salvia miltiorrhiza for, 4:151
Schisandra chinensis for, 4:151
Scutellaria baicalensis for, 2:103
 thrombolytic agents for, 2:64
 traditional Chinese herbs for, 2:65
Ziziphus spinosa for, 2:106
- Strophanthus hispidus* (*strophanthus*)
 for angina, 2:38
 for arrhythmias, 2:57
 for congestive heart failure, 2:48t
 specific indications, 2:104
- strychnine, 4:215
- Strychnos nux-vomica* (poison nut, azraqi), 4:168
 for depression, 4:103t
 formulas containing
 neuralgia, 4:36
 pain, 4:167
 as nerve tonic, 4:168
 for pain, 4:171t
 safety concerns, 4:35–36, 152, 167, 168, 215
 specific indications, 4:152, 215
- styes
Apis mellifica for, 5:192
Arctium lappa for, 1:239
Centella asiatica for, 5:194
Euphrasia officinalis for, 5:89
 formula for, 5:153
 overview, 5:153
Thuja spp. for, 1:248
- styptics. See hemostatics
- suan zao ren. See *Ziziphus spinosa* (suan zao ren)
- Substance Abuse and Mental Health Services Administration, 4:2
- sugar cravings, with substance cessation, 4:131
- sugar destroyer. See *Gymnema sylvestris* (sugar destroyer, cow plant)
- Sugar-Free Hibiscus Syrup, 3:78
- suicide, increasing rates of, 4:2
- sulfated polysaccharides, 1:78, 122, 205–6
- sulfotransferase enzymes, 3:155
- sulfur
 for the bladder, 1:122, 123
 for eczema and allergic dermatitis, 1:188
 formulas containing
 alopecia, 1:215
 psoriasis, 1:211
 scabies, 4:189
 for fungal skin infections, 1:195
 for heavy metal detoxification, 4:51
 for painful itching, 4:189t
- sulfur gasotransmitters, 2:143
- su mu. See *Caesalpinia sappan* (su mu)
- sundew. See *Drosera rotundifolia* (sundew)
- sunflower (*Helianthus annuus*), 4:69, 69
- sunflower seeds, for intestinal parasites, 1:55
- sunscreen recommendations, 1:204
- superficial pain
Syzygium aromaticum for, 4:215
 topical protocol for, 4:191–92
- Superfood Dressing against Dementia, 4:57–58
- supplements
 for attention deficit hyperactivity disorder, 4:118, 119
 for baldness, 1:217
 for bladder mucosal lesions, 1:123
 for bowel reactivity, 5:39t
 for connective tissue support, 5:104
 for contractures, 5:104
 for eczema and allergic dermatitis, 1:188
 for fatty liver, 1:96
 for heavy metal detoxification, 4:51
 for heavy metal neuropathy, 4:50
 for HPV, 1:200
 for inflammation, 5:29
 for leaky gut syndrome, 1:79
 for multiple sclerosis, 5:82
 for osteoporosis, 5:127
 for Parkinson's disease, 4:60
 for restless legs syndrome, 4:33
 for retinopathies, 5:156
 for stomatitis, 5:50
 for toxin-induced neuropathy, 4:47, 50
 for traveler's diarrhea prevention, 1:53
 for vitiligo, 1:226
 for withdrawal symptoms, 4:128
 See also specific types
- suppositories
 for bacterial vaginosis, 1:117–18
 for HPV, 1:200
- urethral, 1:140, 142
 for warts, 1:200
- suppression of natural medicine, 5:1–6
- surgical recovery
Ananas comosus for, 5:132
Angelica sinensis for, 5:133
 bromelain for, 5:108
Calendula officinalis for, 5:134
Centella asiatica for, 1:82
Equisetum arvense for, 4:208
Grifola frondosa for, 1:104; 5:138
Hypericum perforatum for, 4:210; 5:138
Matricaria chamomilla for, 4:211
Medicago sativa for, 1:86
Tinospora cordifolia for, 1:106
- swallowing difficulties, formulas for, 1:44
- swamp lily (*Crinum glaucum*), 2:93; 5:31t, 33t
- sweating, excessive. See hyperhidrosis
- Sweet and Sour Algininate “Cordial”
 for GERD, 1:39
- sweet Annie. See *Artemisia annua* (sweet Annie)
- sweet basil. See *Ocimum basilicum* (sweet basil)
- sweet clover. See *Melilotus* spp.
- sweetener alternatives
Siraitia grosvenorii, 3:77, 78, 79, 85, 98
Smallanthus sonchifolius, 3:98
Stevia rebaudiana, 3:79, 98
 xylitol, 3:82, 88
- sweet flag. See *Acorus calamus* (sweet flag, vacha)
- sweet leaf. See *Stevia rebaudiana* (stevia, sweet leaf)
- sweet potato (*Ipomoea batatas*), 4:30
- sweet sumac. See *Rhus aromatica* (sweet sumac)
- sweet vernal grass (*Anthoxanthum odoratum*), 2:79, 90
- swimmer's ear. See otitis externa
- Symphytum officinale* (comfrey)
 for bladder mucosal lesions, 1:123
 for bruising, 2:66
 for bursitis and tendinitis, 5:102
 for coughs, 2:117
 demulcent qualities, 1:52
 for dermatitis, 1:189
 for dry mouth, 5:185
 for eye conditions, 5:147t
 for eye injuries, 5:154
 for eye pain, 4:174
 formulas containing
 anal fissures, 1:235
 burns, 1:172–73
 connective tissue support, 5:99, 100, 121
 corneal ulcers, 5:152
 dental extractions, 4:177
 dermatitis, 1:186
 ear pain, 4:175
 esophageal disorders, 1:46
 fracture-related pain, 4:184, 185
 gastritis, 1:60
 GERD, 1:42
 herpes lesions, 1:232

Symphytum officinale (comfrey) (continued)

leaky gut syndrome, 1:78
 musculoskeletal trauma, 5:96, 97, 98
 neuralgia, 4:35
 oral allergic reactivity, 5:52
 oral ulcers, 5:184
 otitis externa, 5:163
 otitis media, 5:161
 pain, 4:187
 painful mucous membranes, 4:167
 skeletal fractures and bone injuries, 5:101
 skin lesions, 5:55t
 skin protection, 1:228
 skin trauma, 1:174
 stasis ulcers, 2:60
 ulcerated skin, 1:232
 ulcers, 1:66
 vaginitis, 3:107
 wounds, 1:173
 for GERD, 1:39, 42
 for heart infections, 2:72
 immunomodulating qualities, 1:78
 for malabsorption, 1:73
 minerals in, 5:100t
 for mouth conditions, 5:146
 mucous-enhancing qualities, 1:64
 for muscle pain, 4:183t
 for musculoskeletal trauma, 5:96, 98
 for nerve pain, 4:180t
 for neuralgia, 4:34
 for otitis externa, 5:163
 for pain, 4:154
 for peripheral neuropathy, 4:43t
 safety concerns, 5:142
 for skin fissures, 1:235
 specific indications, 1:248; 2:181; 5:142
 for stasis ulcers, 2:60
 for topical skin products, 1:228
 for weak fingernails, 1:236
 for wound healing, 4:192t

Symplocarpus foetidus (skunk cabbage), 2:117, 181

symptoms
 choosing herbs based on, 1:3, 7–8; 2:5, 9–10, 114; 3:6, 7, 12–13; 4:7, 8–9; 5:7, 8–9
 concomitant, 1:9; 2:11; 3:11; 4:13; 5:13
 importance of, 1:7–8; 2:9–10; 3:9–10; 4:11–12; 5:11–12
 totality of, 1:4; 2:7; 3:7; 4:8; 5:8

synergist herbs
 for pain, 4:17
 for peripheral neuropathy, 4:43t
 role in formulas, 1:9, 10–11; 2:11, 12, 13; 3:12–13, 12; 4:17; 5:16
 in Triangle exercise, 1:9, 10–11; 2:11, 12; 3:11–13, 12; 4:14–15, 14; 5:14, 14, 15

syrups
 hibiscus, 3:78
 yacon, 3:81

systemic lupus erythematosus (SLE). *See* lupus

Syzygium spp., specific indications, 2:104

Syzygium aromaticum (cloves)

for COPD, 2:149t
 for dental conditions, 5:175
 for dental procedures, 5:177
 formulas containing
 arthritis, 5:119
 dental conditions, 5:176, 177
 dental extractions, 4:177
 muscle pain, 4:183; 5:109
 musculoskeletal trauma, 5:97
 neuralgia, 4:182
 oral pain, 4:176
 peripheral neuropathy, 4:44
 stomatitis and gingivitis, 5:183
 throat pain, 4:178, 179
 thrush, 5:182
 trigeminal neuralgia, 4:39
 for fungal skin infections, 1:196
 for itching skin, 1:187
 liniments containing, 2:111
 in Mouthwash for Halitosis, 1:51
 for pain, 4:170t
 for peripheral neuropathy, 4:43t
 for poor circulation, 2:58
 for skin eruptions, 1:194
 for skin fissures, 1:235
 for skin hypersensitivity, 1:232
 for skin infections, 1:183
 specific indications, 1:88, 248; 2:181–82; 3:98; 4:86, 215–16; 5:202
 in topical antipruritics, 5:54

Syzygium cumini (jambul, jambolan), 1:230; 3:98–99

Syzygium jambos (roseapple)
 formulas containing, 2:35
 PAF inhibiting properties, 2:77
 for poor circulation, 2:63

Szechuan lovage. *See* *Ligusticum striatum* (Chinese lovage root, Szechuan lovage, chuanxiang)

Szechuan peppercorns. *See* *Zanthoxylum piperitum* (Japanese pepper)

T

T3 (triiodothyronine), 3:26

T4 (thyroxine), 3:26

Tabebuia impetiginosa (pau d'Arco)

antimicrobial qualities, 1:61
 antiparasitic qualities, 1:54
 formulas containing
 fungal skin infections, 1:195
 oral allergic reactivity, 5:51
 for glossitis, 5:179
 specific indications, 1:88, 248; 5:202
 for tongue conditions, 5:178t

Tabernanthe iboga (iboga)

opiate agonist qualities, 4:134
 serotonin-promoting qualities, 4:92
 for substance abuse disorders, 4:137

Tabex (cytisine), 4:135

tablets, use of, 1:20; 2:22; 3:22; 4:24–25; 5:24–25

tachycardia

Crataegus spp. for, 3:93
Foeniculum vulgare for, 3:94
 formulas for, 2:53; 3:140–41
 herbs for, 2:55
Leonurus cardiaca for, 3:59, 139
Lobelia inflata for, 3:60
Lycopus europaeus for, 3:43
Lycopus virginicus for, 3:60
Melissa officinalis for, 3:60
Rauvolfia serpentina for, 3:61
Senna spp. for, 2:103
Strophanthus hispidus for, 2:104
Viscum album for, 2:106

tahebo. *See* *Tabebuia impetiginosa* (pau d'Arco)

tamarind paste, in eye drops, 5:149

Tamarindus indica (tamarind)
 for GERD, 1:43
 specific indications, 3:99
 for stomatitis, 5:50
 in Sweet and Sour Alginate “Cordial”
 for GERD, 1:39

tamsulosin, 1:136, 142, 151

Tanacetum parthenium (feverfew), 4:163; 5:56
 for angioedema, 5:56
 antiallergic qualities, 1:33; 2:127; 5:34t
 for arthritis, 5:115
 for colds, 5:170t
 for dermatologic conditions, 1:169
 for eczema and allergic dermatitis, 1:188
 for enuresis, 1:131
 for eye conditions, 5:147t, 149t
 formulas containing
 arthritis, 5:117, 118, 120, 122
 asthma, 2:145
 attention deficit hyperactivity disorder, 4:120
 autoimmune disorders, 5:66
 blepharitis, 5:153
 colds, 5:169
 conjunctivitis, 5:148, 150
 dermatitis, 1:190, 191
 diarrhea, 1:58
 eczema, 1:184, 185
 erythema multiforme, 1:220
 gastrointestinal hypersensitivity, 5:38, 39
 hives, 1:185
 inflammatory bowel diseases, 1:36
 irritable bowel syndrome, 1:33
 lower urinary epithelial dysfunction, 1:125
 lupus, 5:76
 migraines, 4:160–61, 162, 163; 5:61
 nasal polyps, 5:173
 otitis externa, 5:163
 otitis media, 5:160, 161
 pain, 4:172
 peripheral neuropathy, 4:47
 pneumonia, 2:142
 premenstrual syndrome, 3:127
 psoriasis, 1:210

Tanacetum parthenium (feverfew) (continued)

