

A still life composition featuring various herbs, a mortar and pestle, and glass bottles on a wooden surface. The scene includes bundles of green herbs like salvia and carrot tops, pink flowers, a black mortar and pestle, and several glass bottles, one containing a red liquid. The background is a rustic wooden wall.

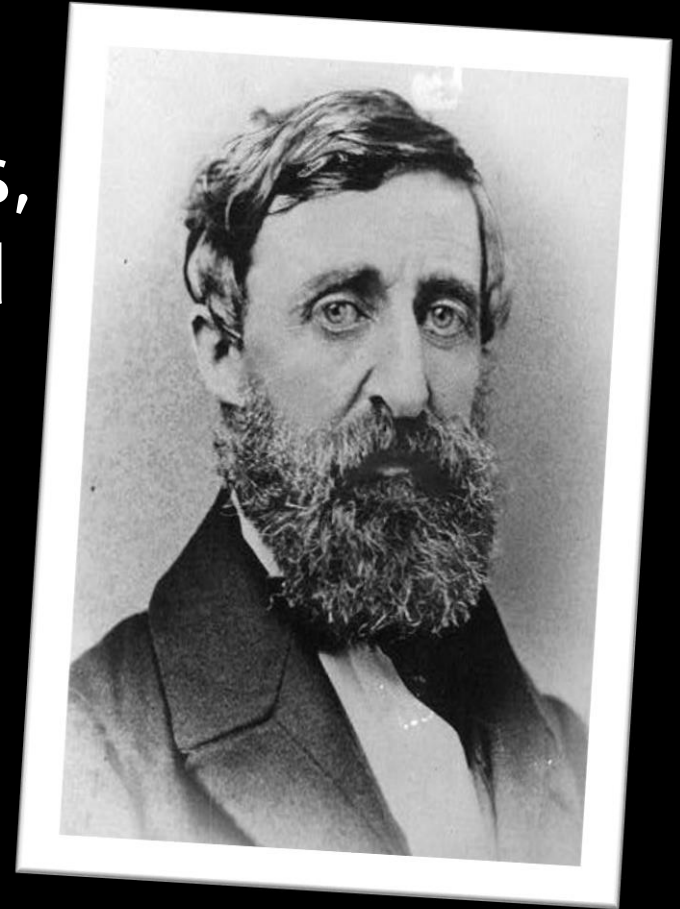
# Western Herbs for Ayurvedic Practitioners

An illustration depicting a traditional Indian educational scene. A central figure, a guru with a long white beard and a tall black topknot, sits on a large orange rock. He is surrounded by several students in yellow and orange robes. One student in the foreground is kneeling and writing on a scroll on a wooden table. Other students are seated around, listening attentively. The background features a range of brown mountains with snow-capped peaks and several green pine trees under a blue sky. A large, semi-transparent oval with a black border is overlaid on the center of the image, containing the text 'Ayurveda History' in a bold, black, sans-serif font.

# Ayurveda History

"In the great teaching of the Vedas, there is no touch of sectarianism. It is of all ages, climes and nationalities and is the royal road for the attainment of the Great Knowledge."

Henry David Thoreau,  
American Transcendentalist



# Spread of Ayurveda

A close-up photograph of pink lotus petals, each covered with numerous small, glistening water droplets. The petals are layered, with some in sharp focus and others blurred in the background. The lighting is soft, highlighting the texture of the petals and the clarity of the water droplets.

Probably genesis of  
Greek (West) and Chinese (East)

