

HOW TO COMPOSE A HERBAL COMPOUND

Female Reproductive System

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STEP ONE: THE INTAKE

Select the **Primary conditions** that can be treated and any related conditions that will be affected as a subsequent result of the program. Write these down on a sheet of paper in a column on the left side of the page. **Column 1.**

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PMS Differentiation

PMS-A

A=Anxiety

Symptoms: Anxiety, Insomnia, Dysomnia, Irritability, Emotional lability, Heart palpitations, Stress induced sweating.

Possible causes: Low progesterone and/or estrogen excess may be due to poor hepatic clearance or receptor insensitivity:

HPA related diminished stress response; leads to elevated epinephrine, nor-epinephrine & serotonin and reduced dopamine in the brain

PMS-C

C=Carbohydrate craving

Symptoms: Sugar cravings, Hypoglycemia, Increased appetite (even ravenous), Heart palpitations, Dizziness, Headache, Increased sweating.

Possible causes: Low prostaglandin PGE1 leads to excessive insulin release and hypoglycemia.

PMS-D

D=Depression

Symptoms: Depression, Apathy, Crying, Despair, Fatigue, Feelings of hopelessness, Insomnia, Low libido.

Possible causes: Hormonal effects on neurotransmitters - Low estrogen / High progesterone leading to elevated aldosterone

and increased neurotransmitter degradation, Endogenous opioid deficiency or withdrawal

PMS-H

H=Hyperhydration

Symptoms: Edema of hands and feet (may extend up limbs), Weight gain, Bloating, Breast tenderness and/or swelling, Nipple sensitivity, "Clothes feel tighter".

Possible causes: Stress and elevated estrogen lead to increased aldosterone in the late luteal phase, Aggravated by reduced dopamine which causes elevated prolactin & aldosterone, May also be related to increased cortisol production from poor HPA regulation

Select the **Primary conditions** that can be treated and any related conditions that will be affected as a subsequent result of the program. Write these down in a sheet of paper in column on the left side of the page. **Column 1.**

STEP ONE: THE INTAKE

PMS – A (Anxiety)

Anxiety

Excessive sweating due to anxiety & stress

Dysomnia

Irritability

Emotional lability

Nausea

Vomiting

STEP TWO: Therapeutic Goal
 Write down the opposite of the complaint as a
Therapeutic outcome/goal. This will be **Column 2.**

Example 2
Alleviation of anxiety symptoms
Improve stress response
Reduce sweating
Support HPA axis
Improve sleep
Support Adrenal glands
Mood stabilization
Help to clear hormone metabolites
Relieve nausea
Settle stomach & nervous system

Example 1	Example 2
Anxiety	Alleviation of anxiety symptoms Improve stress response Reduce sweating
Dysomnia	Support HPA axis Improve sleep Support Adrenal glands
Irritability	Mood stabilization Help to clear hormone metabolites
Emotional lability	Mood stabilization Help to clear hormone metabolites Support Adrenal glands
Nausea	Relieve nausea
Vomiting	Settle stomach & nervous system

STEP THREE: Action Category

Select a Body System from the list of filters then select an **Action category** that physiologically matches the therapeutic goal. Write it down in the next column across from the therapeutic goal. Continue **matching each goal with the Action category. Column 3.**

Example 3: Choose actions that correspond to the Female Reproductive System

Adaptogens
Analgesic
Anti-androgenic (SARM)
Antigalactagogue
Antiseptics
Antispasmodics
Aphrodisiacs
Aquaretics
Astringents
Bladder tonics
Decongestants
Diuretic herbs
Emmenagogues
Galactagogues
Hepatics
Hormonal Balancers
Nervines
Oestrogenics (SERMS)
Ovarian tonics
Partus preparator
Pelvic decongestants
Prostaglandin Inhibitors
Tonics
Uterine tonics

Example 1	Example 2	Example 3
Anxiety	Alleviation of anxiety symptoms Improve stress response Reduce sweating	Anxiolytics Nervines
Dysomnia	Support HPA axis Improve sleep Support Adrenal glands	Hormonal modulators Nervines Adaptogens
Irritability	Mood stabilization Help to clear hormone metabolites	Nervines Hepatics
Emotional lability	Mood stabilization Support Adrenal glands Help to clear hormone metabolites	Nervines Adaptogens Hepatics
Nausea	Relieve nausea	Carminatives
Vomiting	Settle stomach & nervous system	Nervines Carminatives