- Raynaud's syndrome, 2:67
- respiratory allergies, 5:44
- schizophrenia, 4:125
- sinus pain, 4:177
- skin pain, 4:190
- vascular support, 2:29, 30
- GABAergic qualities, 4:110
- for headaches, 4:158, 159, 163, 178
- histamine-blocking qualities, 5:32, 32t
- for interstitial cystitis, 1:123
- for itching skin, 1:185
- mast-cell stabilizing effects, 2:144t
- for Ménière's disease, 5:164
- for nasal polyps, 5:172
- for neuralgia, 4:34
- for otitis externa, 5:162
- for otitis media, 5:159
- for pain, 4:154
- for peripheral neuropathy, 4:42, 43t
- for respiratory allergies, 5:41
- for schistosomiasis, 1:119
- specific indications, 1:248; 2:104, 182; 4:86, 216; 5:56, 94, 142, 202
- for vascular headaches, 2:27
- for vascular reactivity, 5:60
- tangeretin, 3:157
- tannins, for stomatitis, 5:50
- tanshinones, 4:85
- Taraxacum officinale* (dandelion)
 - for allergies, 5:34
 - alterative qualities, 1:25, 27, 46, 47, 48, 90; 3:21t
 - antimicrobial qualities, 1:91
 - for anxiety, 4:16, 17; 5:17
 - for arthritis, 5:115
 - biliary support qualities, 1:52, 72
 - for breast cysts, 3:143
 - in broth for electrolyte imbalance, 2:86
 - chromium in, 3:80t
 - for cor pulmonale, 2:155
 - for dermatologic conditions, 1:169
 - for digestion of fats, 1:13
 - diuretic qualities, 1:112
 - in Dr. Stansbury's General Alterative Tea, 1:27
 - for eye conditions, 5:147
 - formulas containing
 - anemia, 2:68, 69, 70
 - biliousness, 4:105
 - breast conditions, 3:143
 - cardiopulmonary disease, 2:84
 - cholelithiasis, 1:98
 - congestive heart failure, 2:50
 - constipation, 1:47, 48
 - cor pulmonale, 2:155
 - depression and anxiety, 4:100
 - diabetes, 3:74
 - diverticulitis and diverticulosis, 1:71
 - dysfunctional uterine bleeding, 3:117
 - dyspepsia, 1:28, 29
 - fatty liver, 1:96
 - gastritis, 1:61
 - halitosis, 1:51
 - hemorrhoids, 1:49
 - hepatitis, 1:93, 94
 - hyperhidrosis, 1:227
 - irritable bowel syndrome, 1:33
 - malabsorption, 1:75
 - osteoporosis, 3:141
 - pancreatitis, 1:70
 - premenstrual backache, 4:196
 - premenstrual syndrome, 3:126, 127, 128
 - urinary conditions, 1:110
 - venous congestion, 2:76
 - for GERD, 1:39
 - for halitosis, 1:50
 - for heavy menses, 3:115
 - for hormone-related infertility, 3:130
 - for inflammatory bowel diseases, 1:34
 - iron in, 2:70
 - for liver support, 1:13, 90
 - for malabsorption, 1:73, 74
 - minerals in, 5:100t, 112
 - for pain, 4:166t
 - for poor circulation, 2:63
 - for premenstrual syndrome, 3:125, 126, 127
 - for reproductive endocrine conditions, 3:101–2
 - for restless insomnia, 1:15; 2:17; 3:18; 4:20; 5:20
 - specific indications, 1:88, 106, 166, 248; 2:104, 182; 3:62, 99; 5:142, 202
 - for tongue conditions, 5:178t
 - for urinary lithiasis, 1:137
 - for varicosities, 2:74
 - for viral infections, 2:131
 - for warts, 1:199
- Tarentula hispanica* (tarentula), 1:171t
- tarragon (*Artemisia dracunculus*), 4:204
- taurine
 - for congestive heart failure, 2:48t
 - for liver support, 1:93
 - for toxin-induced neuropathy, 4:47
- Taxus brevifolia* (Pacific yew), 3:112
- T cells
 - Rehmannia glutinosa* balancing effects, 5:67
 - role in autoimmune disorders, 5:63–64, 65
- TCM. *See* Traditional Chinese Medicine (TCM)
- teas, herbal. *See* herbal teas
- tea tree. *See* *Melaleuca alternifolia* (tea tree)
- teething
 - Matricaria chamomilla* for, 5:198
 - Rheum palmatum* for, 5:200
 - Syzygium aromaticum* for, 5:202
- telangiectasias (spider veins)
 - Arctostaphylos uva ursi* for, 1:239
- Crataegus* spp. for, 1:241
- Daucus carota* for, 1:241
- formulas for, 2:65–67
- Helichrysum angustifolium* for, 1:244
- herbs for, 2:66t
- Hypericum perforatum* for, 1:244
- overview, 2:65
- therapies for, 1:208
- tendinitis
 - apitherapy for, 5:86
 - formulas for, 5:102–3
 - Harpagophytum procumbens* for, 5:138
 - overview, 5:102
 - Salix alba* for, 5:140
 - Stellaria media* for, 5:141
- tenesmus. *See* cramping pain in the bladder (tenesmus)
- Tephrosia purpurea* (wild indigo)
 - bronchodilating properties, 2:108t
 - mast-cell stabilizing effects, 2:144t; 5:31t
 - specific indications, 2:182
- Terminalia* spp. (sea almond)
 - for liver support, 1:90
 - for opportunistic lung infections, 2:134
 - specific indications, 1:106
- Terminalia arjuna* (arjuna)
 - for coronary artery disease, 2:40
 - specific indications, 2:104; 3:177–78
 - for wound healing, 4:192t
- Terminalia bellirica* (bibhitaki)
 - for arthritis, 4:185
 - for muscle pain, 4:183t
 - neuroprotective effects, 4:31
- Terminalia chebula* (black myrobalan, chebulic myrobalan)
 - antiallergic qualities, 5:34t
 - for cognition, 4:53
 - for dementia, 4:52
 - mast-cell stabilizing effects, 2:144t; 5:31t
 - for muscle pain, 4:183t
 - specific indications, 2:182
 - for viral infections, 2:131
- terrain
 - biochemical, 1:7–8; 2:9–10; 3:9–10; 4:11–12; 5:11–12
 - interactions with commensal microbes, 5:34
- testicular conditions
 - Alcea rosea* for, 1:156
 - Hamamelis virginiana* for, 1:161
- testicular varicocele, tincture for, 2:75
- testosterone
 - antiandrogen mechanisms of action, 1:216
 - Coffea arabica* effects on, 1:215
 - elevated, in women, 1:213, 214, 216, 217
 - Lepidium meyenii* effects on, 1:162
 - proliferative effects on the prostate, 1:142, 147
 - Pygeum africanum* effects on, 1:165
 - Serenoa repens* effects on, 1:165, 201, 214, 248
- testosterone-reducing herbs for women, 3:145, 147
- Tetradium ruticarpum* (euodia), 4:125
- tetrahydrocannabinols (THC), 4:77, 180, 205
- tetrahydropalmatine, 4:78, 129, 141
- tetramethylpyrazine, 4:145
- Teucrium polium* (mountain germander), 3:109
- Thai galangal. *See* *Alpinia galangal* (Thai galangal)
- THC. *See* tetrahydrocannabinols (THC)
- L-theanine, 4:120, 121

- Thea sinensis*. See *Camellia sinensis* (green tea)
- T helper cells, 5:28, 29–30
- Theobroma cacao* (cacao), 2:104–5
- theobromine, 4:28, 120
- theophylline
for allergic airway disorders, 5:44, 46–47
for cognition, 4:120
- thiazide diuretics, 1:110
- thick and cloudy urine. See urine, thick and cloudy
- thiocyanates, endocrine-disrupting concerns, 3:38–39
- thionamide drugs, for thyrotoxicosis, 3:28
- throat conditions
herbs for, 5:191t
Mentha piperita for, 5:199
Morella cerifera for, 5:199
overview, 5:145–46
See also specific conditions
- throat infections
Berberis aquifolium for, 5:194
Commiphora myrrha for, 5:195
formulas for, 1:45; 5:170
herbs for, 5:191t
- throat pain
Aconitum napellus for, 4:202
Eupatorium perfoliatum for, 5:196
formulas for, 4:177–78
Gelsemium sempervirens for, 5:197
herbs for, 5:191t
Juglans cinera for, 5:198
Mentha piperita for, 4:211
Phytolacca americana for, 4:213; 5:200
Piper methysticum for, 5:200
Thymus vulgaris for, 5:202
Ulmus rubra for, 5:202
See also pharyngitis; sore throat; tonsillitis
- throat sprays, 5:189, 190
- throbbing pain
Atropa belladonna for, 4:204
formula for, 4:200
Gelsemium sempervirens for, 4:209
herbs for, 4:171t, 200t
- thrombolytic agents
nattokinase as, 2:80
for strokes, 2:64
- thrush
Allium sativum for, 5:192
formulas for, 5:181, 182
Sanguinaria canadensis for, 5:93
Tabebuia impetiginosa for, 5:202
- Thuja* spp.
for enuresis, 1:131
for human papillomavirus, 3:112, 113
specific indications, 1:248–49
for urinary conditions, 1:114
for vaginitis, 3:105
- Thuja occidentalis* (northern white cedar)
5 α -reductase inhibition, 1:218; 3:162
antimicrobial qualities, 1:61
antiparasitic qualities, 1:54
for digestive pain, 1:26
formulas containing
alopecia, 1:215
itching skin, 1:187
peripheral vascular insufficiency, 2:58
for seborrheic dermatitis, 1:190
for skin eruptions, 1:190
specific indications, 1:166; 2:105; 3:178; 5:202
for warts, 1:199, 200
for wound healing, 1:181
- Thuja plicata* (western red cedar)
antimicrobial qualities, 1:61
antiparasitic qualities, 1:54
for congestive heart failure, 2:50
formulas containing
alopecia, 1:215
genital warts, 3:113
human papillomavirus, 3:114
pelvic inflammatory disease, 3:108
pigmentation disorders, 1:225
prostatic diseases, 1:147
prostatitis, 1:151
for genital warts, 3:112
for skin fissures, 1:235
for skin lesions and cancers, 1:237
specific indications, 1:166; 3:178
for tongue conditions, 5:178t
for urinary pain, 4:154
in vag packs, 3:114
- thujone
antimicrobial qualities, 1:114
in *Artemisia* spp., 1:81
- thunder god vine. See *Tripterygium wilfordii* (thunder god vine)
- thwarted belonging, as term, 4:2
- thymol, 5:175
- thymoquinone
for allergies, 5:48
chemopreventive effects, 3:157
for headaches, 5:92
for Parkinson's disease, 4:64
- Thymus vulgaris* (thyme)
for altered breath sounds, 2:118
antimicrobial qualities, 1:61; 3:21t
for colds, 5:170t
for COPD, 2:148
for coughs, 2:117
for dental conditions, 5:175
as drying agent, 2:133
for eye conditions, 5:147
formulas containing
allergic airway disorders, 5:49
allergic rhinosinusitis, 2:128
asthma, 2:145, 146, 147
bronchitis, 2:132, 133
chest pain, 4:193
colds, 5:169, 170, 171
COPD, 2:151
coughs, 2:117, 119, 120, 121
cystitis, 1:114
depression and anxiety, 4:102
dyspnea, 2:125
emphysema, 2:138
Helicobacter pylori infections, 1:65
hemoptysis, 2:126, 127
laryngitis, 5:190
nasal polyps, 5:173
otitis media, 5:160, 161
pneumonia, 2:141
respiratory allergies, 5:43, 44
SIBO, 1:76
sinusitis, 5:172
sinus pain, 4:177
upper respiratory infections, 2:119
for fungal skin infections, 1:196, 197
for hay fever, 5:17, 32, 42
for nasal polyps, 5:172
nebulized form, 2:137
for opportunistic infections, 2:134, 151
for pleurisy, 2:138
for respiratory allergies, 5:41
for respiratory infections, 2:121, 130, 134
for scabies and lice, 1:98
specific indications, 1:249; 2:182; 5:202
for throat pain, 5:190, 191t
for warts, 1:199
- thyroid bone disease, 3:41–42
- thyroid cancer, association with Hashimoto's disease, 3:29, 31–32
- thyroid disorders
adrenal support for, 3:41
Fucus vesiculosus for, 3:58, 170
Ganoderma lucidum for, 3:58
Iris versicolor for, 3:59
Leonurus cardiaca for, 3:59, 172
Lithospermum spp. for, 3:59–60
Lycopus virginicus for, 3:172
Melissa officinalis for, 3:60, 173
overview, 3:25, 26–28
Verbena spp. for, 3:179
Vitex agnus-castus for, 3:63
See also specific disorders
- thyroid gland
nutrients for, 3:30
overview, 3:25–26
vulnerability to endocrine-disruptors, 3:38–39
- thyroid hormones, 3:25–26, 29
- thyroiditis
Andrographis paniculata for, 3:54
Astragalus membranaceus for, 3:55
Berberis aquifolium for, 3:55
Camellia sinensis for, 3:55
Curcuma longa for, 3:57
formulas for, 3:28–32
Glycyrrhiza glabra for, 3:58
herbs for, 3:31
Hypericum perforatum for, 3:59
Melissa officinalis for, 3:60
overview, 3:28–29
Silybum marianum for, 3:62

