




HERBAL THERAPY

SAMPLE FORMAT


| Herbal Ingredient | Recommended Dosage |
|----------------------|--------------------------|
| Indications / Uses | Herb Pictured |
| Contraindications | |
| Side Effects | |


| | | |
|---|--|---|
| Angelica <i>Angelica archangelica</i> | 4.5 g of herb 0.3-3.0 g fluid extract |  |
| Antispasmodic, loss of appetite, flatulence | | |
| None Known | | |


| | | |
|---|---|---|
| Black Cohosh <i>Cimicifuga racemosa</i> | Dried rhizome root: 0.3-3.0 g dry equivalent or in tea 3 x daily |  |
| Chenopuric (menopausal) complaints, PMS, dysmenorrhea | | |
| May affect diabetes, B/P meds, and estrogen therapy | | |
| Very high doses, 1g or 10g, lead to vomiting, headache, diarrhea, limb pain and hypotension | | |


| | | |
|--|--|---|
| Echinacea <i>Echinacea angustifolia</i> | Daily dose 900 mg; use 2 ml tincture (1:2) daily for a maximum of 8 weeks |  |
| Common cold, cough/bronchitis, fever and colds, UTIs, inflammation of the mouth and pharynx, wounds and burns | | |
| Not to be used by those with AIDS, TB, MS, leukemia, collagenoses or severe allergies | | |
| None Known | | |


| | | |
|--|-----------------------------------|--|
| Feverfew <i>Fanacetum parthenium</i> | Daily: 50 mg-1.2 g of leaf powder |  |
| Migraines, arthritis, rheumatic diseases, allergies | | |
| May interact with thrombotic meds, ASA, and warfarin | | |
| None Known | | |


| | | | |
|--|--|---|--|
| Ginger <i>Zingiber officinale</i> | Daily dose is 2-4 g |  | |
| Antispasmodic, anti-inflammatory, peripheral circulatory stimulant, anemorement, dyspepsia | Contraindicated in increasing sickness due to its choleragic (promoting flow of bile) effect; should not be used in the presence of gallstone conditions | | |
| May alter cardiac, antidiabetic, and antineoplastic drugs; with procaine and, Neostigmine | | | |


| | | | |
|---|---|---|--|
| Aloe vera <i>Aloe barbadensis</i> | Apply liberally as a topical; no more than 1 liter orally |  | |
| Topical: Wound healing, sunburn, minor skin irritations Oral: Constipation, peptic ulcers, diarrhea, asthma | Intestinal obstruction, acute inflamed intestinal disorders, appendicitis, and orally in children under 12 yrs of age | | |
| Rare allergic reactions in the form of papular dermatitis and exanthemas; long term use may result in electrolyte depletion | | | |

| | | |
|---|--------------------------------|---|
| Bilberry <i>Vaccinium myrtillus</i> | Daily dose 20-60 g dried fruit |  |
| Acute diarrhea, hypoglycemia, GI tract and urinary tract problems, strabismus | | |
| None Known | | |
| Photosensitivity, avoid exposure to UV light | | |

| | | | |
|---|---|---|--|
| Chamomile (German) <i>Matricaria recutita</i> | 2-3 g of dried flowers in tea or 1-4 ml of tincture, 3 x daily |  | |
| Antispasmodic, diuretic, anti-inflammatory, calmative | None Known | | |
| None Known | | | |

| | | |
|--|----------------------|---|
| Evening Primrose Oil <i>Echium biennial</i> | 1,000-1,500 mg daily |  |
| Cardiovascular diseases, cholesterol and triglycerides, PMS, breast tenderness, rheumatoid arthritis (long term use) | | |
| Very low; do not use while nursing; may increase incidence of temporal lobe epilepsy | | |
| Rarely, nausea, headache, GI upset; use with caution if pregnant | | |

| | | |
|---|--|--|
| Garlic <i>Allium sativum</i> | Daily dose is 4-10 g of fresh garlic or 200-500 mg of essential oil |  |
| Antimicrobial, common cold, cough/bronchitis, fever and colds, inflammation of the mouth and pharynx, infection | Increases anticoagulating potential of anti-inflammatory drugs and works synergistically with EPA oils | |
| Contraindicated symptoms; changes in intestinal flora, and odor of garlic may be on the breath and skin | | |

| | | | |
|--|--|---|--|
| Ginkgo Biloba <i>Ginkgo biloba</i> | Daily dose is 120-240 mg of dried extract in 2 or 3 doses orally per day |  | |
| Organic Brain Syndrome, intermittent claudication (leg weakness or lameness), vertigo (vascular origin), tinnitus (vascular origin) | Hypersensitivity in some individuals | | |
| Mild GI complaints, hypersensitivity reactions per sepsis and stroke and in rare cases of acute toxicity, anemia and muscular weakness | | | |

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Authors: Lynne M. Dunphy, Ph.D., MSN, RN-BC

Jill E. Wintland-Brown, EdD, MSN, RN-BC

Illustrations: Vicki Ehrenman

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Mark Steyvers



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