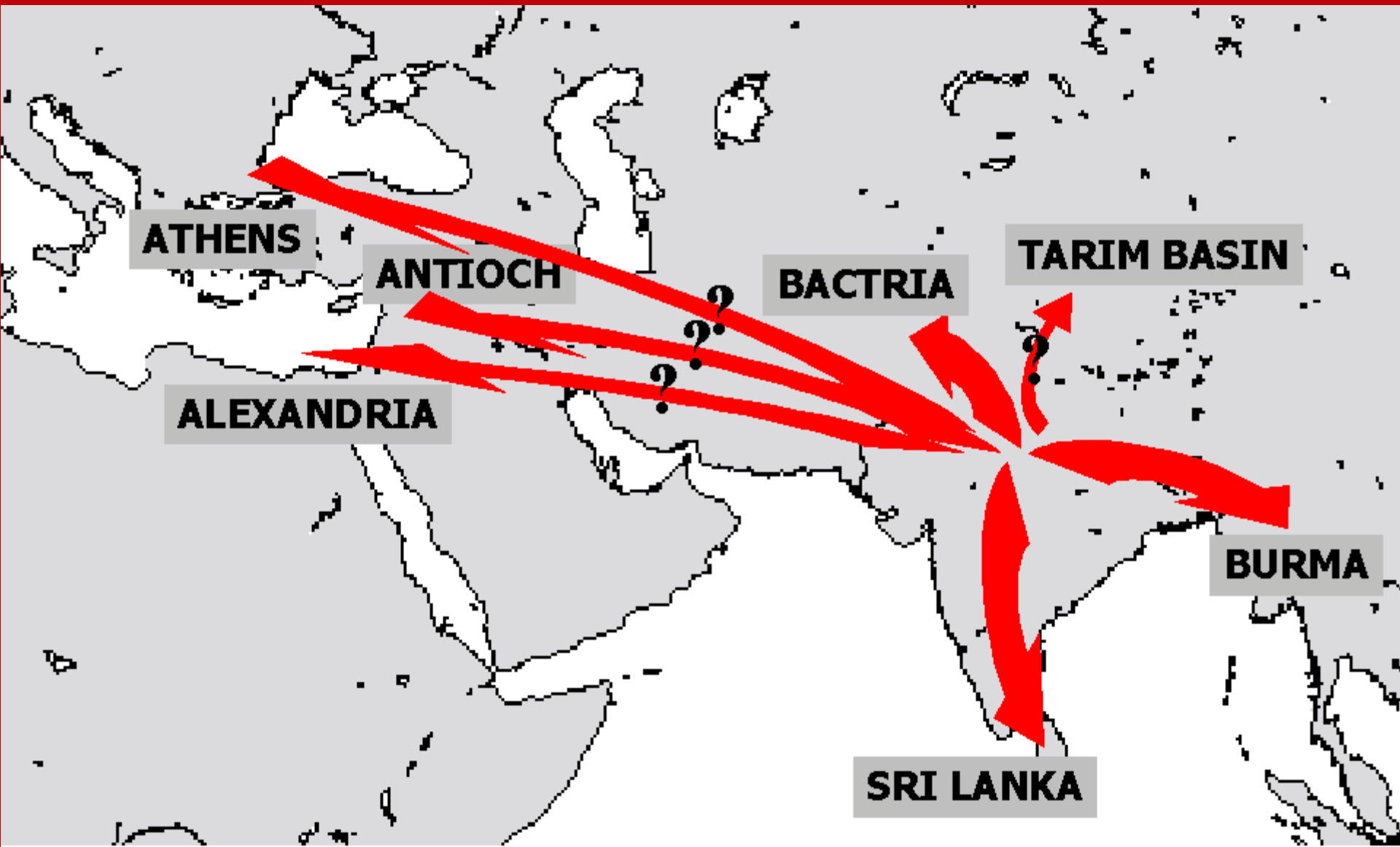


**Buddha**  
**5<sup>th</sup> century BCE**

# Ayurveda and Buddhism



# Buddhist Travels





# Greek Alexander

Invades India  
326 BCE

Exchange with Europe



Alexander of Macedon



Finnish Tribes

Ugrian Peoples

Paleo Siberian Taiga Hunter - Gatherers

Baltic Tribes

Venadae (Slavs)

Sarmatians

Turko-Mongolian Tribes

Scythians

Thyssaetae

Aspisi

Yenesei Kyrgyz?

Getae

Bosporus

Legae

Saceans (Scythians)

Wusun

Xiongnu Tribes

Colchis

Iberians

Massagetae

Alexander's Empire

Dahae

Tocharians (Yue - Chi)

Chiang?

Jung?

Crete

Empire

Proto-Tibetan Tribes

Chu Dynasty

Amorites

Nabateans

Gerrha?

Nanda Empire

Kamarupa?

Shu?

Bo

Bi

Yelang

Dong-Yue

Meroe

Arabian Tribes

Mascat (Oman)

Surashtra

Ashmaka

Kalinga

Ganga-ridai?

Pyu Peoples

Arakan?

Van Lang? (Lac Viet)

Blemmyes

Ma'an

Saba

Hadhramaut

Kantala

Andhra

Dravidian Kingdoms

Mon Peoples

Sa Huynh Culture

Axumites

Asia, 323 BC

Updated: 12-21-2007

Numbered Countries:

1. Marseille (Greek Colony)
2. Piceni
3. Samnites
4. Epirus
5. Sparta
6. Bithynia
7. Zeng
8. Wey
9. Zangshan
10. Deng

Bantu Peoples

Austronesians



**महर्षि चरक**  
(काल: ईसा से 200 वर्ष पूर्व)  
चरक संहिता के महान रचनाकार

महर्षि चरक ने विद्यमान की ऋषि परम्परा का पालन कर, विश्वभर में भ्रमण किया तथा अपने अनुभवों को सुदृढ़ आधार लेकर, काठ विकिरण के महाकाव्य एवं चरक संहिता के रूप में विश्व को आरोग्य प्राप्ति हेतु अनुपम उपहार दिया।

**MAHARISHI CHARAK**  
(Period: 200 BC)  
**AUTHOR OF THE CHARAK SAMHITA**

Following the ancient tradition of travel by sages, Maharishi Charak travelled extensively. Based on personal experiences he wrote Charak Samhita, the greatest treatise on medical treatment of the human body and gave the world the unique gift of freedom from disease.

2 Centuries after Alexander

# Charaka

“Father of Medicine”  
(2nd century BCE)