- thyroid-stimulating hormone (TSH), 3:26
 thyroid-stimulating immunoglobulins (TSIs), 3:29, 39
 thyroid storm, 3:40, 61
 thyrotoxicosis, 3:40, 61
 thyrotoxic substances, 3:29
 thyroxine (T4), 3:26
 tian ma. *See Gastrodia elata* (tian ma)
 TIAs (transient ischemic attacks), 2:61
 tics and twitching
 Atropa belladonna for, 5:133
 formulas for, 4:63, 132; 5:105–6
 herbs for, 4:60, 68, 180t
 overview, 5:105
 Scutellaria lateriflora for, 4:151; 5:141
 Valeriana officinalis for, 5:143
 Veratrum viride for, 5:143
 tigecycline, 1:61
 tigernut. *See Cyperus rotundus* (nutgrass, tigernut)
 Tigernut Horchata, 4:107, 142
Tilia spp.
 for epilepsy and seizure disorders, 4:66
 nervine qualities, 4:91
 for restless legs syndrome, 4:32
Tilia americana (American linden, American basswood), 4:86–87
Tilia cordata (small-leaved lime, small-leaved linden), 4:158
Tilia × europaea (common lime, common linden)
 for depression and anxiety, 4:101t
 formulas containing
 amphetamine cessation, 4:135
 depression and anxiety, 4:98
 hypertension, 2:42, 46
 panic disorder, 4:110
 seizures, 4:72
 for hypertension, 2:44
 specific indications, 2:105
 for tempering adrenaline surges, 4:109
 tinctures
 dosage strategy, 1:21; 2:23; 3:23; 4:25; 5:25
 glycerine-based, 4:136
 pros, cons, and indications, 1:20; 2:22; 3:22; 4:24; 5:24
Tinea infections, 1:194–97, 247
 tinnitus
 formulas for, 5:166
 Ginkgo biloba for, 5:165, 197
 overview, 5:164–66
Tinospora cordifolia (guduchi, amrita)
 for biliary disorders, 1:97
 for depression and anxiety, 4:103t
 formulas containing
 arthritis, 5:117
 hemoptysis, 2:126
 respiratory allergies, 5:42
 tuberculosis, 2:156
 for liver support, 1:89, 96
 mast-cell stabilizing effects, 2:144t; 5:31t
 specific indications, 1:106; 2:182
 tissue congestion
 Juglans cinera for, 5:198
 Phytolacca americana for, 5:139, 200
 Veratrum viride for, 5:143
 tobacco. *See Nicotiana tabacum* (tobacco)
 todok. *See Codonopsis lanceolata* (todok)
 tola (*Parastrephia quadrangularis*), 4:134
 tongkat ali. *See Eurycoma longifolia* (tongkat ali)
 Tongsai granules, 2:153
 tongue, coated
 Arctium lappa for, 1:239
 Berberis aquifolium for, 1:85, 105, 245
 Chelidonium majus for, 1:82, 103, 240
 Eupatorium perfoliatum for, 1:242
 Leptandra virginica for, 1:104
 Rumex crispus for, 1:105
 Silybum marianum for, 1:106
 Taraxacum officinale for, 1:88, 106
 tongue, observing, 1:9; 2:11; 3:11; 4:13; 5:14, 146
 tongue conditions
 Artemisia absinthium for, 5:193
 Azadirachta indica for, 5:193
 Baptisia tinctoria for, 5:193
 Berberis aquifolium for, 5:194
 Chelidonium majus in, 5:194
 Chionanthus virginicus for, 5:178t, 194
 Convallaria majalis for, 5:195
 Echinacea purpurea for, 5:196
 Eupatorium perfoliatum for, 5:196
 formulas for, 5:181–86
 Gelsemium sempervirens for, 5:197
 Hamamelis virginiana for, 5:197
 herbs for, 5:178t
 Lycopodium spp. for, 5:198
 Morella cerifera for, 5:199
 Origanum vulgare for, 5:199
 overview, 5:178–181
 Phytolacca americana for, 5:200
 Spilanthes acmella for, 5:201
 Taraxacum officinale for, 5:202
 Thuja occidentalis for, 5:202
 Veratrum album for, 5:203
 tonsillitis
 Baptisia tinctoria for, 5:193
 Cinnamomum camphora for, 2:161
 colds with, 5:171
 Commiphora myrrha for, 2:162; 5:195
 Echinacea purpurea for, 5:196
 formula for, 5:189–190
 herbs for, 5:188, 191t
 Hydrastis canadensis for, 2:167
 Juglans cinera for, 5:198
 Pelargonium sidoides for, 2:175
 Phytolacca americana for, 2:176; 5:200
 Salvia officinalis for, 2:179; 5:201
 Sanguinaria canadensis for, 5:201
 therapies for, 5:190
 toothache. *See* dental pain
 toothache tree. *See Zanathoxylum* spp.
 tooth decay
 fluoride and, 5:176
 Lycopodium spp. for, 5:198
 Momordica charantia for, 5:199
 overview, 5:175
 Thuja occidentalis for, 5:202
 topical protocols
 for abdominal inflammation, 4:196
 for acne rosacea, 1:205
 for arthritis, 5:117, 119
 for asthma, 5:47
 Atropa belladonna in, 1:82
 for Bell's palsy, 4:36
 for bursitis and tendinitis, 5:102, 103
 capsaicin in, 4:38, 39
 for carpal tunnel syndrome, 4:48
 for contractures, 5:105
 for COPD, 2:151–52
 for dental extractions, 4:177
 for ear pain, 4:175t, 176
 for folliculitis, 1:193
 for fungal skin infections, 1:195–96
 for gout, 5:124
 for headaches, 4:165
 for hemorrhoids, 2:78; 4:198
 for Henoch-Schönlein purpura, 5:75
 for hereditary hemorrhagic telangiectasia, 2:127
 for herpetic neuralgia, 4:40, 41
 for joint pain, 4:187
 for lung conditions, 2:109–14
 for muscle spasms and myalgia, 5:109
 for neuralgia, 4:35, 38
 for pain, 4:156, 166, 169, 170–71
 for peripheral neuropathy, 4:43t, 44–45
 for phlebitis, 2:81
 for pleurisy, 2:138, 139
 for pneumonia, 2:141
 for polymyositis, 5:71
 for shingles, 4:41, 182
 for skin lesions, 5:55
 for stasis ulcers, 2:60
 for superficial pain, 4:191–92
 for trigeminal neuralgia, 4:37, 39
 for varicosities, 2:75
 for venomous bites and stings, 4:188–89
 for warts, 1:199–201
 See also specific types
 totality of symptoms, 1:4; 2:7; 3:7; 4:8; 5:8
 toxemia
 alteratives for, 1:26
 dental and oral health importance, 5:146
 halitosis associated with, 1:50–51
 otitis media with, 5:161
 Rumex crispus for, 5:140
 toxic herbs, 1:5, 18; 2:8, 20; 3:8, 20; 4:9, 22–23; 5:9, 22–23
 See also safety concerns; specific herbs

- toxin-related peripheral neuropathy
 formulas for, 4:46
 herbs for, 4:34
 supplements for, 4:47, 50
- toxins
 environmental, 3:67–68
 formula for bowel reactivity from, 5:37
 immune reactivity triggered by, 5:32, 68
- Trachyspermum ammi* (ajwain), 2:105
- Traditional Chinese Medicine (TCM)
 asthma formulas, 5:44–46, 49
 for Behçet's disease, 5:72, 74
 cold sensitivity treatments, 5:59–60
 energetic state of patient, 1:12; 2:14; 3:14; 4:17; 5:17
 evidence-based formulas from, 1:3–4; 2:6–7; 3:7; 4:7–8; 5:7
 for hepatitis, 1:90
 for hyperlipidemia, 2:36
 for inflammatory bowel diseases, 5:80
 link between bone and kidney health, 5:127
 liver symptoms, 1:15; 2:17; 3:17; 4:20; 5:20, 95
 lupus formulas, 5:78
 royal terms in herbal formula triangle, 1:10; 2:12; 3:12; 4:14; 5:14
 stroke recovery herbs, 2:65
 tongue and mouth examinations, 5:146
 use of adaptogens for allergies, 5:28
 use of tonics, 3:48
- transdermal drug delivery, 2:109, 115
- transient ischemic attacks (TIAs), 2:61
- transient receptor potential (TRP) channels, 1:32, 125; 4:178
- trauma recovery
Equisetum arvense for, 3:57, 93
Hypericum perforatum for, 3:95–96
- traumatic brain injury
 formula for, 4:55
Hypericum perforatum for, 4:93
 MCTs for, 4:57
- traumatic injuries
Achillea millefolium for, 4:201
Aloe vera for, 4:203
Ananas comosus for, 5:132
Arnica montana for, 4:76, 203; 5:193
 bromelain for, 4:75
Centella asiatica for, 5:134, 194
Curcuma longa for, 5:136
Eschscholzia californica for, 4:142
 of the eye, 5:154
 formula for, 4:187
Hamamelis virginiana for, 4:209
Hypericum perforatum for, 4:81, 210; 5:138, 198
Piscidia piscipula for, 4:213
Salix alba for, 5:140
Symphytum officinale for, 5:142
 See also musculoskeletal trauma
- traumatic injuries to the skin
Arnica montana for, 1:239
Calendula officinalis for, 1:239
Centella asiatica for, 1:182, 240
Crataegus spp. for, 1:241
 formulas for, 1:174–75
Hamamelis virginiana for, 1:243
 herbs for, 4:192t
Hypericum perforatum for, 1:244
Lobelia inflata for, 1:245
 overview, 1:170
 propolis for, 1:246
Symphytum officinale for, 1:248
Vaccinium myrtillus for, 1:249
 See also burns
- Traumeel ointment, 4:186; 5:131
- traveler's diarrhea
 antimicrobials for, 1:24
Berberis aquifolium for, 1:85, 105
 causes of, 1:51–52
Echinacea spp. for, 1:84
 formulas for, 1:54
Hydrastis canadensis for, 1:85
 overlap with gastroenteritis, 1:59
 preventive measures, 1:53
- tree peony. See *Paeonia × suffruticosa* (moutan, tree peony)
- T regulatory cells, 5:30, 31
- tretinoin, 1:201, 203, 204
- Triangle exercise, 1:9–11, 9; 2:11–13, 11; 3:11–13, 12; 4:14–16, 14; 5:13–15, 14
- Triangle philosophy, 1:21; 2:23–24; 3:23–24; 4:26; 5:26
- Tribulus terrestris* (puncture vine)
 for erectile dysfunction, 3:161
 ergogenic effects, 5:112
 for low libido, 3:152
 specific indications, 3:178; 5:142
- trichloroacetic acid, for genital warts, 3:112
- Trichomonas* infections, 1:119
- trichomoniasis, herbs for, 3:105
- Trichosanthes kirilowii* (Chinese cucumber)
 for ARDS, 2:154
 specific indications, 2:182–83
- Trichosanthes tricuspidata* (Chinese cucumber), 4:68
- Trifolium pratense* (red clover)
 5 α -reductase inhibition, 1:218
 alterative qualities, 1:27
 formulas containing
 alopecia, 1:216, 217
 hormonal cancers, 3:158
 hormone-related infertility, 3:131
 osteoporosis, 5:128
 phlebitis, 2:81
 pigmentation disorders, 1:224, 225
 prostate cancer, 1:149
 prostatic diseases, 1:144, 146
 prostatitis, 1:151
 seborrhea, 5:55
- for hypertension, 2:42
 iron in, 2:70
 isoflavones in, 3:156, 158, 178
 opiate agonist qualities, 4:134
 for pain, 4:166t
 for prostatic diseases, 1:143
 for seborrheic dermatitis, 1:190
 specific indications, 1:249; 2:105; 3:178–79; 5:142
- trigeminal neuralgia
Aconitum napellus for, 4:74
 formulas for, 4:37–39
Gastrodia elata for, 4:79
Gelsemium sempervirens for, 4:209
Humulus lupulus for, 4:210
Lavandula angustifolia for, 4:82
Matricaria chamomilla for, 4:82
- Trigonella foenum-graecum* (fenugreek)
 carminative qualities, 1:31
 for diabetes, 3:68
 diosgenin in, 3:121
 formulas containing
 diabetes, 3:76
 hyperlipidemia, 2:35
 tea for nursing mothers, 3:134
 hypoglycemic effects, 3:73
 lipid-lowering effects, 3:82
 for poor circulation, 2:58
 specific indications, 3:99, 179
 in Winter Tea for Metabolic Support, 3:86
- Trigonella foenum-graecum* (fenugreek)
 for endurance athletes, 5:113
 formulas containing
 cataract prevention, 5:152
 muscle weakness, 5:111
 for muscle weakness, 5:111
 for thrush, 5:181
- triiodothyronine (T3), 3:26
- triphala, for constipation, 1:47
- triptans, for migraines, 4:156, 162
- Tripterygium wilfordii* (thunder god vine)
 for antihistamine effects, 4:189
 for autoimmune disorders, 5:65
 formulas containing
 arthritic pain, 4:185–86
 inflammatory bowel diseases, 1:35
 for inflammatory bowel diseases, 1:34; 5:79t
 for muscle pain, 4:183t
 for painful itching, 4:189t
 for renal failure, 1:153
 safety concerns, 4:216
 specific indications, 4:216
- triterpene glycosides, 2:157
- Triticum aestivum* (wheat)
 for inflammatory bowel diseases, 1:34, 35
 in smoothies, 1:35
- Tropaeolum majus* (nasturtium)
 for cystitis and pyelonephritis, 1:116
 for urinary conditions, 1:114