STEP FOUR: Herb Choices

List a few good **herb choices** for each action group on the next column across from the action term. Use the choices from the list. We have already preselected herbs with an affinity for the body system selected. **Column 4.**

Example 4
<i>Avena, Humulus, Hypericum, Lavendula, Leonurus, Matricaria, Melissa, Nepeta, Passiflora, Piper, Scut. lat., Tilia, Valeriana, Verbena</i>
<i>Bupleurum, Chelidonium, Dioscorea, Glyc. Glabra, Hypericum, Schisandra, Silybum, Tarax. radix</i>
<i>Avena, Humulus, Hypericum, Lavendula, Leonurus, Matricaria, Melissa, Nepeta, Passiflora, Piper, Scut. lat., Tilia, Valeriana, Verbena</i>
<i>Eleutherococcus, Glyc. glabra, Panax ginseng, Panax quinquefolius, Rehmannia, Rhodiola, Schisandra, Verbena, Withania somnifera</i>
<i>Bupleurum, Chelidonium, Dioscorea, Glyc. Glabra, Hypericum, Schisandra, Silybum, Tarax. radix</i>
<i>Cinnamomum, Dioscorea, Matricaria, Mentha, Zingiber</i>
<i>Atropa belladonna, Avena, Humulus, Hypericum, Lavendula, Leonurus, Matricaria, Melissa, Nepeta, Passiflora, Piper, Scut. lat., Tilia, Valeriana, Verbena</i>
<i>Cinnamomum, Dioscorea, Matricaria, Mentha, Zingiber</i>

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Example 1	Example 2	Example 3	Example 4
Anxiety	Alleviation of anxiety symptoms Improve stress response Reduce sweating	Anxiolytics Nervines	<i>Eschscholchisia cult., Lavendula, Leonurus, Matricaria, Melissa, Passiflora, Piper methysticum, Scut. lat., Valerian, Verbena, Withania</i> <i>Avena, Humulus, Hypericum, Lavendula, Leonurus, Matricaria, Melissa, Nepeta, Passiflora, Piper, Scut. lat., Tilia, Valeriana, Verbena</i>
Dysomnia	Support HPA axis Improve sleep Support Adrenal glands	Hormonal modulators Nervines Adaptogens	<i>Vitex agnus-castus</i> <i>Avena, Humulus, Hypericum, Lavendula, Leonurus, Matricaria, Melissa, Nepeta, Passiflora, Piper, Scut. lat., Tilia, Valeriana, Verbena</i> <i>Eleutherococcus, Glyc. Glabra, Oplonax, Panax ginseng, Panax quinquefolius, Rehmannia, Rhodiola, Schisandra, Verbena, Withania somnifera</i>
Irritability	Mood stabilization Help to clear hormone metabolites	Nervines Hepatics	<i>Avena, Humulus, Hypericum, Lavendula, Leonurus, Matricaria, Melissa, Nepeta, Passiflora, Piper, Scut. lat., Tilia, Valeriana, Verbena</i> <i>Bupleurum, Chelidonium, Dioscorea, Glyc. glabra, Hypericum, Schisandra, Silybum, Tarax. radix</i>
Emotional lability	Mood stabilization Support Adrenal glands Help to clear hormone metabolites	Nervines Adaptogens Hepatics	<i>Avena, Humulus, Hypericum, Lavendula, Leonurus, Matricaria, Melissa, Nepeta, Passiflora, Piper, Scut. lat., Tilia, Valeriana, Verbena</i> <i>Eleutherococcus, Glyc. Glabra, Oplonax, Panax ginseng, Panax quinquefolius, Rehmannia, Rhodiola, Schisandra, Verbena, Withania somnifera</i> <i>Bupleurum, Chelidonium, Dioscorea, Glyc. glabra, Hypericum, Schisandra, Silybum, Tarax. radix</i>
Nausea	Relieve nausea	Carminatives	<i>Cinnamomum, Dioscorea, Matricaria, Mentha, Zingiber</i>
Vomiting	Settle stomach & nervous system	Nervines Carminatives	<i>Atropa belladonna, Avena, Humulus, Hypericum, Lavendula, Leonurus, Matricaria, Melissa, Nepeta, Passiflora, Piper, Scut. lat., Tilia, Valeriana, Verbena</i> <i>Cinnamomum, Dioscorea, Matricaria, Mentha, Zingiber</i>

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STEP FIVE: Group Herbs

Look for herbs that repeat in multiple action groups and select them by writing them in the next column. Put the number of times a herb appears in the actions list next to the herb. Column 5.