Compiled

Charaka Samhita

Standard text for 2,000 years

Translated Arabic, Latin



# Roman Era

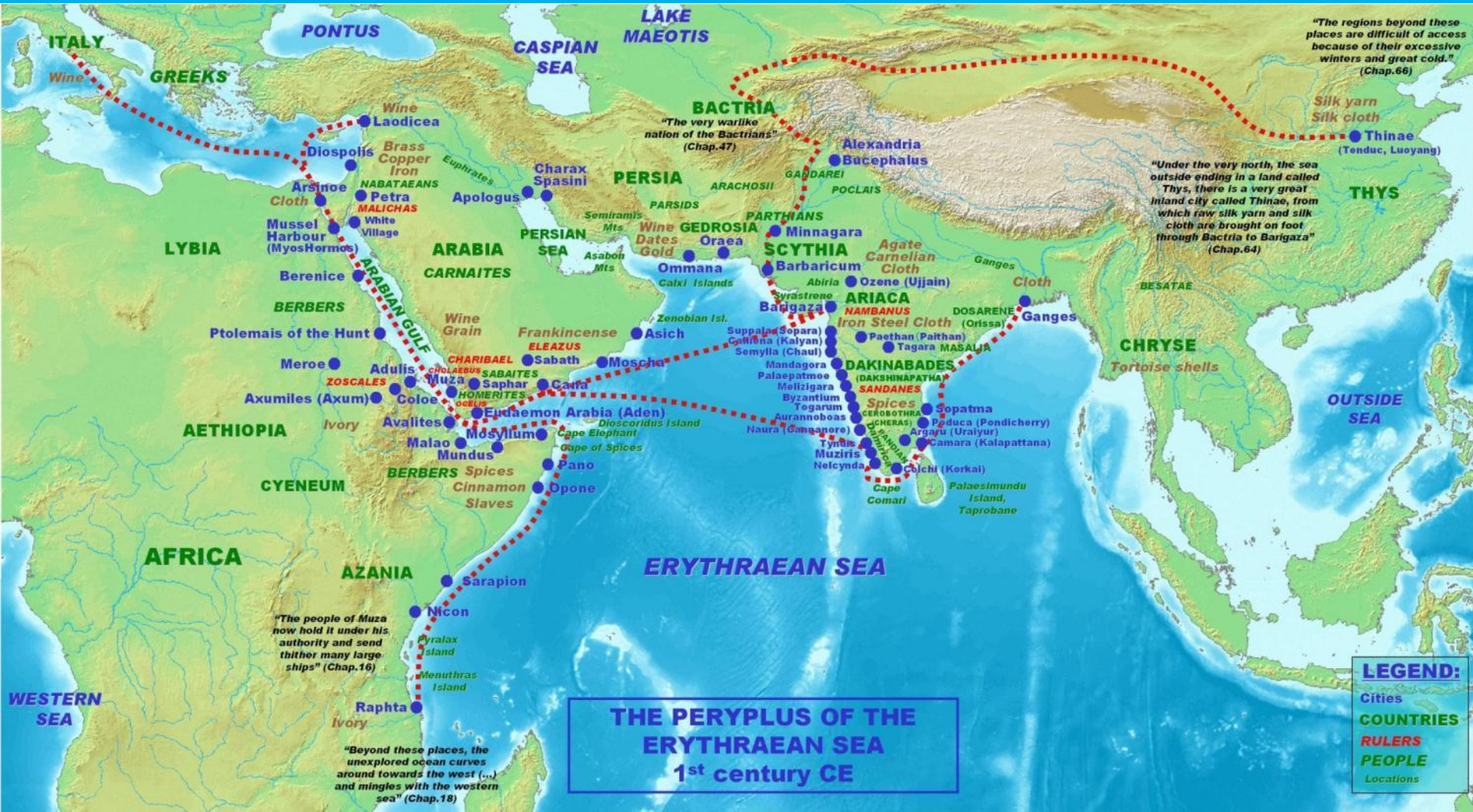


Augustus

MUSEO PI. IX. P. M.  
AN. XVIII

# Roman trading cities

## 1<sup>st</sup> Century



# Roman ceramic from India



# Roman coin from India





# Trading

## India

Pepper  
Cardamom, Cloves  
Cinnamon  
Sandalwood  
Pearls, Rubies  
Diamonds, Emeralds  
Ivory  
Cotton  
Sesame oil  
Sugar  
Muslin cloth

## Romans

Silver and gold  
Wine  
Brass  
Lead  
Lamps  
Vases  
Topaz

# Medical Contributions

Many ancient texts

Deep knowledge

Anatomy, physiology, embryology, digestion,  
metabolism, genetics, immunology

Artificial limbs, fracture treatment

“The surgery of the ancient Indian physicians was bold and skillful.

A special branch of surgery was devoted to rhinoplasty or operations for improving deformed ears, noses and forming new ones,  
which European surgeons have now borrowed.”