- tropene alkaloids
 for asthma, 2:143
 for coughs, 2:167
 for dyspnea, 2:159
 for lung conditions, 2:152
 transdermal delivery of, 2:109
 for urinary colic, 1:135, 136, 141
 for urinary retention and bladder spasm, 1:128
- trophorestoratives
Avena sativa, 1:158
 for overactive bladder, 1:129
 for prostatitis, 1:151
Pueraria spp., 1:164
 for urinary conditions, 1:115, 126
- TRP (transient receptor potential) channels, 1:32, 125; 4:178
- TRPV (transient receptor potential vanilloid) receptors, 4:38
- true meadow anemone (*Anemone pratensis*), 4:199
- truffle recipes
 High-Fiber Truffles, 3:82
 Legume Truffle Superfood for
 Chemotherapy Patients, 3:159–160
 psyllium powder truffles, 3:97
- tryptophan, for Parkinson's disease, 4:60
- TSH (thyroid-stimulating hormone), 3:26
- tuberculosis
Albizia lebbek for, 2:157
Artemisia annua for, 2:159
Azadirachta indica for, 2:160
 formulas for, 2:155–56
 hemoptysis from, 2:126
Inula helenium for, 2:168
Juniperus communis for, 2:169
Lycopus virginicus for, 2:170
Morinda citrifolia for, 2:172
Stemona spp. for, 2:180
Sticta pulmonaria for, 2:181
Xanthium cavanillesii for, 2:184
- tulsi. *See Ocimum sanctum, O. tenuiflorum* (holy basil)
- tumor necrosing factor
Echinacea spp. effects on, 5:136
 inhibition by *Tanacetum parthenium*, 5:56
- turkey corn. *See Corydalis* spp.
- turkey rhubarb. *See Rheum officinale, R. palmatum* (Chinese rhubarb, turkey rhubarb)
 turmeric. *See Curcuma longa* (turmeric)
- Turnera diffusa* (damiana)
 alterative qualities, 1:27
 for benign prostatic hypertrophy, 1:147
 formulas containing, 1:130
 for low libido, 3:153, 154
 specific indications, 1:166; 3:179
- Turska's Formula for Ovarian Neuralgia, 4:196
- turtlehead. *See Chelone glabra* (turtlehead)
- Tussilago farfara* (coltsfoot)
 for altered breath sounds, 2:118
 for coughs, 2:117, 130
 formulas containing
 asthma, 2:146
 bronchitis, 2:133
 chest pain, 4:193
 coughs, 2:117, 120
 hemoptysis, 2:126, 127
 pneumonia, 2:141
 scratchy throat, 5:191
 stridor, 2:121
 specific indications, 2:183
- tu yuan hu (*Corydalis humosa*), 4:129
- twisting pain, herbal therapies for, 4:197*t*
- Tylophora asthmatica, T. indica* (Indian ipecac)
 bronchodilating properties, 2:108*t*, 183
 formulas containing
 asthma, 2:147
 contact dermatitis, 5:54
 histamine-blocking qualities, 5:32*t*
 mast-cell stabilizing effects, 2:144*t*; 5:31*t*
 specific indications, 2:183
- type 1 and type 2 diabetes, 3:65
See also diabetes
- tyramine, 4:159
- tyrosinase inhibitors, 1:222–23, 224
- tyrosinase promoters, 1:226
- tyrosine, 3:30
- ## U
- ukira (*Atractyodes japonica*), 4:61
- ulcerative colitis
 definition of, 1:34
 formulas for, 5:80
Fucus vesiculosus for, 5:90
 potential whipworm treatment for, 5:79
 soups for, 1:35
 supplements for, 5:39
See also inflammatory bowel diseases (IBD)
- ulcerative lesions
Aloe vera for, 1:101; 5:180, 192
Apium graveolens for, 1:238; 5:86
Calendula officinalis for, 1:158
 digestive pain associated with, 1:26
Galium aparine for, 1:242
Hydrastis canadensis for, 5:189
Tabebuia impetiginosa for, 5:202
- ulcerative pain
Aloe vera for, 4:203
Baptisia tinctoria for, 4:204
Chelidonium majus for, 4:206
Harpagophytum procumbens for, 4:209
- ulcers
Aloe spp. for, 1:81; 4:75
 antimicrobials for, 1:24
 demulcents for, 1:24
Echinacea spp. for, 1:241
 formulas for, 1:62–66
Hemidesmus indicus for, 2:167
Hydrastis canadensis for, 2:97
 overview, 1:62–63
Rubia cordifolia for, 4:215
Ulmus spp. for, 1:88
- See also* gastric ulcers; stasis ulcers
- Ulmus* spp.
 demulcent qualities, 1:51, 52
 formulas containing
 esophageal disorders, 1:45
 oral lesions, 1:38
 for GERD, 1:39
 for hot symptoms, 1:13
 for malabsorption, 1:73
 mucous-enhancing qualities, 1:63
 for pyelonephritis, 1:119
- Ulmus fulva* (slippery elm), 1:65
 for anxiety, 4:17; 5:17
 for arthritis, 5:114
 for bladder mucosal lesions, 1:123
 demulcent qualities, 1:24, 31; 3:21*t*; 5:34
 for eye injuries, 5:154
 formulas containing
 anorexia, 1:37
 arthritis, 5:116
 constipation, 1:48
 depression and anxiety, 4:96
 dermatitis, 1:191
 diarrhea, 1:53, 54, 55, 57
 diverticulitis and diverticulosis, 1:71, 72
 dyspepsia, 1:29
 gastritis and gastroenteritis, 1:60, 62
 gastrointestinal bleeding, 1:67
 inflammatory bowel diseases, 1:36; 5:81
 irritable bowel syndrome, 1:32, 33
 myositis conditions, 5:71
 oral allergic reactivity, 5:51
 Paget's disease, 5:130
 peptic ulcer pain, 4:197
 SIBO, 1:76
 Sjögren's syndrome, 5:69
 stridor, 2:121
 ulcers, 1:64, 66
- minerals in, 5:100*t*
 for mouth conditions, 5:146
 mucous-enhancing qualities, 1:64, 65
 in porridge, 1:66
 as restorative, 1:43
 specific indications, 1:88, 166; 2:183; 5:142
 for ulcers, 1:65
 for wound healing, 4:192*t*
- Ulmus rubra* (slippery elm)
 for gastrointestinal hypersensitivity, 5:38
 mucous-enhancing qualities, 1:64
 specific indications, 1:88; 5:202
- ultraviolet therapy
 for fungal skin infections, 1:196
 for psoriasis, 1:209, 210
- ulvan, 1:78, 206
- umbel family. *See* Apiaceae herbs
- umbilicus muscle spasms
Dioscorea for, 1:11, 84
Rheum palmatum for, 1:87, 105
- uña de gato. *See Uncaria tomentosa* (cat's claw, uña de gato)

- Uncaria rhynchophylla* (cat's claw, choto-ko, gou teng)
 anti-allergic qualities, 5:34t
 for dementia, 4:57
 neuroprotective effects, 4:31
 specific indications, 4:87
- Uncaria sessilifrutctus* (gou teng), 4:217
- Uncaria tomentosa* (cat's claw, uña de gato)
 for COPD, 2:149t
 for depression and anxiety, 4:101t
 formulas containing
 arthritis, 5:117
 cystitis, 4:199
 schizophrenia, 4:127
 for schizophrenia, 4:124
 serotonin-promoting qualities, 4:92
 specific indications, 1:166; 2:105, 183; 4:216–17
- Undaria pinnatifida* (wakame), 3:27
- United States Pharmacopeia*, 1:1; 5:4
- unity of disease, in naturopathy, 1:4; 2:7; 3:7; 4:8; 5:8
- Universal Electrolyte Replacement Beverage, 1:57
- unopposed estrogen. *See* estrogen dominance (unopposed estrogen)
- upper respiratory infections (URIs)
Achillea millefolium for, 2:156
Allium cepa for, 2:157
Allium sativum for, 2:157
Andrographis paniculata for, 2:158
Anemopsis californica for, 2:158
Angelica sinensis for, 2:158
Armoracia rusticana for, 2:158, 159; 5:193
Berberis aquifolium for, 2:160
Dracocephalum rupestre for, 2:163
Echinacea angustifolia for, 2:163
Eucalyptus globulus for, 2:164
Foeniculum vulgare for, 2:165, 166
 formulas for, 2:119
 herbs for, 2:121; 5:170t
Hydrastis canadensis for, 2:167
Hyssopus officinalis for, 2:168
Juniperus communis for, 2:169
Lomatium dissectum for, 2:170
Lophatherum gracile for, 2:170
Lycopus virginicus for, 2:170
Matricaria chamomilla for, 2:171
Mentha piperita for, 2:172
Morella cerifera for, 2:172
Nepeta cataria for, 2:173; 5:199
Ocimum sanctum for, 2:173
Ophiopogon japonicus for, 2:174
Panax ginseng for, 2:174
Pelargonium sidoides for, 2:175
Perilla frutescens for, 2:175
Persicaria tinctoria for, 2:175
 pharyngitis with, 5:188–89
Prunus serotina for, 2:177
Punica granatum for, 2:178
Rosmarinus officinalis for, 2:179
Sambucus canadensis for, 2:179
- Schisandra chinensis* for, 2:180
- Sticta pulmonaria* for, 2:181
- Thymus vulgaris* for, 2:182
- Tinospora cordifolia* for, 2:182
- Usnea barbata* for, 2:183
- Verbascum thapsus* for, 2:184
- See also* colds
- urease, 1:63
- uremic frost, 1:152
- urethral pain and irritation
Cantharis vesicatoria for, 1:159
Eupatorium purpureum for, 1:161
Hedeoma pulegioides for, 1:162
Hydrangea arborescens for, 1:162
 therapies for, 1:136
Turnera diffusa for, 1:166
Zingiber officinale for, 1:167
- urethral pain syndrome, 1:121
- urethral suppositories, 1:140, 142
- urethral warts, 1:166
- urethritis, *Arctostaphylos uva ursi* for, 1:157
- Urginea maritima* (sea squill), 2:48t, 105
- uric acid, gout linked to, 5:122
- urinary allergies, 1:109
- urinary atony
Medicago sativa for, 1:163
Serenoa repens for, 1:165
Solidago spp. for, 1:165
- urinary colic
 formulas for, 1:135–142
 herbs for, 1:138t
 therapies for, 1:136
See also renal colic
- urinary conditions
Apium graveolens for, 1:157
Apocynum cannabinum for, 1:157
Arctium lappa for, 1:157
Asparagus racemosus for, 3:166
Avena sativa for, 1:158
Berberis vulgaris for, 1:158
Capsicum annuum for, 1:159
Collinsonia canadensis for, 1:159
 common types, 1:108–9
Convallaria majalis for, 1:160
Crataegus spp. for, 1:160
Elymus repens for, 1:160
Equisetum spp. for, 1:113; 3:57
Ginkgo biloba for, 1:161
 herbs for, 1:156–167
Hydrangea arborescens for, 1:162
Hyoscyamus niger for, 1:162
Juniperus communis for, 2:97; 3:172
 listing of formula types, 1:107
Petroselinum crispum for, 3:174
Piper methysticum for, 1:164; 2:13; 3:13–14, 175
Podophyllum peltatum for, 1:164
Populus tremuloides for, 1:164
Prunus africana for, 3:175
Punica granatum for, 1:164
Taraxacum officinale for, 1:166
- teas for, 1:108, 112
- Thuja* spp. for, 1:166; 2:105
- Urtica* spp. for, 3:179
- See also* specific conditions
- urinary edema
Apium graveolens for, 1:157
Apocynum cannabinum for, 1:157
Armoracia rusticana for, 1:158
- urinary frequency
Hedeoma pulegioides for, 1:162
Medicago sativa for, 1:163
Thuja spp. for, 1:166
Zingiber officinale for, 1:167
- urinary gravel
Agathosma betulina for, 1:156
Collinsonia canadensis for, 1:159
Equisetum arvense for, 1:113
See also urinary lithiasis
- urinary inflammation
Ammi visnaga for, 5:85
Ganoderma lucidum for, 1:161
Levisticum officinale for, 1:163
Petasites hybridus for, 1:163
Serenoa repens for, 1:165
Urtica spp. for, 5:94
- urinary irritants, 5:59
- urinary irritation
Arctostaphylos uva ursi for, 1:157
Elymus repens for, 1:160
 enuresis and incontinence from, 1:130–31
 formulas for, 1:127–130
Rhus aromatica for, 1:165
- urinary lithiasis
Aesculus hippocastanum for, 1:156
Ammi visnaga for, 1:157
Arctostaphylos uva ursi for, 1:157
Armoracia rusticana for, 1:158
Berberis aquifolium for, 1:163
Equisetum spp. for, 1:160
Eupatorium purpureum for, 1:161
 formulas for, 1:135–142; 4:199
Hydrangea arborescens for, 1:162
Hydrangea macrophylla for, 2:167
Lepidium latifolium for, 2:98
Phyllanthus amarus for, 2:100; 4:212
Piper methysticum for, 1:164
Rubia cordifolia for, 4:214
Rubia tinctorum for, 1:165
Serenoa repens for, 1:165
Solidago spp. for, 1:165
 therapies for, 1:136
Urtica spp. for, 1:166
Viburnum opulus for, 4:217
Zea mays for, 1:167
- urinary mucosa
Althea officinalis for, 1:156
Asparagus racemosus for, 1:158
Centella asiatica for, 1:159
Chimaphila umbellata for, 1:159
Glycyrrhiza glabra for, 1:161

