




# HERBAL THERAPY

## SAMPLE FORMAT


Herbal Preparation	Recommended Dosage
Indications / Uses	<b>Herb Pictured</b>
Contraindications	
Side Effects	


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


<b>Black Cohosh</b> <i>Cimicifuga racemosa</i>	Dried rhizome root: 0.3-3.0 g dry equivalent or in tea 3 x daily	
Chlasmotic (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		


<b>Echinacea</b> <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		
Known Risks:		


<b>Feverfew</b> <i>Fanacanthum parthenocium</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		


<b>Ginger</b> <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			


<b>Aloe vera</b> <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, diabetes, asthma	Intestinal obstructions, acute inflamed intestinal diseases, 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		

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

<b>Chamomile (German)</b> <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			

<b>Evening Primrose Oil</b> <i>Echium bistratum</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			

<b>Garlic</b> <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			

<b>Ginkgo Biloba</b> <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 se and orange 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. Winland-Brown, EdD, MSN, RN-BC

Illustrations: Vicki Ehrenman

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# Herbal Supplement Guide

**Jin-Ying Zhang**



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