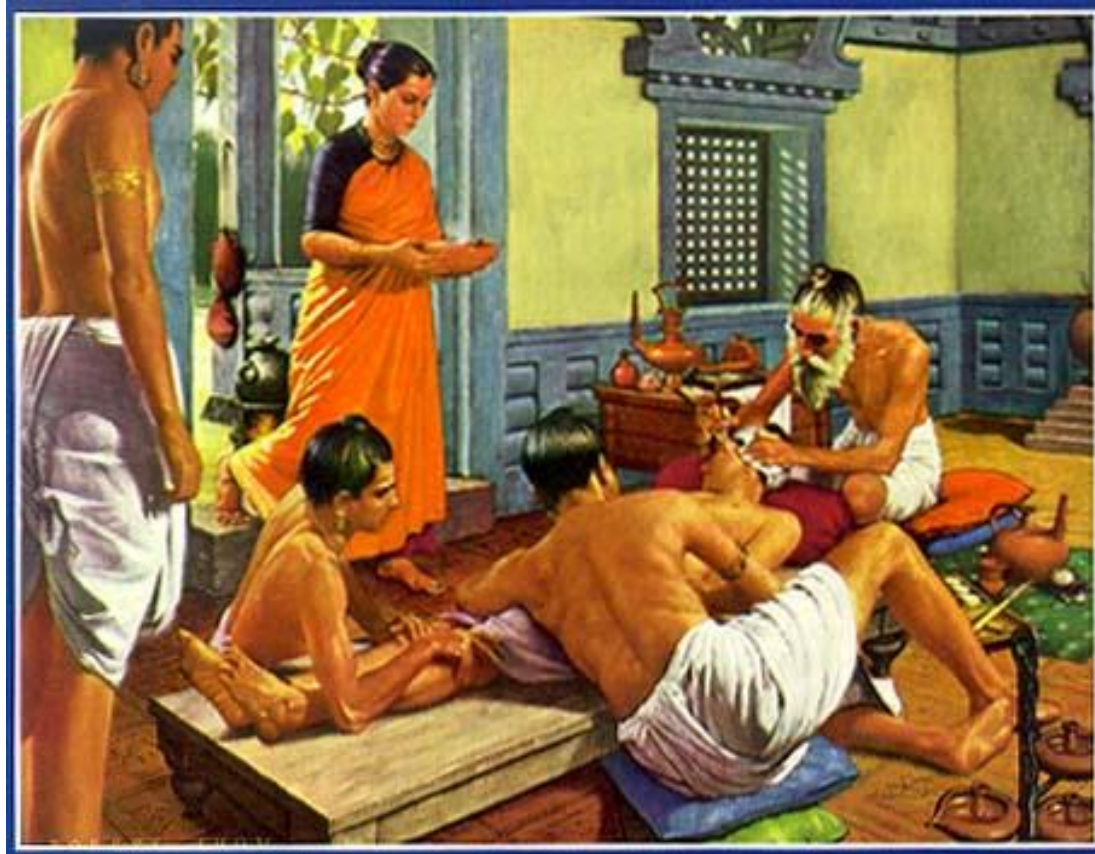
- Sir William Hunter  
(British Surgeon, 1718-1783)





Thousands of Years ago...

# Rhinoplasty





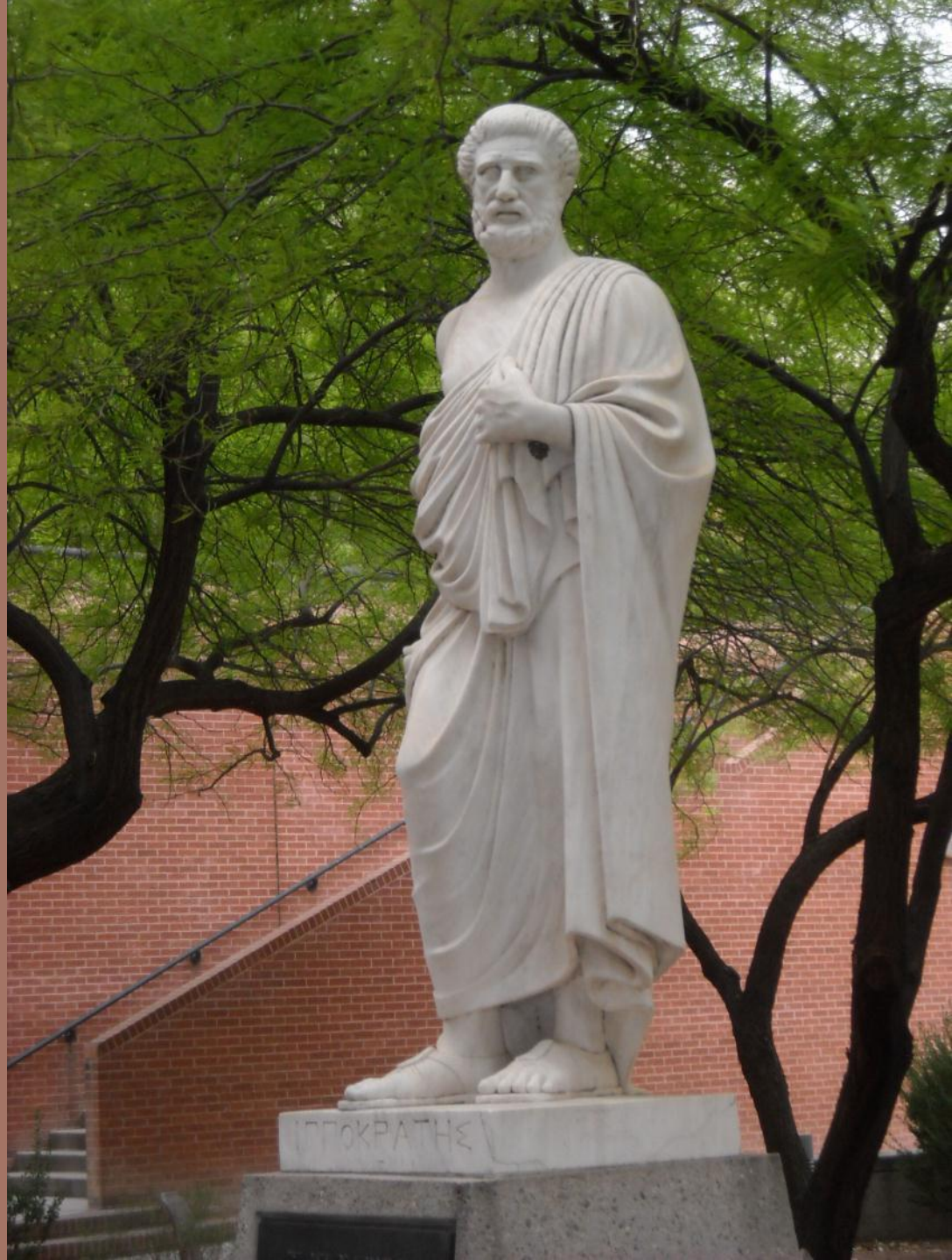
Joseph Carpue  
English Surgeon

First rhinoplastic  
surgery in  
England 1816

Technique created in  
India several centuries  
earlier

# Early European Herbal Roots

# Hippocrates





# Hippocrates

“Father of Western Medicine”