- urinary mucosa (*continued*)
Hypericum perforatum for, 1:162
Piper cubeba for, 1:164
Ulmus fulva for, 1:166
Vaccinium macrocarpon for, 1:166
- urinary muscle tone, 1:137
- urinary pain. *See* dysuria
- urinary parasites, 1:119
- urinary retention
Apis mellifica venom for, 1:157
Apium graveolens for, 1:157
Atropa belladonna for, 1:158
Chimaphila umbellata for, 1:159
Conium maculatum for, 1:159
Gelsemium sempervirens for, 1:161
 herbs for, 1:142
- urinary spasms
Aesculus hippocastanum for, 1:156
Ammi visnaga for, 1:156–57
 antispasmodics for, 1:135
Atropa belladonna for, 1:158
Conium maculatum for, 1:159
Eschscholzia californica for, 1:160
Hyoscyamus niger for, 1:162
Levisticum officinale for, 1:163
Lobelia inflata for, 1:163
Piper methysticum for, 1:11, 164
Serenoa repens for, 1:165
Uncaria tomentosa for, 1:166
- urinary system
Equisetum spp. for, 1:113
 as organ of elimination, 1:2
 overview, 1:107
- urinary tract infections (UTIs)
 formula for, 3:135–36
 overview, 1:112
Rosmarinus officinalis for, 1:165
Solidago spp. for, 1:165
See also cystitis
- urinary tract reactivity
Allium sativum for, 5:85
Angelica sinensis for, 5:85
Apium graveolens for, 5:86
 formulas for, 5:57–59
 herbs for, 5:58
 overview, 5:57
- urination, burning. *See* burning urination
- urination, painful. *See* dysuria
- urine, blood in. *See* hematuria
- urine, mucous. *See* mucous in the urine
- urine, thick and cloudy
Agrimonia eupatoria for, 1:156
Collinsonia canadensis for, 1:159
Equisetum spp. for, 1:160
Eupatorium purpureum for, 1:161
 herbs for, 1:116, 139
Rhus toxicodendron for, 1:165
Zingiber officinale for, 1:167
- urine, thick and red
Berberis aquifolium for, 1:163
Berberis vulgaris for, 1:158
Solidago spp. for, 1:165
- URIs. *See* upper respiratory infections (URIs)
- uroepithelium disorders
Armoracia rusticana for, 1:158
Calendula officinalis for, 1:158
Centella asiatica for, 1:159
- urothelium, role in urinary tract reactivity, 5:57, 58
- ursodeoxycholic acid, 1:98, 99
- Urtica* spp.
 5 α -reductase inhibition, 1:145, 216; 3:162
 for arthritis, 5:115
 for benign prostatic hyperplasia, 3:162
 for congestive heart failure, 2:50
 for COPD, 2:148
 for cor pulmonale, 2:155
 diuretic qualities, 1:112; 5:123
 for erectile dysfunction, 3:15
 formulas containing
 arthritis, 5:116
 cardiopulmonary disease, 2:84
 congestive heart failure, 2:50
 COPD, 2:151
 hyperthyroidism, 3:42
 malabsorption, 1:74
 peripheral vascular insufficiency, 2:59
 polycystic ovarian syndrome, 3:147
 premenstrual syndrome, 3:126
 prostatic diseases, 1:146
 respiratory allergies, 5:40
 tea for nursing mothers, 3:134
 urinary lithiasis, 1:140
 minerals in, 5:100t, 112
 mineral tonic diuretic qualities, 1:110
 in Nettle Truffles, 5:123
 for ovarian cysts, 3:144
 phytosterols in, 3:155
 for polycystic ovarian syndrome, 3:145
 for prostate cancer, 1:147
 for prostatic diseases, 1:143
 for prostatitis, 1:151
 for pyelonephritis, 1:119
 for reproductive endocrine conditions, 3:103
 specific indications, 5:142
 testosterone-reducing effects, in women, 3:145, 147
- Urtica dioica* (stinging nettle), 1:144
 5 α -reductase inhibition, 1:218; 3:162
 for benign prostatic hypertrophy, 1:144, 147
 for carpal tunnel syndrome, 4:42
 formulas containing
 alopecia, 1:218
 benign prostatic hyperplasia, 3:164
 cardiopulmonary disease, 2:84
 conjunctivitis, 5:149
 contact dermatitis, 5:53–54
 corneal ulcers, 5:152
 dental conditions, 5:175
 osteoporosis, 3:141
 prostate cancer, 1:149
 prostatitis, 1:151
 pyelonephritis, 1:119
 nourishing qualities, 1:37
 for pyelonephritis, 1:119
 renal purgant qualities, 5:123
 for skin allergic conditions, 5:54t
 for skin fissures, 1:235
 specific indications, 1:166, 249; 2:105; 3:179; 4:87; 5:94, 203
 for urinary retention, 1:142
 for weak fingernails, 1:236
- urticaria. *See* hives
- urtication, as term, 5:142
- Urtica urens* (nettle)
 for arthritis, 5:114
 for benign prostatic hypertrophy, 1:147
 for bites and stings, 1:171t
 for burns, 1:173t
 for bursitis and tendinitis, 5:102
 for carpal tunnel syndrome, 4:42
 for connective tissue support, 5:105
 for dermatitis, 1:188
 in electrolyte beverages, 5:113
 formulas containing
 alopecia, 1:216
 anorexia, 1:38
 arthritis, 5:120
 cardiopulmonary disease, 2:84
 connective tissue weakness, 5:99, 100
 gout, 5:123, 124
 gouty arthritic pain, 4:185
 hirsutism, 1:214
 hormonal cancers, 3:158
 muscle pain, 5:107
 osteoporosis, 3:141
 premenstrual fluid retention, 4:195
 prostate cancer, 1:149
 prostatitis, 1:151
 pyelonephritis, 1:119
 urinary tract reactivity, 5:59
 venous congestion, 2:76
 for hormone-related infertility, 3:131t
 for itching skin, 1:185, 187
 for muscle pain, 4:183t
 for pyelonephritis, 1:119
 for schizophrenia support, 4:123
 for skin fissures, 1:235
 specific indications, 1:166, 249; 3:179; 4:87; 5:94
 for urinary retention, 1:142
 for weak fingernails, 1:236
- US Food and Drug Administration, 4:70; 5:4–5
- Usnea* spp., 2:141
- Usnea barbata* (old man's beard)
 formulas containing
 hemoptysis, 2:126
 vaginitis, 3:106
 for respiratory infections, 2:121
 specific indications, 1:249; 2:183
 for vaginitis, 3:105

- Usnea hirta* (old man's beard), 2:121
uterine emmenagogues, 3:128
uterine fibroids
 formulas for, 3:150–51
 Glycyrrhiza glabra for, 3:170
 Hydrastis canadensis for, 3:171
 link to unopposed estrogen, 3:102
 overview, 3:150
 vag packs for, 3:114
 Vitex agnus-castus for, 3:151, 180
uterine hemostatics
 list of, 3:133t
 for menstrual cycle disorders, 3:116, 117–120
 for uterine fibroids, 3:150, 151
uterine muscle spasms, *Viburnum* spp. for, 1:11, 88
uterine pain
 Achillea millefolium for, 4:201
 Caulophyllum thalictroides for, 4:206
 Dioscorea villosa for, 4:207
 formulas for, 4:195–96
 Viburnum spp. for, 4:16, 217, 218
uterine sedatives, 3:124
uterine tonics, 3:119, 153, 173, 179
uterine vascular decongestants, 3:128
uva ursi. *See Arctostaphylos uva ursi* (uva ursi)
uveitis
 with Behçet's disease, 5:72
 Curcuma longa for, 5:195
 Echinacea purpurea for, 5:64
 from herpes viruses, 5:150
 secondary glaucoma from, 5:155
- V**
- Vaccine Adverse Event Reporting Site (VAERS), 4:70
vaccines, possible link to seizures, 4:70
Vaccinium spp.
 astringent qualities, 1:51
 formulas containing
 skin trauma, 1:174
 vascular reactivity, 5:62
 histamine-blocking qualities, 5:32t
 powders of, 1:44
 for urinary conditions, 1:114
Vaccinium macrocarpon (cranberry), 1:117
 for bladder cancer, 1:132
 specific indications, 1:166
 for urinary conditions, 1:117
Vaccinium myrtillos (bilberry, blueberry), 3:72
 in Agar-Agar "Jell-O" Squares, 3:86
 for arthritis, 5:115
 for bone density, 5:125
 for capillary fragility, 2:67
 for diabetic retinopathy, 3:72, 73
 for digestive pain, 1:26
 dressing and marinade, 3:76–77
 for erectile dysfunction, 3:16
 for eye conditions, 5:147, 147t
 flavones in, 3:87
 flavonoids in, 2:33
 formulas containing
 acne rosacea, 1:205, 207, 208
 aphthous ulcers, 5:184
 cardiopulmonary disease, 2:84, 85
 cataract prevention, 5:152
 corneal ulcers, 5:152
 CREST, 5:84
 dementia, 4:55
 eye irritation, 5:149
 gingivitis, 5:184
 glaucoma, 5:155, 156
 hyperlipidemia, 2:36
 hyperthyroidism, 3:45
 hypothyroidism, 3:36
 macular degeneration, 5:158
 metabolic conditions, 3:71
 pain, 4:172
 pigmentation disorders, 1:223
 retinopathies, 5:157
 vascular reactivity, 5:62
 for glossitis, 5:179
 for leaky gut syndrome, 1:79
 for microvascular fragility, 2:66t
 PAF inhibiting properties, 2:77
 for retinopathies, 5:156
 specific indications, 1:249; 2:105, 183–84; 3:99; 4:87; 5:94, 143, 203
 for telangiectasias, 1:208
 for varicosities, 2:75
 for vascular support, 2:65
vacha. *See Acorus calamus* (sweet flag, vacha)
vaginal dryness
 Asparagus racemosus for, 3:166
 postmenopausal, 3:134, 152
vaginal estrogen, 1:118
vaginitis
 Berberis aquifolium for, 3:167
 Ceanothus americanus for, 3:167
 Cinnamomum spp. for, 3:167
 formulas for, 3:105–7
 Hamamelis virginiana for, 3:171
 Hydrastis canadensis for, 3:171
 vag packs for, 3:114, 171
vaginosis, bacterial, 1:117–18
vag packs, 3:114, 171
Valeriana jatamansi (jatamansi, spikenard, muskroot), 4:87
Valeriana officinalis (valerian)
 anti-inflammatory qualities, 4:128
 for attention deficit hyperactivity disorder, 4:119
 for depression and anxiety, 4:101t
 for epilepsy and seizure disorders, 4:66
 formulas containing
 amphetamine cessation, 4:135
 angina, 2:39
 arrhythmias, 2:55
 attention deficit hyperactivity disorder, 4:122
 depression and anxiety, 4:98
 hypertension, 2:44, 46
 hyperthyroidism, 3:44
 insomnia, 4:114, 115
 menopausal insomnia, 3:138
 miscarriage, 3:133
 muscle pain, 5:106
 neuralgia, 4:36
 seizures, 4:72
 tics and twitching, 5:106
 withdrawal symptoms, 4:136
 GABAergic qualities, 4:114, 152
 for headaches, 4:158
 for hypertension, 2:41, 44, 46
 for menopausal symptoms, 3:136t, 138t
 for muscle pain and spasms, 5:105
 neuroprotective effects, 4:31
 for overactive bladder, 1:129
 for pain, 4:154, 155, 171t
 for restless insomnia, 1:14, 15; 2:16, 17; 3:17, 18; 4:19, 20; 5:19, 20
 for restless legs syndrome, 4:32
 specific indications, 2:106; 3:62, 179; 4:87, 152, 217; 5:143
 for tinnitus, 5:165
 for trigeminal neuralgia, 4:37
 as uterine sedative, 3:124
 for withdrawal symptoms, 4:128
Valeriana sitchensis (Sitka valerian)
 antispasmodic qualities, 5:97, 109
 for depression, 4:92
 GABAergic qualities, 4:110
 for headaches, 4:165t
 for hypertension, 2:44
 for menopausal symptoms, 3:136t, 138t
 for muscle pain and spasms, 5:105
 nervine qualities, 4:91
 specific indications, 4:152
valve disease
 Adonis vernalis for, 2:89
 Convallaria majalis for, 2:93
 Selenicereus grandiflorus for, 2:103
 Viscum album for, 2:106
varicoceles
 formation of, 2:73
 Hamamelis virginiana for, 1:161; 2:96
varicose ulcers, herbs for, 4:200t
varicose veins
 Aesculus hippocastanum for, 1:81; 2:89
 Collinsonia canadensis for, 1:159; 2:93
 formulas for, 2:73–81; 4:200
 Hamamelis virginiana for, 1:161; 2:96
 herbs for, 4:200t
 with phlebitis, supportive measures for, 2:81
 Ruscus aculeatus for, 2:102
 Silybum marianum for, 1:106; 2:103
vascular congestion
 Aesculus hippocastanum for, 1:156; 5:109
 Angelica sinensis for, 1:81, 238; 2:90; 3:90, 165; 5:132
 Anthoxanthum odoratum for, 2:90