We now select our final herbs based **on action energetics**

- + Herbs that are multitasking in primary & secondary actions
- + Important biochemical constituents
- + Intuition and cumulative experience
- + Taste
- + Environmental considerations (local, organic, endangered)
- + Economics (patient pocket book & cost of product)

Specific to the infection, immune modulating & system & tissue specific		percentage	Measurements in mL
<i>Piper methysticum</i>	9	9/20 = 45%	225 mL
<i>Glycyrrhiza glabra</i>	4	4/20 = 20%	100 mL
<i>Dioscorea villosa</i>	4	4/20 = 20%	100 mL
<i>Vitex agnus-castus</i>	2	2/20 = 10%	50 mL
<i>Zingiber off.</i>	1	1/20 = 5%	25 mL
TOTAL =		100 = 100% = 100 mL	Total = 500 mL
		equals 100 mL bottle / week 5 weeks = 500 mL bottle	

Example 1	Example 2	Example 3	Example 4	Example 5 Specific to the infection, immune modulating & s		
Anxiety	Alleviation of anxiety symptoms	Anxiolytics	<i>Eschscholtzia cali., Lavendula, Leonurus, Matricaria, Melissa, Passiflora, Piper, Scut. lat., Valerian, Verbena, Withania</i>	<i>Piper, Humulus, Leonurus, Scut. lat., Verbena</i>	<i>Piper methysticum</i>	9
	Improve stress response Decrease sweating	Nervines	<i>Avena, Humulus, Hypericum, Lavendula, Leonurus, Matricaria, Melissa, Nepeta, Passiflora, Piper, Scut. lat., Tilia, Valeriana, Verbena</i>			
Dysomnia	Support HPA axis	Hormonal modulators	<i>Vitex agnus-castus</i>			
	Improve sleep	Nervines	<i>Avena, Humulus, Hypericum, Lavendula, Leonurus, Matricaria, Melissa, Nepeta, Passiflora, Piper, Scut. lat., Tilia, Valeriana, Verbena</i>	<i>Vitex, Piper, Glyc. glabra,</i>	<i>Glyc. glabra</i>	4
	Support Adrenal glands	Adaptogens	<i>Eleutherococcus, Glyc. glabra, Oxypanax, Panax ginseng, Panax quinquefolius, Rehmannia, Rhodiola, Schisandra, Verbena, Withania somnifera</i>			
Irritability	Mood stabilization	Nervines	<i>Avena, Humulus, Hypericum, Lavendula, Leonurus, Matricaria, Melissa, Nepeta, Passiflora, Piper, Scut. lat., Tilia, Valeriana, Verbena</i>	<i>Filipendula Blackberry brandy</i>	<i>Dioscorea</i>	4
	Help to clear hormone metabolites	Hepatics	<i>Bupleurum, Chelidonium, Dioscorea, Glyc. glabra, Hypericum, Schisandra, Silybum, Tarax. radix</i>			
Emotional		Nervines	<i>Avena, Humulus, Hypericum, Lavendula, Leonurus, Matricaria, Melissa, Nepeta, Passiflora, Piper, Scut. lat., Tilia, Valeriana, Verbena</i>	<i>Filipendula Blackberry brandy</i>		
	Mood stabilization	Adaptogens	<i>Eleutherococcus, Glyc. glabra, Oxypanax, Panax</i>			

Follow Up

The first formula is inadequate to allow patient to meet a standard of living for several days of every month so we will step up the formula for a short amount of time by adding tincture of *Atropa belladonna*, a potent effector herb.

To try to get her anxiety & nausea under control. Will reevaluate and attenuate the Belladonna accordingly after a few months.

Atropa belladonna

Nightshade plant containing Tropane Alkaloids: Atropine & Scopolamine ie Hyoscyamine and Hyoscyne 0.3% to 0.6%

Actions: Smooth muscle spasmolytic, narcotic, mydriatic, sedative, antihydrotic .