460-377 BCE (Classical Greece)

Founded a school on the island of Kos in Greece

Thought to be more than one person

Writings attributed to him spanned centuries

# The Hippocratic Corpus

Collection of around 60 early Ancient Greek medical works strongly associated with Hippocrates and his teachings

Varied in content, age and style, and are largely of unknown authorship

# Hippocrates attended Asklepion on Kos





Island of Kos



Hippocrates on Kos

This intellectual school revolutionized medicine in ancient Greece, establishing it as a discipline distinct from religion and philosophy, thus establishing medicine as a profession.

Plato mentions Hippocrates in two dialogues.

Called him "Hippocrates the Asklepiad"

# Hippocrates

Rejected views of his time that illness caused evil spirits & disfavor of the gods

Believed illness had physical and rational explanation

# Hippocrates

Based medical practice on

Observations

Study of human body

Theory of medicine based on Four Humors

Health is balance all four humors

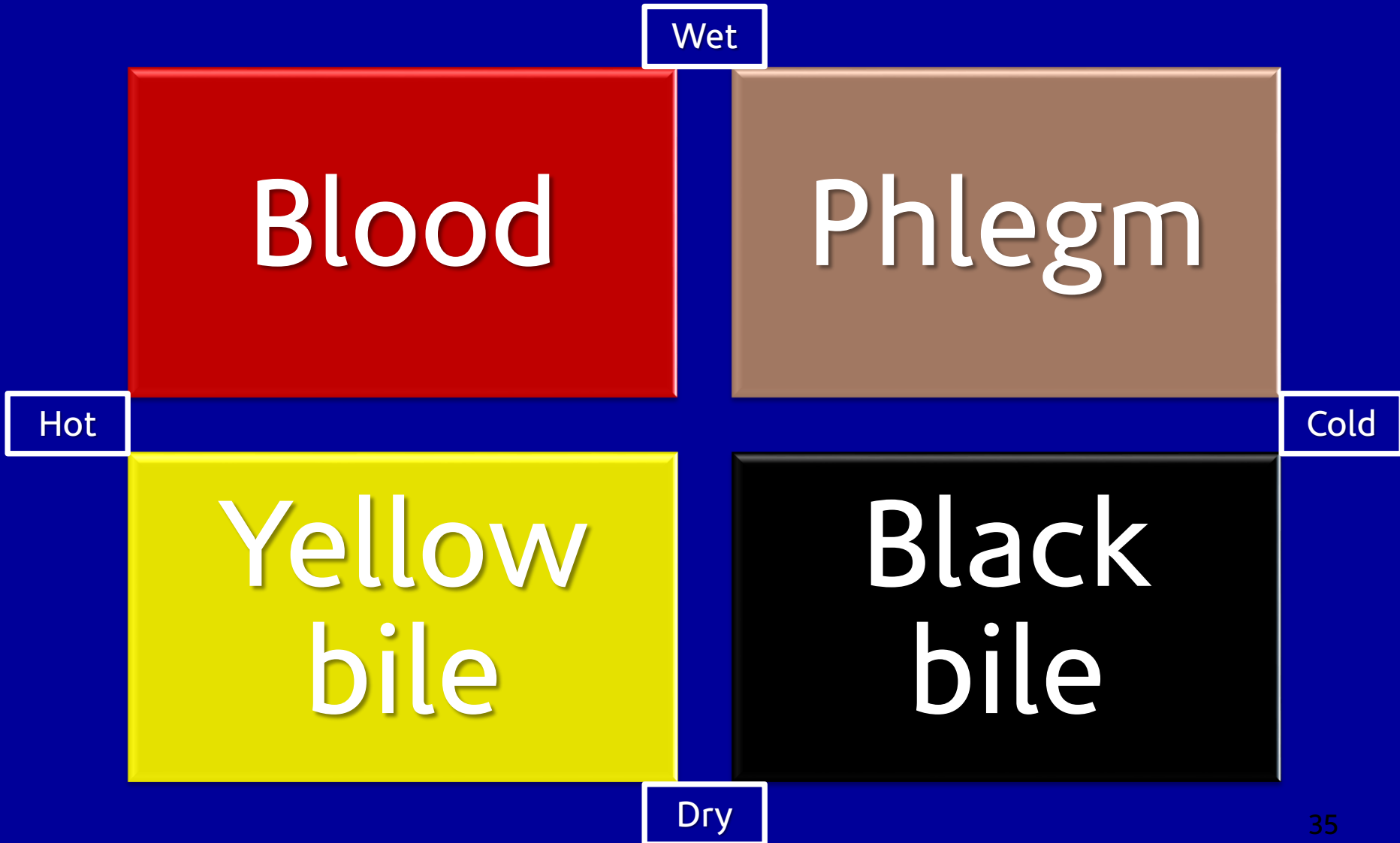


Advocated use of few simple herbal remedies  
along with fresh air, rest, proper diet