- vascular congestion (*continued*)
Atropa belladonna for, 1:239; 4:159, 204; 5:133, 176
Ceanothus americanus for, 1:82, 103, 240; 3:91
Cnidium monnieri for, 2:92
Collinsonia canadensis for, 1:83; 2:93, 161; 5:195
 formulas for, 3:126, 127–29; 4:172, 196
Hamamelis virginiana for, 2:96; 3:171; 5:138, 197
 herbs for, 3:128
 hyperpigmentation on the shins from, 1:224
Lycopus virginicus for, 3:172
Salvia miltiorrhiza for, 5:201
Sambucus nigra for, 5:201
 uterine, 3:126, 128–29
Veratrum viride for, 4:217
- vascular damage, formula for, 3:74
- vascular dementia
Ginkgo biloba for, 4:80
Huperzia serrata for, 2:97
Ligusticum striatum for, 2:98
 overview, 4:52
Panax ginseng for, 2:100
Piper methysticum for, 4:85
Salvia miltiorrhiza for, 2:102
Vaccinium myrtillus for, 4:87
Vinca minor for, 4:59, 88
 See also dementia
- vascular disorders
 gingivitis from, 5:184, 185
Ginkgo biloba for, 5:90
Gymnema sylvestre for, 3:95
Rauwolfia serpentina for, 3:61
Salvia miltiorrhiza for, 5:93
 tea for, 3:78
Vaccinium myrtillus for, 5:94
- vascular endothelial growth factor (VEGF), 3:72
- vascular excitation, *Lycopus virginicus* for, 3:60
- vascular infections
Echinacea spp. for, 2:94
 formulas for, 2:72
- vascular inflammation
Achillea millefolium for, 2:89
Angelica sinensis for, 2:90; 4:173, 203
Astragalus membranaceus for, 2:91
Atractylodes spp. for, 2:91
Cinnamomum verum for, 5:195
Cornus officinalis for, 2:162
Crataegus spp. for, 5:89, 136, 195
Curcuma longa for, 2:93
Equisetum spp. for, 2:95
Glycyrrhiza glabra for, 2:96
Hamamelis virginiana for, 5:91
Hippophae rhamnoides for, 2:96
Hypericum perforatum for, 1:85; 2:97; 5:91
Ligusticum striatum for, 4:210
Petasites hybridus for, 1:163
Punica granatum for, 2:178
Ribes spp. for, 2:102
Rosa canina for, 2:102
Salvia miltiorrhiza for, 1:247; 2:102–3
Tanacetum parthenium for, 1:248; 5:94
- vascular insufficiency
Convallaria majalis for, 1:160
Ginkgo biloba for, 1:243; 2:95
Hypericum perforatum for, 2:97
Punica granatum for, 1:164
- vascular pain
Angelica sinensis for, 4:203
 formulas for, 4:200–201
Hamamelis virginiana for, 4:209
 herbs for, 4:200t
- vascular reactivity
Angelica sinensis for, 5:132
 formulas for, 5:59–63
 herbs for, 5:60
 overview, 5:59
Salvia miltiorrhiza for, 3:62, 97
Tanacetum parthenium for, 5:142
- vascular smooth muscle proliferation, 2:41
- vascular support
Arctium lappa for, 2:90
Astragalus membranaceus for, 2:91
Calendula officinalis for, 2:91
Castanospermum australe for, 2:92
Coleus forskohlii for, 2:101
Cornus officinalis for, 2:162
Crataegus spp. for, 2:93
Cynara scolymus for, 2:94
 flavonoids for, 2:26
 formulas for, 2:27–31
Ginkgo biloba for, 2:95
Gymnema sylvestre for, 2:96
Huperzia serrata for, 2:97
Hydrastis canadensis for, 2:97
Hypericum perforatum for, 2:97
Leonurus cardiaca for, 2:98
Melilotus suaveolens for, 2:171
Nigella sativa for, 2:99
Olea europaea for, 2:99
Ophiopogon japonicus for, 2:174
Ruscus aculeatus for, 2:102
Salvia miltiorrhiza for, 2:102
Stevia rebaudiana for, 2:104
Tanacetum parthenium for, 2:104
Terminalia arjuna for, 2:104
Trachyspermum ammi for, 2:105
Trifolium pratense for, 2:105
Urtica dioica for, 2:105
Vinca minor for, 2:106
- vascular wounds, herbs for, 4:192t
- vasculitis
Ammi visnaga for, 2:90
Colchicum autumnale for, 5:88
Crataegus spp. for, 5:89
 formulas for, 2:82; 5:62–63
 Henoch-Schönlein purpura, 5:74–75
Ruscus aculeatus for, 2:102
Salvia miltiorrhiza for, 5:93
Tanacetum parthenium for, 5:142
Vaccinium myrtillus for, 5:143
- vasodilators
Achillea millefolium as, 2:89
Ammi visnaga as, 2:90
 for angina, 2:38
 for cold extremities, 2:76
Valeriana officinalis as, 2:106
 warming stimulants, 1:19t; 2:21t; 3:21t; 4:23t; 5:23t
 for weak circulation, 2:61
- vegetable juices, 2:31
- vegetable mercury. See *Iris versicolor* (wild iris, blue flag, vegetable mercury)
- VEGF (vascular endothelial growth factor), 3:72
- veins, painful, formulas for, 4:200–201
- velvet bean. See *Mucuna pruriens* (velvet bean, cowage, cow-itch)
- venereal warts. See genital warts
- venomous bites and stings
 homeopathic remedies for, 1:171t
 topical protocol for, 4:188–89
- venous congestion
Aesculus hippocastanum for, 1:81, 101
Convallaria majalis for, 1:160
 formulas for, 2:73–81
Hamamelis virginiana for, 1:85, 161
- venous insufficiency
Ginkgo biloba for, 2:95
 overview, 2:57–58
Pinus pinaster for, 2:100
Ruscus aculeatus for, 2:102
- Veratrum* spp. (hellebore)
 in calming formulas, 1:18
 for pain, 4:171t
 safety concerns, 1:18; 4:22
- Veratrum album* (white hellebore)
 formulas containing
 head injury-related seizures, 4:72
 herpes lesions, 1:232
 scabies, 4:189
 for pain, 4:190–91
 for painful itching, 4:189t
 safety concerns, 4:189, 190; 5:22
 for skin eruptions, 1:194
 for skin infections, 1:176
 specific indications, 5:203
 for vascular pain, 4:200t
- Veratrum nigrum* (black false hellebore), 4:67
- Veratrum viride* (false hellebore), 4:190
 formulas containing
 herpes lesions, 1:232
 pain, 4:171, 172
 psoriasis, 1:210
 throat pain, 4:178
 tics and twitching, 5:105, 106
 for hypertension, 2:44
 for pain, 4:166t, 190–91
 for painful itching, 4:189t
 safety concerns, 4:87–88, 171, 172, 178, 190, 217; 5:22, 106, 143

- Veratrum viride* (false hellebore) (continued)
 specific indications, 1:249; 4:87–88, 217; 5:143
 for vascular pain, 4:200t
- Verbascum thapsus* (mullein)
 for bladder mucosal lesions, 1:123
 for coughs, 2:117
 formulas containing
 anemia, 2:69, 70
 asthma, 2:146
 hemoptysis, 2:126
 otitis media, 5:161
 pneumonia, 2:141
 scratchy throat, 5:191
 urinary and prostatic pain, 4:196
 iron in, 2:70
 for otitis externa, 5:163
 specific indications, 1:166–67; 2:184; 4:217
- Verbena* spp.
 for headaches, 4:159
 for restless legs syndrome, 4:32
- Verbena hastata* (vervain)
 for breast conditions, 3:142
 formulas containing
 dermatitis, 1:192
 premenstrual syndrome, 3:126
 for menopausal symptoms, 3:138t
 nervine qualities, 1:30
 for premenstrual syndrome, 3:125, 126
 specific indications, 1:249; 3:179; 5:143
- Verbena officinalis* (vervain)
 for depression, 4:92
 nervine qualities, 4:91
 for panic disorder, 4:109
 for schizophrenia, 4:125
- vermifuges
Chenopodium ambrosioides as, 1:83
Ricinus communis with, 1:87
- Veronicastrum virginicum*. See *Leptandra virginica* (Culver's root)
- vertigo
Conium maculatum for, 4:184
 formulas for, 5:166–68
Gastrodia elata for, 4:79; 5:90
Ginkgo biloba for, 5:165
Leonurus cardiaca for, 4:144
Ligusticum striatum for, 2:98
 overview, 5:166
Vinca minor for, 2:106
- vervain. See *Verbena* spp.
- Vetiveria zizanioides*. See *Chrysopogon zizanioides* (vetiver)
- Viburnum opulus* (cramp bark), 3:133
 antispasmodic qualities, 1:11, 135; 2:13; 3:14; 4:16; 5:16, 109
 for biliary pain, 1:100t
 for dysmenorrhea, 3:115
 formulas containing
 biliary colic and pain, 1:99
 dysfunctional uterine bleeding, 3:117
 endometriosis, 3:149
 hormone-related infertility, 3:130
 menopause-related muscle pain and stiffness, 3:141
 menorrhagia, 3:118, 119
 menstrual cramps, 3:117, 123–24
 miscarriage, 3:132, 133
 parturition, 3:132
 postpartum hemorrhage, 3:133
 spotting, 3:122
 uterine fibroids, 3:151
 uterine prolapse, 3:153
 for hormone-related infertility, 3:131t
 for menorrhagia, 3:118
 for muscle pain and spasms, 4:183t; 5:105
 for pain, 4:154, 171t
 specific indications, 3:179; 4:217; 5:143
 for uterine fibroids, 3:150
 as uterine sedative, 3:124
 as uterine tonic, 3:131t, 133
 for withdrawal symptoms, 4:128
- Viburnum prunifolium* (blackhaw)
 antispasmodic qualities, 1:11; 2:13; 3:14; 4:16; 5:16, 97
 for biliary pain, 1:100t
 carminative qualities, 1:31
 formulas containing
 biliary colic and pain, 1:99
 hypertension, 2:46
 miscarriage, 3:132
 muscle cramps, 5:106
 for hormone-related infertility, 3:131t
 for hypertension, 2:44
 for menorrhagia, 3:118
 for muscle pain and spasms, 4:183t; 5:105
 for pain, 4:154, 171t
 specific indications, 1:88; 3:179–180; 4:217–18; 5:143
 as uterine tonic, 3:119, 131t, 133
 for withdrawal symptoms, 4:128
- Vicia faba* (fava bean), 4:32
- vincamine, 4:31, 52, 88
- Vinca minor* (lesser periwinkle), 4:59
 for dementia, 4:52–53
 for depression, 4:103t
 formulas containing
 cerebral vascular insufficiency, 2:64
 dementia, 4:57
 depression and anxiety, 4:102
 schizophrenia, 4:124
 vertigo, 5:167
 for neurological conditions, 4:27, 28
 neuroprotective effects, 4:31
 specific indications, 2:106; 4:88
 for vascular dementia, 4:59, 88
 for wound healing, 4:192t
- Vinegar, High-Mineral, 5:100
- vinegars
 for fungal skin infections, 1:195
 high-mineral herbs in, 5:100
 for malabsorption, 1:74
 sipping, 3:89
 for weak fingernails, 1:236
- vinpocetine, 4:53, 59, 88
- Viola* spp. (violet)
 for seborrheic dermatitis, 1:190
 specific indications, 1:249
- viral exanthems, 1:193
- viral hepatitis, 1:91
 See also hepatitis
- viral infections
Andrographis paniculata for, 3:90
 autoimmune disorders linked to, 5:63–64, 68
Azadirachta indica for, 2:160
 basic protocol for, 1:201
Eleutherococcus senticosus for, 1:242
Eupatorium perfoliatum for, 5:196
 gastroenteritis from, 1:59
Glycyrrhiza glabra for, 2:96; 5:197
Grifolia frondosa for, 1:104, 243
Hypericum perforatum for, 2:168; 3:59
Isatis tinctoria for, 2:168
 link to autoimmune thyroid disease, 3:30
Lomatium dissectum for, 2:170
Lonicera japonica for, 2:170
Lophatherum gracile for, 2:170
Melissa officinalis for, 2:172; 3:60; 5:199
 myalgia from, 5:108
Nepeta cataria for, 2:173; 5:199
Pelargonium sidoides for, 2:175
Phellodendron amurense for, 3:174
Phytolacca americana for, 3:175
Phytolacca spp. for, 3:61
Pinus pinaster for, 2:176
Podophyllum peltatum for, 3:175
 role in gastrointestinal disorders, 1:24
Sambucus nigra for, 5:160, 201
Scutellaria baicalensis for, 2:180
 skin eruptions from, 1:194
Terminalia arjuna for, 3:177
Terminalia chebula for, 2:182
 of the throat, 1:45
Thuja spp. for, 1:248
 traveler's diarrhea from, 1:51–52
Trichosanthes kirilowii for, 2:182
- visceral pain
 herbs for, 4:154
Hyoscyamus niger for, 4:210
Phyllanthus amarus for, 4:212
 See also pain
- Viscum album* (mistletoe), 2:54
 for arrhythmias, 2:55
 for atherosclerosis, 2:32
 for bladder cancer, 1:132
 for congestive heart failure, 2:48
 for epilepsy and seizure disorders, 4:68
 formulas containing
 angina, 2:38
 arrhythmias, 2:55
 bites and stings, 1:172
 bladder cancer, 1:132