Peripheral action on autonomic nervous system as well as central nervous system effects. Focus on gastro-intestinal tract and bile ducts.

Pharmacology: Parasympatholitic /anticholinergic effect by competitive inhibition of neuromuscular transmitter acetylcholine.

Dosage: 0.5mg to 2.0mg TID see dosing calculation slide

Atropa belladonna dosing:

- Measure 120 mL of water into medicine cup/ receiver.
- Measure 5 mL of alkaloidal based tincture from stock bottle.
Atropa belladonna 1:10 70%
- Stir in tincture to water to make 125 mL solution.
- Take 5 mL (1tsp.) and dispense at 15 minute intervals until first sign of physiological activity. (For *Atropa belladonna*, the pupils dilate, pulse diminishes first, then accelerates at higher dose, breathing relaxes & mouth becomes dry)
- $(5/125)\text{mL} \times 1\text{Gm}/10\text{mL} = 0.04\text{Gm}$ or 4mg per spoonful.
- Count the number of teaspoons dispensed to reach desired physiological response.
- Every subsequent 3 hours dispense the full number of spoons at once for acute conditions like passing gallstones.
- Every subsequent 6 hours dispense the full number at once for chronic conditions like nausea that precedes emesis and diarrhoea.

Add up number of spoons per day then ($\times 7$) to calculate weekly amount.

Number of spoons per week divided by 125 gives % of 100mL/week Round figures.

E.g.: 9 spoons a day = 63 /week = $63/125 = 50\%$ of compound tincture is *Belladonna*.

E.g. : 25% *Mentha* + 25% *Fillipendula* + 50% *Belladonna* 5mL TID in water

Belladonna Safety

- 3C: Belladonna is to be administered only under the supervision of a qualified expert in the appropriate use.
- **Drug Interactions** same as Atropine.
- **Adverse events:** Patient **overdose** typical of anticholinergic poisoning is described as “hot as a hare, dry as a bone, red as a beet & mad as a hatter.”
- **Not to be used during Pregnancy or Lactation**
- Botanical Safety Handbook, 2013, American Herbal Product Association CRC Press, Boca Raton

FEMALE REPRODUCTIVE ADAPTOGENS

Astragalus membranaceus, Centella asiatica, Eleutherococcus senticosus, Epimedium grandiflorum, Glycyrrhiza glabra, Gynostemma pentaphyllum, Oplopanax horridum, Panax notoginseng, Panax ginseng, Pfaffia paniculata, Panax quinquefolius, Rehmannia glutinosa, Rhodiola rosea, Schisandra chinensis, Verbena officinalis, Withania somnifera,

FEMALE REPRODUCTIVE ANALGESIC

Anemone pulsatilla, *Arnica species*, *Corydalis
ambigua*, *Escholzia californica*, *Lactuca virosa*,
Matricaria recutita, *Paeonia lactiflora*,
Piper methysticum, *Piscidia erythrina*, *Salix alba*,
Valeriana officinalis

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FEMALE REPRODUCTIVE ANTI-ANDROGENIC (SARM)

Epilobium parvaflorum, *Prunus africana*, *Serenoa
serrulata*, *Urtica dioica radix*

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FEMALE REPRODUCTIVE ANTIGALACTOGOQUE

Salvia officinalis

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FEMALE REPRODUCTIVE ANTISEPTICS

*Baptisia tinctoria, Coptis chinensis,
Cinnamomum zeylanicum, Hydrastis canadensis,
Origanum vulgare, Thymus vulgaris*

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FEMALE REPRODUCTIVE ANTISPASMODICS

*Angelica sinensis, Cimicifuga racemosa,
Corydalis ambigua, Dioscorea villosa,
Matricaria recutita, Paeonia lactiflora,
Piper methysticum, Valeriana officinalis,
Viburnum opulus, Viburnum prunifolium,
Zingiber off.*

FEMALE REPRODUCTIVE APHRODISIACS

*Angelica sinensis, Asparagus racemosa,
Avena sativa, Corynanthe yohimbe,
Epimedium grandiflorum,
Panax ginseng, Polygonum multiflorum,
Serenoa serrulata, Tribulis terrestris,
Turnera diffusa*