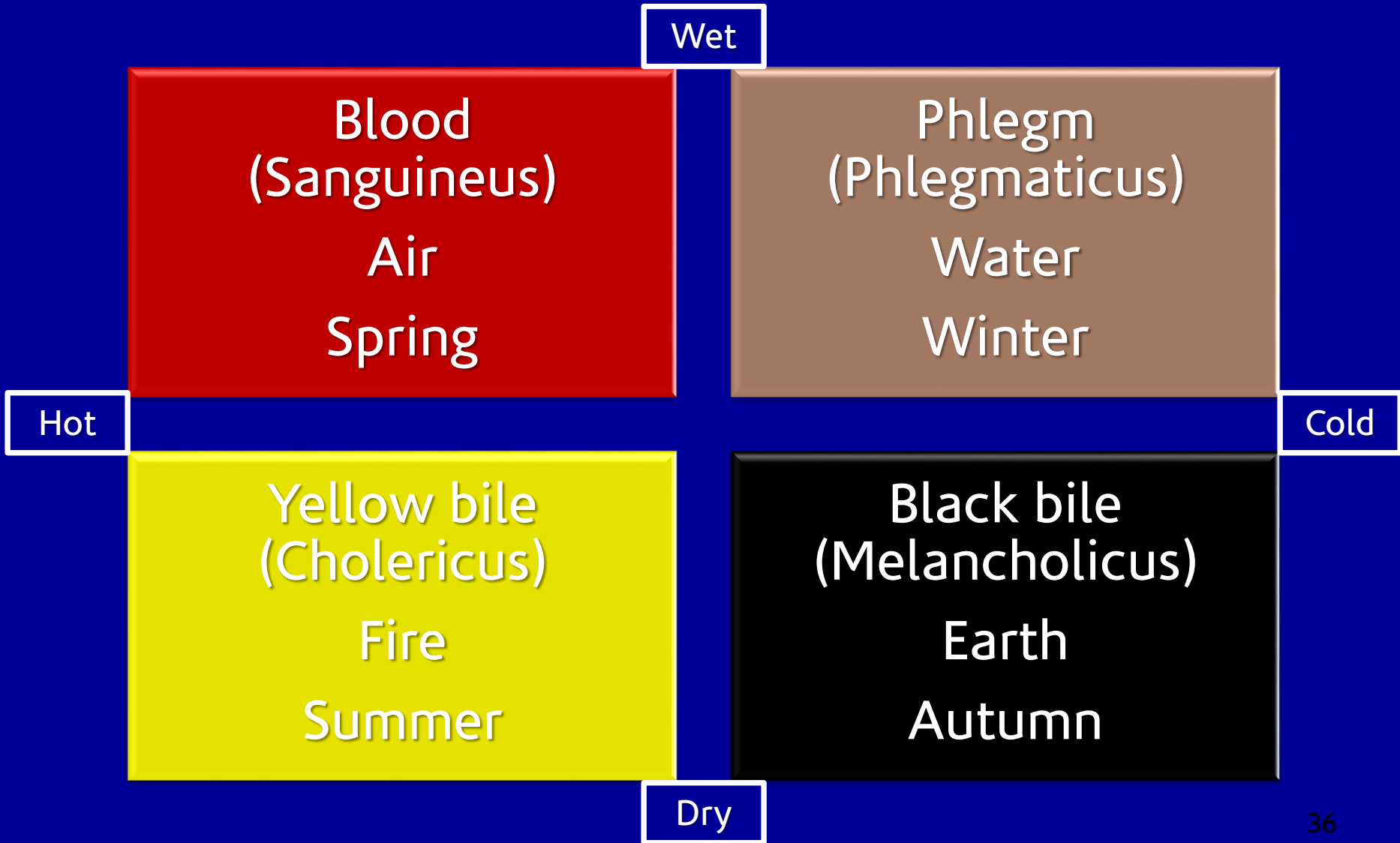
Holistic, mind-body approach

However, the achievements of the writers of the Corpus, the practitioners of Hippocratic medicine, and the actions of Hippocrates himself are often commingled; thus very little is known about what Hippocrates actually thought, wrote, and did.