- Viscum album* (mistletoe) (*continued*)
 congestive heart failure, 2:50
 menopausal cardiac symptoms, 3:141
 oral leukoplakia, 5:186
 Sjögren's syndrome, 5:69
 for heart disease, 2:54
 for myositis conditions, 5:70
 specific indications, 1:167; 2:106; 4:88
- Viscum articulatum* (leafless mistletoe), 2:48
- Viscum flavens*. *See Phoradendron chrysocladon*
- vision disorders. *See* eye conditions;
specific disorders
- vital force, 1:12; 2:14; 3:14; 4:16; 5:16
- vitamin A
 for contractures, 5:104
 for dry eyes, 5:150
 for fungal skin infections, 1:196
 for genital warts, 3:112, 113
 for pain, 4:156
 for psoriasis, 1:209
 for stomatitis, 5:50
 for warts, 1:200
- vitamin B₁₂ deficiency anemia, formulas for,
 2:68–70
- vitamin B₆, 4:119, 124
- vitamin B family
 for Bell's palsy, 4:36, 37
 for cheilosis and cheilitis, 5:183
 for endometriosis, 3:149
 formulas containing, 4:37; 5:183
 for glossitis, 5:179
 for low libido, 3:151
 for nerve pain, 4:180t
 for Parkinson's disease, 4:60
 for PCOS, 3:132
 for peripheral neuropathy, 4:42–43
 for premenstrual syndrome, 3:125
 for restless legs syndrome, 4:32
 for stomatitis, 5:182
 for withdrawal symptoms, 4:128
- vitamin C
 for antiviral support, 1:201
 for cystitis, 1:112
 for detoxification, 3:68
 formulas containing, 5:183
 for herpetic neuralgia, 4:40
 for oral leukoplakia, 5:187
 for pain, 4:156
 for stomatitis, 5:182
 for throat pain, 5:190
 for warts, 1:200
- vitamin D
 for benign prostatic hyperplasia, 1:144
 for contractures, 5:104
 for dry eyes, 5:150
 formulas containing, 5:105
 for healthy hormone regulation, 3:87
 immunoregulating properties, 5:30
 for insulin sensitivity, 3:77
 for psoriasis, 1:209, 210
 for schizophrenia, 4:124
 for supporting fertility, 3:132
- vitamin D₃, 1:209
- vitamin E
 for contractures, 5:104
 for detoxification, 3:68
 for eczema, 1:186
 for fatty liver, 1:96
 formulas containing, 5:105
 for glossitis, 5:179
 for herpetic neuralgia, 4:40
 for pain, 4:156
 for renal failure, 1:152
- vitamin K, in *Medicago sativa*, 3:87
- Vitellaria paradoxa* (shea), 5:48
- Vitex agnus-castus* (chaste tree), 3:148
 for acne, 1:202t
 for amenorrhea, 3:122, 123
 anti-inflammatory actions, 4:178
 for breast conditions, 3:142, 143
 for breast cysts, 3:143, 180
 for depression and anxiety, 4:92, 96, 101t
 formulas containing
 acne, 1:201
 amenorrhea, 3:122, 123
 anovulatory cycles, 3:123
 breast conditions, 3:143
 Cushing's syndrome, 3:52
 depression and anxiety, 4:98, 100
 dysfunctional uterine bleeding, 3:117
 headaches, 4:164
 hirsutism, 1:214
 hormone-related infertility, 3:131
 hot flashes, 3:135
 hyperhidrosis, 1:226
 hypothyroidism, 3:37
 menopausal symptoms, 4:110, 115
 menorrhagia, 3:118, 119, 120
 polycystic ovarian syndrome, 3:145, 147
 premenstrual acne, 3:129
 premenstrual syndrome, 3:126, 127
 prostate cancer, 1:148
 short menstrual cycles, 3:118
 spotting, 3:122
 uterine fibroids, 3:151
- for headaches, 4:159
 for hormone-related infertility, 3:129, 131, 131f
 for insomnia, 4:114
 for menorrhagia, 3:118
 for menstrual cycle disorders, 3:115
 for ovarian cysts, 3:144
 for pain, 4:166t
 for polycystic ovarian syndrome, 3:145, 147
 for premenstrual syndrome, 3:125, 126, 127
 as prolactin inhibitor, 1:216
 for prostate cancer, 1:147
 for reducing elevated prolactin, 3:122, 123
 for reproductive endocrine conditions,
 3:148, 180
 for restless legs syndrome, 4:32
- serotonin-promoting qualities, 4:92
 specific indications, 1:249; 3:63, 180;
 4:152, 218
 as uterine tonic, 3:119
- vitexin, 4:178
- Vitex negundo* (Chinese chaste tree)
 antiallergic qualities, 5:34t
 antiandrogenic qualities, 3:148
 bronchodilating properties, 2:108t
 mast-cell stabilizing effects, 5:31t
 specific indications, 2:184
- vitiligo
Ammi visnaga for, 1:238
Angelica sinensis for, 1:238
Apium graveolens for, 1:238
Citrus bergamia for, 1:240
Cnidium officinale for, 1:240
Coriandrum sativum for, 1:241
Foeniculum vulgare for, 1:242
 formulas for, 1:225–26
Lomatium dissectum for, 1:245
Medicago sativa for, 1:245
 overview, 1:222
Picrorhiza kurroa for, 1:246
- Vitis vinifera* (grapes), 2:31
 for benign prostatic hyperplasia, 1:144–45
 for capillary fragility, 2:67
 flavones in, 3:87
 iron chelation properties, 2:71
 mast-cell stabilizing effects, 2:144t
 for multiple sclerosis, 5:82
 neuroprotective effects, 4:31
 PAF inhibiting properties, 2:77
 specific indications, 2:184; 3:99
- vocal strain
Collinsonia canadensis for, 5:195
 formula for, 5:191
- volatile oils. *See* essential oils
- vomiting
Cannabis sativa for, 1:32; 5:167
Cinnamomum spp. for, 3:167
Hydrastis canadensis for, 1:104
Iris versicolor for, 1:104, 244
Matricaria chamomilla for, 5:92
Podophyllum peltatum for, 1:105
 ruling out food allergies and intolerances, 1:24
Rumex acetosella for, 1:87
Silybum marianum for, 1:106
 as symptom of healing crises, 1:8
Syzygium aromaticum for, 1:88
Terminalia spp. for, 1:106
Zingiber officinale for, 5:162, 164, 168
See also nausea
- vulneraries
 for aphthous ulcers, 5:183
 for eye injuries, 5:154
 for Henoch-Schönlein purpura, 5:75
 for peripheral neuropathy, 4:43t
 for wound healing, 4:192t
See also wound healing

W

- wakame (*Undaria pinnatifida*), 3:27
- walnut. *See Juglans* spp.
- warming stimulants, 1:18, 19t; 2:20, 21t; 3:20–21, 21t; 4:23, 23t; 5:23, 23t
- warts
- Allium sativum* for, 1:238
 - Astragalus membranaceus* for, 1:239
 - Echinacea* spp. for, 1:241
 - Eleutherococcus senticosus* for, 1:242
 - formulas for, 1:199–201
 - Hypericum perforatum* for, 1:244
 - Lomatium dissectum* for, 1:245
 - Melissa officinalis* for, 1:245
 - Panax ginseng* for, 1:246
 - Phytolacca* spp. for, 1:246
 - Podophyllum peltatum* for, 1:246; 3:175
 - Thuja* spp. for, 1:248; 3:178
- See also* genital warts
- water mint (*Mentha aquatica*), 4:110
- wax gourd (*Benincasa hispida*), 3:162
- wax myrtle. *See Myrica cerifera* (wax myrtle)
- weak circulation. *See* circulation, poor
- weak heart
- Adonis vernalis* for, 2:89
 - Convallaria majalis* for, 2:93
 - Crinum glaucum* for, 2:93
 - Glycyrrhiza glabra* for, 2:96
 - Panax ginseng* for, 2:100
 - Selenicereus grandiflorus* for, 2:103
 - Strophanthus hispidus* for, 2:104
- weak muscles. *See* muscle weakness
- weakness
- Albizia julibrissin* for, 4:139
 - Avena sativa* for, 3:166
 - Eleutherococcus senticosus* for, 3:169
 - Glycyrrhiza glabra* for, 3:94
 - Panax ginseng* for, 4:148
 - Strychnos nux-vomica* for, 4:152
 - Withania somnifera* for, 3:63
- weight loss
- Chionanthus virginicus* for, 3:91
 - Coleus forskohlii* for, 3:56, 92
 - Foeniculum vulgare* for, 3:94
 - Galega officinalis* for, 3:94
 - Glycyrrhiza glabra* for, 3:58, 94
 - Panax ginseng* for, 3:61, 96
 - Plantago* spp. for, 3:61, 97
 - Rosmarinus officinalis* for, 3:61
 - Smilax ornata* for, 3:98
 - Stevia rebaudiana* for, 3:98
 - Syzygium cumini* for, 3:99
- Weiss, Rudolf F., 1:165; 2:44; 4:35, 74
- Western herbalism, four-elements theory, 1:12; 2:14; 3:14; 4:17; 5:17
- western red cedar. *See Thuja plicata* (western red cedar)
- wet atopic dermatitis, herbs for, 1:188
- See also* atopic dermatitis
- wheat. *See Triticum aestivum* (wheat)
- wheezing
- Apium graveolens* for, 5:86
 - Astragalus membranaceus* for, 5:86
 - Atropa belladonna* for, 2:159
 - Cornus mas* for, 5:88
 - Euphorbia* spp. for, 2:165
 - Foeniculum vulgare* for, 2:165
 - formulas for, 5:49
 - herbs for, 2:118
 - Justicia adhatoda* for, 2:169
 - Lobelia inflata* for, 5:32, 43, 92
 - Magnolia officinalis* for, 2:171
 - overview, 2:115–16
 - Passiflora incarnata* for, 2:175
 - Stemona* spp. for, 2:180
 - Tanacetum parthenium* for, 2:182
- wehy powder, for leaky gut syndrome, 1:79
- white atractylodes. *See Atractylodes ovata* (white atractylodes)
- white bryony. *See Bryonia alba* (white bryony)
- white button mushrooms. *See Agaricus bisporus* (white button mushrooms)
- white hellebore. *See Veratrum album* (white hellebore)
- white kwao krua. *See Pueraria candollei* var. *mirifica* (kudzu, white kwao krua)
- white mangrove. *See Avicennia marina* (white mangrove)
- white mulberry. *See Morus alba* (white mulberry)
- white mustard (*Sinapis alba*), 3:43
- white oak. *See Quercus alba* (white oak)
- white peony. *See Paeonia lactiflora* (white/red peony)
- white willow. *See Salix alba* (white willow)
- Whole Food Electrolyte Replacement Broth, 1:57–58
- whole foods therapies
- for diabetes, 3:77
 - for goiter, 3:32
 - phytosterols in, 3:155, 156
- whole plant research, need for, 3:4
- whooping cough
- Digitalis purpurea* for, 2:163
 - Drosera rotundifolia* for, 2:163
 - Inula helenium* for, 2:168
 - Stemona* spp. for, 2:181
 - Sticta pulmonaria* for, 2:181
- wild artemisia (*Artemisia afra*), 4:110
- wild carrot. *See Daucus carota* (wild carrot)
- wild geranium. *See Geranium maculatum* (wild geranium)
- wild indigo. *See Tephrosia purpurea* (wild indigo)
- wild iris. *See Iris versicolor* (wild iris, blue flag, vegetable mercury)
- wild rosemary. *See Ledum palustre* (marsh tea)
- wild tobacco (*Nicotiana rustica*), 4:63, 83
- wild yam. *See Dioscorea villosa* (wild yam)
- Willis-Ekbom disease. *See* restless legs syndrome
- willow. *See Salix* spp.
- winter-blooming bergenia. *See Bergenia crassifolia* (winter-blooming bergenia)
- wintergreen. *See Gaultheria* spp.
- winter squash. *See Cucurbita maxima* (winter squash)
- Winter Tea for Metabolic Support, 3:86
- wise women, 3:104
- witch hazel. *See Hamamelis virginiana* (witch hazel)
- Withania somnifera* (ashwagandha, Indian ginseng), 4:64
- adaptogenic qualities, 3:47, 48, 49, 53, 63; 4:90, 112
- for adrenal disorders, 3:46, 48, 50; 5:111t
- alterative qualities, 1:27
- anti-inflammatory qualities, 4:128
- for anxiety, 4:16
- for bladder cancer, 1:132
- for childhood immunization support, 4:71
- for depression and anxiety, 4:92, 101t
- for epilepsy and seizural disorders, 4:66, 72
- for erectile dysfunction, 3:161
- formulas containing
- adrenal disorders, 3:48, 50
 - attention deficit hyperactivity disorder, 4:120
 - Cushing's syndrome, 3:52
 - dementia, 4:57
 - depression and anxiety, 4:98
 - diarrhea, 1:57
 - dissociative disorders, 4:108
 - fibromyalgia, 5:110
 - head injury-related seizures, 4:71
 - hemoptysis, 2:126
 - hypertension, 2:42, 46
 - hyperthyroidism, 3:41, 44
 - hypothyroidism, 3:37
 - insomnia, 4:114, 115
 - interstitial cystitis, 1:124
 - menopausal symptoms, 3:136; 4:100
 - migraines, 4:163
 - multiple sclerosis, 5:83
 - pain, 4:169
 - panic disorder, 4:110
 - Parkinson's disease, 4:61, 63, 65
 - polycystic ovarian syndrome, 3:147
 - restless legs syndrome, 4:33
 - traumatic brain injury, 4:55
 - tuberculosis, 2:156
 - vertigo, 5:168
 - withdrawal symptoms, 4:130, 135
- GABAergic qualities, 4:110, 114
- for gout, 5:123
- for hypothyroidism, 3:34
- for insomnia, 4:114
- for low libido, 3:153