FEMALE REPRODUCTIVE AQUARETICS

Chimaphila umbellata, *Equisetum arvense*,
Levisticum officinalis, *Solidago odorata*

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FEMALE REPRODUCTIVE ASTRINGENTS

Alchemilla arvensis, *Capsella bursa-pastoris*,
Vinca major

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FEMALE REPRODUCTIVE BLADDER TONICS

*Alchemilla arvensis, Chimaphila umbellata,
Equisetum arvense, Galium aparine*

FEMALE REPRODUCTIVE DECONGESTANTS

*Achillea millefolium, Collinsonia canadensis,
Castor oil, Lamium album, Nymphaea alba,
Paeonia lactiflora, Zingiber officinalis*

FEMALE REPRODUCTIVE DIURETIC HERBS

Agropyron repens, *Betula spp.*,
Chamaelirium luteum, *Daucus carota*,
Galium aparine, *Glechoma hederacea*,
Hedeoma pulegioides, *Juniperus communis*,
Taraxacum off. fol., *Tanacetum vulgare*, *Zea mays*

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FEMALE REPRODUCTIVE EMMENAGOGUES

Angelica sinensis, *Artemesia absinthium*, *Artemesia vulgaris*, *Caulophyllum thalictroides*,
Chamaelirium luteum, *Mentha pulegium*,
Tanacetum vulgare

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FEMALE REPRODUCTIVE GALACTAGOGUES

Borago officinalis, *Cnicus benedictus*, *Foeniculum
vulgare*, *Galega officinalis*,
Trigonella foenum-graceum,
Vitex agnus-castus

FEMALE REPRODUCTIVE HEPATICS

Bupleurum falcatum, *Chelidonium majus*,
Curcuma longa, *Glycyrrhiza glabra*,
Hypericum perforatum,
Panax notoginseng, *Picrorhiza kurroa*,
Schisandra chinensis, *Silybum marianum*,
Taraxacum off. radix

FEMALE REPRODUCTIVE HORMONAL BALANCER

*Angelica sinensis, Borago officinalis,
Caullophylum thalictroids, Chamaelirium luteum,
Dioscorea villosa, Glycerrhiza glabra,
Paeonia lactiflora, Smilax species,
Tribulus terrestris, Trifolium pratense,
Trigonella foenum-graecum, Verbena officinalis,
Vitex agnus-castus*

FEMALE REPRODUCTIVE NERVINES

*Avena sativa, Humulus lupulus,
Hypericum perforatum, Leonurus cardiaca,
Matricaria recutita, Melissa officinalis,
Nepeta cataria, Passiflora incarnata,
Piper methysticum, Scutellaria lateriflora,
Tilia europa, Valeriana officinalis,
Verbena officinalis*

FEMALE REPRODUCTIVE OESTROGENICS (SERM)

Caulophyllum thalictroides, *Chamaelirium luteum*,
Cimicifuga racemosa, *Glycyrrhiza glabra*,
Humulus lupulus, *Medicago sativa*,
Pueraria mirifica, *Salvia officinalis*,
Trifolium pratense, *Trigonella foenum-graecum*

FEMALE REPRODUCTIVE OVARIAN TONICS

Anemone pulsatilla, *Chamaelirium luteum*,
Paeonia lactiflora, *Vitex agnus-castus*

FEMALE REPRODUCTIVE PARTUS PREPARATOR

Aralia racemosa, *Caulophyllum thalictroides*,
Cimicifuga racemosa, *Mitchella repens*

FEMALE REPRODUCTIVE PELVIC DECONGESTANTS

Ceanothus americanus, *Phytolacca decandra*,
Zingiber officinalis

FEMALE REPRODUCTIVE PROSTAGLANDIN INHIBITORS

*Angelica sinensis, Curcuma longa, Prunus africana,
Tanacetum parthenium,
Verbena officinalis, Zingiber officinalis*

FEMALE REPRODUCTIVE TONICS

*Chamaelirium luteum, Galium aparine, Taraxacum
off. radix, Urtica dioica*

FEMALE REPRODUCTIVE UTERINE TONICS

Caulophyllum thalictroides, *Chamaelirium luteum*,
Cimicifuga racemosa, *Lamium album*,
Mitchella repens

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