# Four Humors



# Four Humors



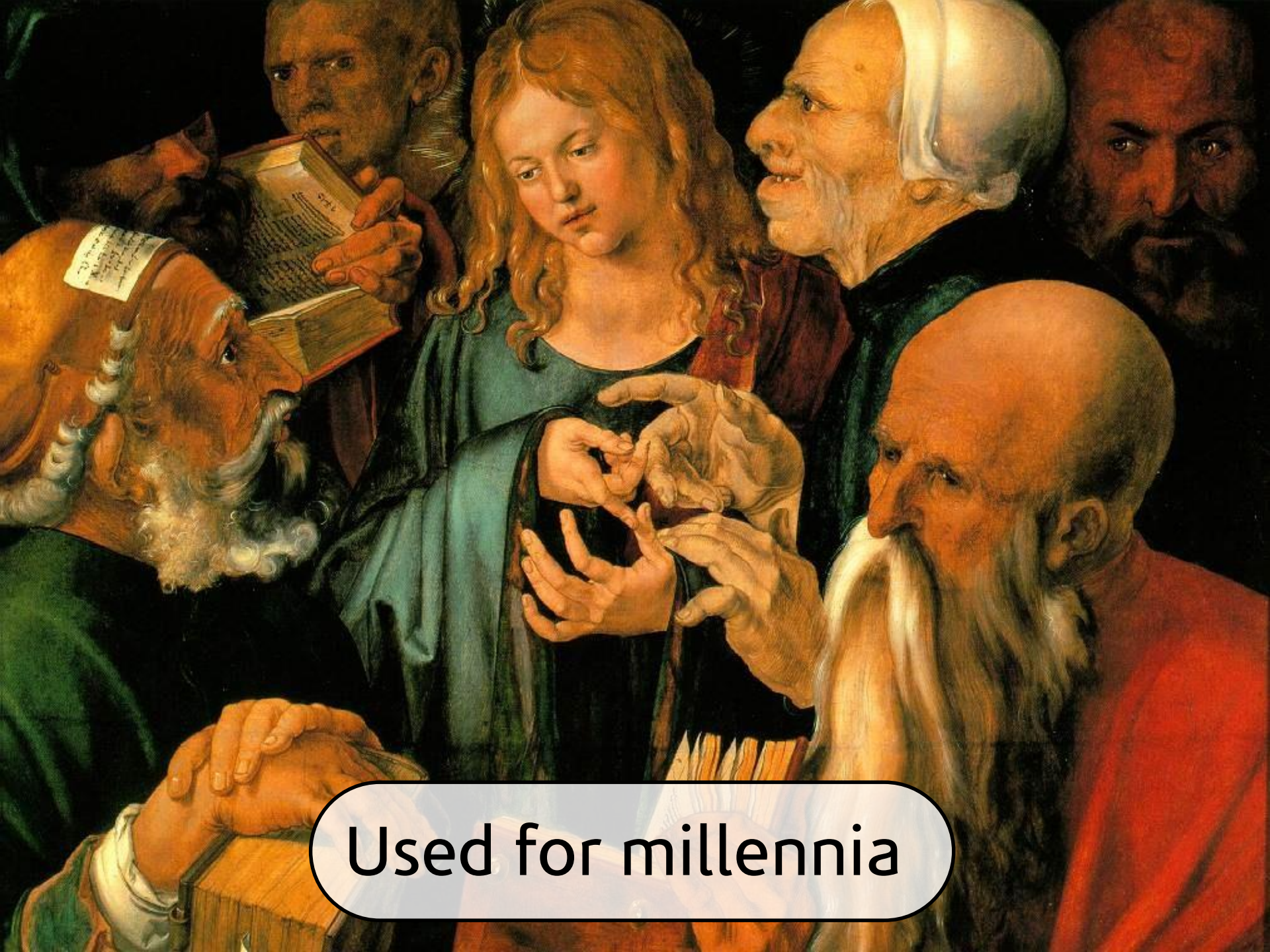
The background features a complex, abstract pattern of glowing blue lines and particles. The lines are thin and curved, creating a sense of movement and energy. There are several bright, glowing points and clusters of smaller particles, particularly on the left side, which appear to be the source of the energy. The overall effect is that of a dynamic, energetic field.

# Energetics of Western Herbs



Original European system of  
Energetics very well developed

Hippocrates examining a child



Used for millennia

# Forgotten during Middle Ages in Europe







Discarded to a great extent during Renaissance

Survived in Unani-Tibb system



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डायबीटीज, डायबीटीज

Western herbalism has no coherent  
modern system of energetics



Western herbalists use physiomedical model





Efforts to construct Western energetics  
Greek, Chinese, Ayurvedic models



# PLANETARY HERBOLOGY



MICHAEL TIERRA, C.A., N.D.

