

## HOW THE HERB MONOGRAPHS WORK

**TITLE:** The title name of the plant described is based either on their Sanskrit name or common English name.

**COMMON NAME:** These are the most popular names for the herb in question.

**SANSKRIT:** The classical Sanskrit name (where applicable). We have given the most common ones with appropriate translations where the herb is an epithet as well as a proper name. If there is not a translation then it usually means that the term is just a proper name.

**LATIN:** The botanical reference for the plant in question.

**BOTANICAL DESCRIPTION:** Verbal description of the plants defining physical characteristics, including its origins and habitat.

**HOW IT WORKS:** A description of the plant's mechanisms of action within the body, pointing out key active constituents.

**INTO THE HEART OF:** An overview of the plants primary medicinal uses and indications including an understanding of which body systems and conditions would benefit most from treatment with this plant.

**INDICATIONS:** Specific conditions and body systems in which the herb is indicated e.g. lung conditions, skin problems.

**DID YOU KNOW:** Some interesting facts about the plant.

**ENERGETICS:** These are energetic properties based on Ayurvedic theory:

- **Rasa** (taste): Particular flavour of a herb e.g. Pungent and Sweet.
- **Virya** (energy): Thermal quality of the herb e.g. Hot or Cold. Heating and Cooling are secondary qualities not quite as strong as Hot or Cold.
- **Vipaka** (post-digestive effect): This is the action after digestion and is a category unique to Ayurveda e.g. Salty becomes Sweet.
- **Guna** (quality): The nature of the herb: Heavy or Light refer to digestibility. Wet or Dry refers to the fluid effect on the mucus membranes. Penetrating refers to its ability to travel deeply into the tissues.
- **Dosha** effect: Effect on the three functional principles: *kapha* (K), *pitta* (P), *vata* (V). E.g. KV-, P+ means reduces *kapha* and *vata* and increases *pitta*.
- **Dhatu** (tissue): Affinity for each of the seven tissues.
- **Srota** (channel): Affinity for any the sixteen channels.

**CONSTITUENTS:** The phyto-chemical ingredients, e.g. tannins, alkaloids, essential oils.

**AYURVEDIC ACTION:** Ayurvedic categories of therapeutic activity e.g. *Rasayana*-rejuvenative, *Amanashak*- toxin destroyer. This category also includes the *prabhava* or specific effect of the herb above and beyond its energetics.

**BIO-MEDICAL ACTION:** Western categorisation e.g. alterative, diuretic, diaphoretic, nervine.

**COMBINATIONS:** Special combinations of herbs that are commonly combined to enhance their synergistic effect.

**CONTRAINDICATIONS:** Areas where the herb may be considered inappropriate.

**SAFETY:** Drug-herb interactions.

**DOSAGE:** Daily dosage limits for dried, concentrated and tinctured herbs.

Dosage is a slightly controversial issue because it is not absolute for every herb or person. There are no standardised doses for these herbs, but there are reference ranges. One clear incompatibility in the profiles is the comparison between the dry herb dose and the tincture dose. This inconsistency is there as tinctures extract more active ingredients, and are more easily assimilated and are stronger than just the dry herb; therefore, where relevant, a proportionally lower dose may be recommended.