- Withania somnifera* (ashwagandha, Indian ginseng) (*continued*)
 for menopausal symptoms, 3:136, 136t, 138t
 for nerve pain, 4:91, 180t
 for neurological conditions, 4:28
 neuroprotective effects, 4:31
 for opiate addiction, 4:129
 for panic disorder, 4:109
 for Parkinson's disease, 4:64
 for reproductive endocrine conditions, 3:102
 for restless legs syndrome, 4:32
 for schizophrenia, 4:125
 specific indications, 2:106, 184; 3:63; 4:88, 152, 218; 5:143
 for thyroid disorders, 3:41
 for tuberculosis, 2:156
 for withdrawal symptoms, 4:88, 128
 for wound healing, 4:192t
- withdrawal symptoms
Avena sativa for, 4:140
Bupleurum falcatum for, 4:140
Cannabis sativa for, 4:140
Eschscholzia californica for, 4:79
 formulas for, 4:130, 132–36, 185
 herbs for, 4:128
Hypericum perforatum for, 4:93
Nelumbo nucifera for, 4:147
Passiflora incarnata for, 4:97
Pueraria montana var. *lobata* for, 4:150
Rhodiola rosea for, 4:151
Withania somnifera for, 4:88, 128
 See also drug addiction
- woad. See *Isatis tinctoria* (woad)
- wogonin, for hepatitis, 1:93
- wolf berry. See *Lycium chinense* (goji berry, wolf berry)
- wolfsbane. See *Aconitum napellus* (aconite, wolfsbane)
- wolf spider. See *Tarentula hispanica* (tarentula)
- women's health
 honoring rhythms of, 3:115–16
 wise women, 3:104
 See also specific conditions
- Women's Health Initiative, 4:100
- World Health Organization (WHO), 4:2, 52, 127
- wormseed. See *Chenopodium ambrosioides* (wormseed)
- wormwood. See *Artemisia absinthium* (wormwood)
- wormwood, capillary. See *Artemisia capillaris* (capillary wormwood)
- wound healing
Achillea millefolium for, 1:237
Allium cepa for, 1:181, 238
Aloe spp. for, 1:238; 4:75; 5:132
Avena sativa for, 1:239
Berberis aquifolium for, 1:245
Butea monosperma for, 4:205
Calendula officinalis for, 1:239; 3:55; 5:134
Centella asiatica for, 4:77; 5:134
Cinnamomum verum for, 5:87
Echinacea spp. for, 1:241
Equisetum arvense for, 1:242; 3:57, 93
Eschscholzia californica for, 4:142
 formulas for, 1:173–75, 176, 181–83
Ginkgo biloba for, 1:243
Hamamelis virginiana for, 1:243; 5:138
Helichrysum angustifolium for, 1:244
 herbs for, 4:192t
Hibiscus sabdariffa for, 1:203
Hippophae rhamnoides for, 5:91
Hypericum perforatum for, 3:95–96; 4:143
Jasminum grandiflorum for, 4:81
Matricaria chamomilla for, 5:198
Medicago sativa for, 1:245; 5:139
Melaleuca alternifolia for, 1:245
Phyllanthus amarus for, 4:212
Picrorhiza kurroa for, 1:246
Symphytum officinale for, 1:248
Uncaria tomentosa for, 1:166
 See also vulneraries
- wrinkles
Aloe vera for, 1:238
 formula for, 1:229
- Wu Mei Wan, 5:39–40
- wu wei zi. See *Schisandra chinensis* (magnolia vine)
- X**
- Xanthium cavanillesii* (cocklebur), 2:144t, 184
 xanthohumol, 4:210
Xanthoxylum americanum, 2:123
 xenoestrogens, 3:102, 154
 xerostomia. See dry mouth
- Xiao-Qing-Long-Tang, 5:46
- xi hong hua. See *Crocus sativus* (saffron crocus, xi hong hua)
- xin yi qing fei tang (Shin'iseihaito), 2:174
- Xuanbai Chengqi decoction, 2:153, 154
- xylytol
 as alternative sweetener, 3:82, 88
 in Flor de Jamaica Iced Tea, 3:79
 in Peanut Butter Blondies, 3:83
 for plaque inhibition, 5:175, 176
- xylytol chewing gum, 1:41
- Y**
- yacon. See *Smallanthus sonchifolius* (yacon)
- Yacon Cookies, 3:80
- yagé (*Banisteriopsis caapi*), 4:137
- yam, wild. See *Dioscorea villosa* (wild yam)
- yangonin, 1:125
- yarrow. See *Achillea millefolium* (yarrow)
- yeast infections, 1:197
- yellow clover. See *Melilotus officinalis* (sweet clover)
- yellow dock. See *Rumex crispus* (yellow dock)
- yellow jessamine. See *Gelsemium sempervirens* (yellow jessamine)
- yellow nutgrass. See *Cyperus esculentus* (nutgrass, yellow nutgrass)
- yellow wild indigo. See *Baptisia tinctoria* (wild indigo)
- yerba de tago. See *Eclipta prostrata* (eclipta, bhringraj, yerba de tago)
- yerba mansa. See *Anemopsis californica* (yerba mansa)
- yerba santa. See *Eriodictyon californicum* (yerba santa)
- yin yang huo. See *Epimedium brevicornu* (horny goatweed, yin yang huo, bishop's hat)
- yohimbe. See *Pausinystalia johimbe* (yohimbe)
- Yokukansan, for dementia with aggression, 4:54, 57
- yuan zhi. See *Polygala tenuifolia* (yuan zhi)
- Yucca* spp., 5:71
- Yucca filamentosa* (Adam's needle and thread)
 anti-inflammatory qualities, 5:97
 for peripheral neuropathy, 4:46
- Yucca schidigera* (yucca)
 for arthritis, 5:114
 formulas containing, 5:116
 specific indications, 5:143
- YunNan BaiYao, 5:80
- Yu Ping Feng San, 2:150
- Z**
- Zanthoxylum americanum* (northern prickly ash), 1:38, 61
- Zanthoxylum bungeanum* (Chinese prickly ash), 5:40
- Zanthoxylum clava-herculis* (southern prickly ash)
 as counterirritant, 2:132
 formulas containing
 anorexia, 1:38
 arthritis, 5:122
 autoimmune disorders, 5:66, 67
 bursitis and tendinitis, 5:103
 dry mouth, 5:185
 dyspepsia, 1:29
 herpetic neuralgia, 4:41
 irritable bowel syndrome, 1:32
 muscle pain, 5:108
 sciatica, 5:131
 for herpetic neuralgia, 4:40
 specific indications, 1:88; 2:184; 5:143, 203
- Zanthoxylum piperitum* (Japanese pepper), 1:29; 4:61
- Zappin, Ben, 1:47
- Zea mays* (maize)
 for bladder mucosal lesions, 1:123
 diuretic qualities, 1:109, 112
 for pyelonephritis, 1:119
 specific indications, 1:167
- zhe bei mu. See *Fritillaria thunbergii* (zhe bei mu)
- zhi mu. See *Anemarrhena asphodeloides* (zhi mu)

- zinc
 for attention deficit hyperactivity disorder, 4:118, 119
 for eczema and allergic dermatitis, 1:188
 formulas containing
 alopecia, 1:218
 ulcerated veins, 4:201
 for fungal skin infections, 1:196
 for genital herpes, 3:109
 for glossitis, 5:179
 for herpetic neuralgia, 4:40
 for prostate health, 1:149, 151
 for psoriasis, 1:209
 in pumpkin seeds, 3:162, 168
 as restorative, 1:43
 for stomatitis, 5:50
 for throat pain, 5:190
 zinc chloride, in escharotic treatments, 3:115, 177
Zingiber officinale (ginger), 5:168
 for allergic pain in the gut, 5:39t
 for altered breath sounds, 2:118
 anti-inflammatory actions, 1:62, 71
 antimicrobial qualities, 1:56, 71, 88
 for arthritis, 5:114, 115, 117
 for atherosclerosis, 2:32
 carminative qualities, 1:31, 46
 for COPD, 2:148
 for cor pulmonale, 2:155
 for CREST, 5:84
 for dental procedures, 5:177
 for digestive pain, 1:26
 digestive stimulant qualities, 1:25
 for dysuria, 1:116
 for epilepsy and seizure disorders, 4:68
 for erectile dysfunction, 3:161
 fibrinolytic properties, 2:73
 formulas containing
 adrenal disorders, 3:49
 allergic airway disorders, 5:44, 46
 allergic rhinosinusitis, 2:130
 angina, 2:38
 anorexia, 1:36, 38
 arthritis, 5:117, 119, 122
 asthma, 2:147
 autoimmune disorders, 5:66, 67
 Behçet's disease, 5:74
 biliousness, 4:105
 bronchitis, 2:134
 constipation, 1:48
 COPD, 2:150
 coughs, 2:117
 CREST, 5:84
 cystic fibrosis, 2:135
 depression and anxiety, 4:100
 diarrhea, 1:54, 55, 58
 digestive pain, 4:198
 dyspepsia, 1:29, 30
 emphysema, 2:138
 endometriosis, 3:149
 esophageal disorders, 1:44
 fibromyalgia, 5:110
 food allergies, 5:40
 gastritis and gastroenteritis, 1:61, 62
 gastrointestinal hypersensitivity, 5:37, 38
 gastroparesis, 1:77, 78
 GERD, 1:40, 41, 42
 gout, 5:124
 headaches, 4:165
 hepatitis, 1:93
 hyperlipidemia, 2:35, 47
 inflammatory bowel diseases, 5:80
 irritable bowel syndrome, 1:32
 labyrinthitis, 5:162
 malabsorption, 1:73, 74, 75
 Ménière's disease, 5:164
 menstrual nausea, 3:120
 metabolic conditions, 3:71
 migraines, 4:160–61, 162
 multiple sclerosis, 5:83
 muscle pain, 5:108
 muscle weakness, 5:111
 myositis conditions, 5:71
 nausea of pregnancy, 3:132
 neuropathic pain, 4:179
 osteoarthritis, 5:116
 pain, 4:172
 Parkinson's disease, 4:61
 peripheral vascular insufficiency, 2:58, 61
 phlebitis, 2:81
 premenstrual syndrome, 3:126, 129
 pyelonephritis, 1:120
 Raynaud's syndrome, 2:67
 retinopathies, 5:157
 schizophrenia, 4:125
 skin infections, 1:178
 trigeminal neuralgia, 4:39
 urinary lithiasis, 1:140
 vaginitis, 3:107
 vascular reactivity, 5:61
 vascular support, 2:27, 28, 29, 30
 venous congestion, 2:76
 for headaches, 4:159
 for *Helicobacter pylori* infections, 1:43
 for hepatitis, 1:90
 for hypertension, 2:46
 in iced tea, 3:79
 for impetigo, 1:179
 for increasing deficient adrenergic tone, 4:95
 for inflammatory bowel diseases, 1:34
 for insomnia with exhaustion, 1:14; 2:16; 3:16; 4:18, 23; 5:18, 23
 in juice cleanses, 5:117
 lipid-lowering effects, 3:82
 for malabsorption, 1:73, 74
 for Ménière's disease, 5:164
 for motion sickness, 5:168
 for multiple sclerosis, 5:82
 for neuralgia, 4:34
 neuroprotective effects, 4:31
 PAF inhibiting properties, 2:77
 for pain, 4:154, 166t
 for peripheral neuropathy, 4:42, 43t, 44
 for poor circulation, 2:58, 63
 in porridge, 1:66
 for premenstrual syndrome, 3:125, 126, 129
 for pyuria, 1:115
 for renal failure, 1:154t
 for respiratory conditions, 2:108
 for skin infections, 1:183
 for skin protection, 1:230
 specific indications, 1:88, 106, 167, 249; 2:106, 184; 3:63, 99–100; 4:88; 5:94, 143–44, 203
 stimulant qualities, 1:51; 3:21t
 strong energy of, 1:18; 2:20; 3:20; 4:22, 23; 5:22, 23
 syrup of, 1:120
 for tinnitus, 5:165
 for vascular reactivity, 5:60
 for vascular support, 2:31
 warming qualities, 1:59; 3:21t
 for wound healing, 1:181
 Zi Shen Qing, 5:78
Ziziphora clinopodioides (blue mint bush), 3:109
Ziziphus jujuba (Chinese date, jujube)
 for arthritis, 5:120
 for Behçet's disease, 5:74
 for colds, 5:170
 for depression and anxiety, 4:101t, 103t, 106
 formulas containing
 depression and anxiety, 4:106
 gastroparesis, 1:77, 78
 GABAergic qualities, 4:110
 for hepatitis, 1:90
 in mocktail syrup base, 4:136
 serotonin-promoting qualities, 4:92
 specific indications, 2:106; 4:152
 for vascular reactivity, 5:61
Ziziphus spinosa (suan zao ren)
 for arrhythmias, 2:53
 specific indications, 2:106
 for strokes, 2:65