BEST SELLING  
AUTHOR OF  
THE WAY OF  
HERBS

# THE ENERGETICS OF WESTERN HERBS

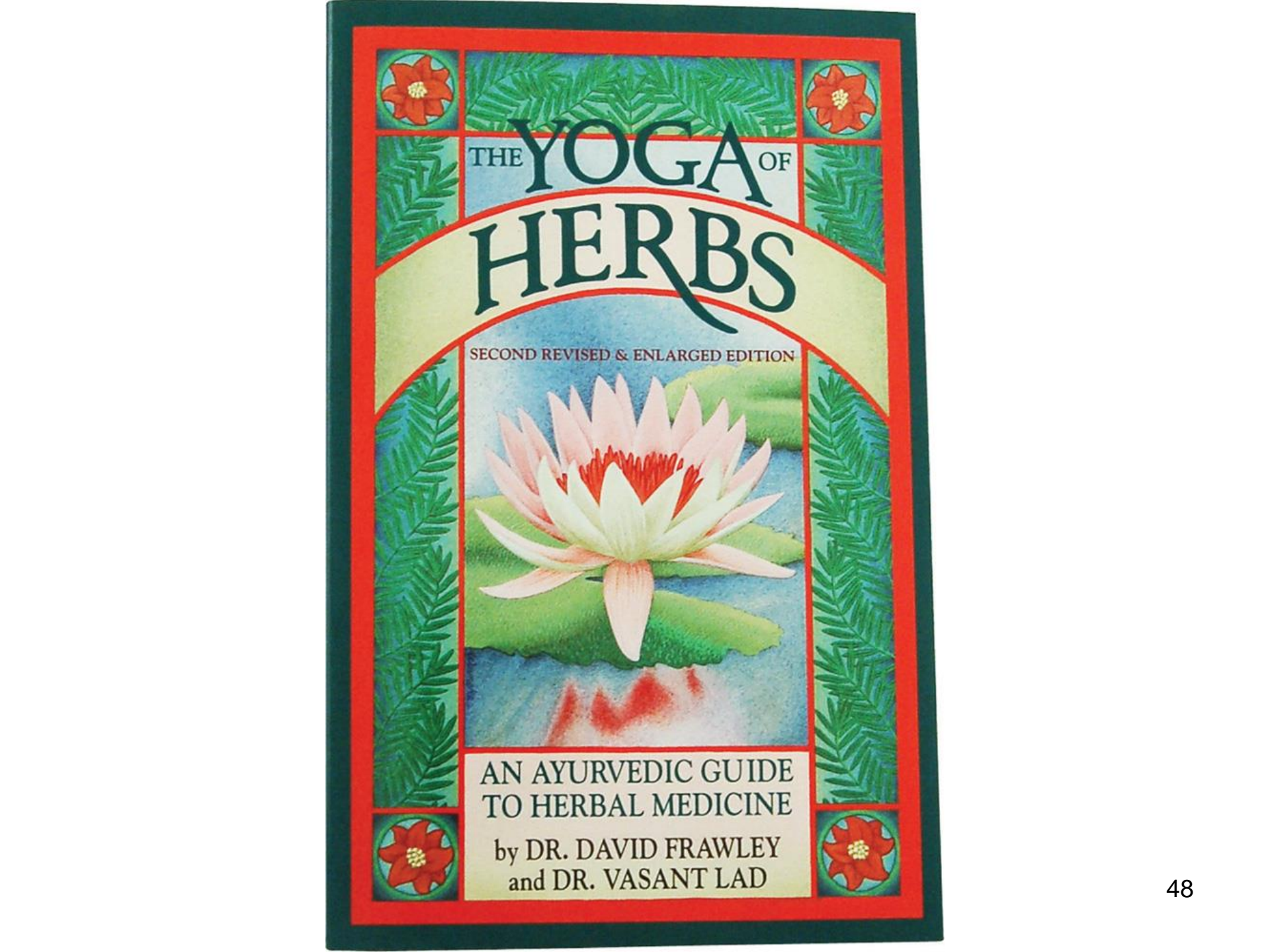


*Treatment Strategies  
Integrating  
Western and Oriental  
Herbal Medicine*

PETER HOLMES

草  
藥

Vol. 2  
REVISED THIRD EDITION



THE YOGA OF  
HERBS

SECOND REVISED & ENLARGED EDITION

AN AYURVEDIC GUIDE  
TO HERBAL MEDICINE

by DR. DAVID FRAWLEY  
and DR. VASANT LAD





# Ayurvedic Concepts in Western Herbalism

Vata

Stress damages  
health

# Inflammation

Pitta  
(roughly)

# Rasayana

Tonic herbs (Adaptogens)  
For overall health  
(Newer Western concept  
since Brekhman)

# Ama

“Toxicity”

“Bad blood”

Major part of Western herbalism

Treated with

Alteratives

“Blood cleansers”

The background of the image shows a collection of dried, light-brown roots, likely medicinal herbs, scattered across a woven basket. The basket's texture is a complex, interlocking pattern of light-colored fibers. The roots vary in thickness and shape, some being straight and others more gnarled or curved. The overall color palette is warm and natural, dominated by the browns of the roots and the tan of the basket.

Ayurvedic Concepts  
that do not translate in  
Western Herbalism

# Tridosha

Humoral (dosha) medicine  
Is not in the paradigm

Western medicine/herbalism  
treats by individual  
symptom/syndrome

# Dinacharya

Schedule/cycles impacts health



# Vata

There is an ideal bowel  
movement

Form

Time

Schedule

Frequency

Vata

Intestinal gas

Anxiety

Insomnia

Brain fog

# Vajikarana

Sexual function has anything to do with health or aging

The background of the image is a close-up of a woven basket filled with dried, light-brown roots or herbs. The roots are tangled and have a rough, fibrous texture. The basket's weave is visible, creating a pattern of light and dark brown lines. A semi-transparent, rounded rectangular box is overlaid in the center, containing white text.

Western Concepts  
that do not translate in  
Ayurveda

# Microbes

Infectious disease caused by  
invading bugs

(Ayurveda talks about krimi)



# Overlap of Ayurvedic and Western Uses for Herbs

A detailed microscopic image of a digestive system, likely from a mollusk, showing various internal organs and structures. The image is overlaid with a semi-transparent red rectangle containing the text "Digestive System".

# Digestive System

The image shows two bottles of Sambuca liqueur in the foreground, filled with a dark red liquid. The bottles have 'SAMBUCHE' and 'SAMBUCHER' embossed on them. In the background, several more bottles are visible but out of focus. A semi-transparent red rounded rectangle is overlaid on the top of the bottles, containing the word 'Bitters' in white text.

Bitters

A semi-transparent red rounded rectangle is overlaid at the bottom of the image, containing the text 'Promote upper GI secretions' in white.

Promote upper GI secretions



Category of medicines,  
"bitters" (usually liquid) used  
mainly as digestive aids  
(bitter aperitif)



Bitter is actually a taste,  
preparation



**TONIC =  
ADAPTOGEN**

# Adaptogen

Concept originally introduced by Soviet pharmacologist N.V. Lazarev in 1947

Adaptogenesis was later (in former Soviet Union) applied to describe remedies that increase resistance of organisms to biological stress in experimental & clinical studies.

# Original definition

Non-specific remedies "that increase resistance to a broad spectrum of harmful factors (stressors) of different physical, chemical and biological natures"

**Israel I. Brekhman**  
**1921-1994**



Brekhman expanded, popularized concept  
Soviet Naval Intelligence  
Biochemist  
Assigned to Eastern Russia  
Studied endurance of Siberian people  
Worked with Eleuthero



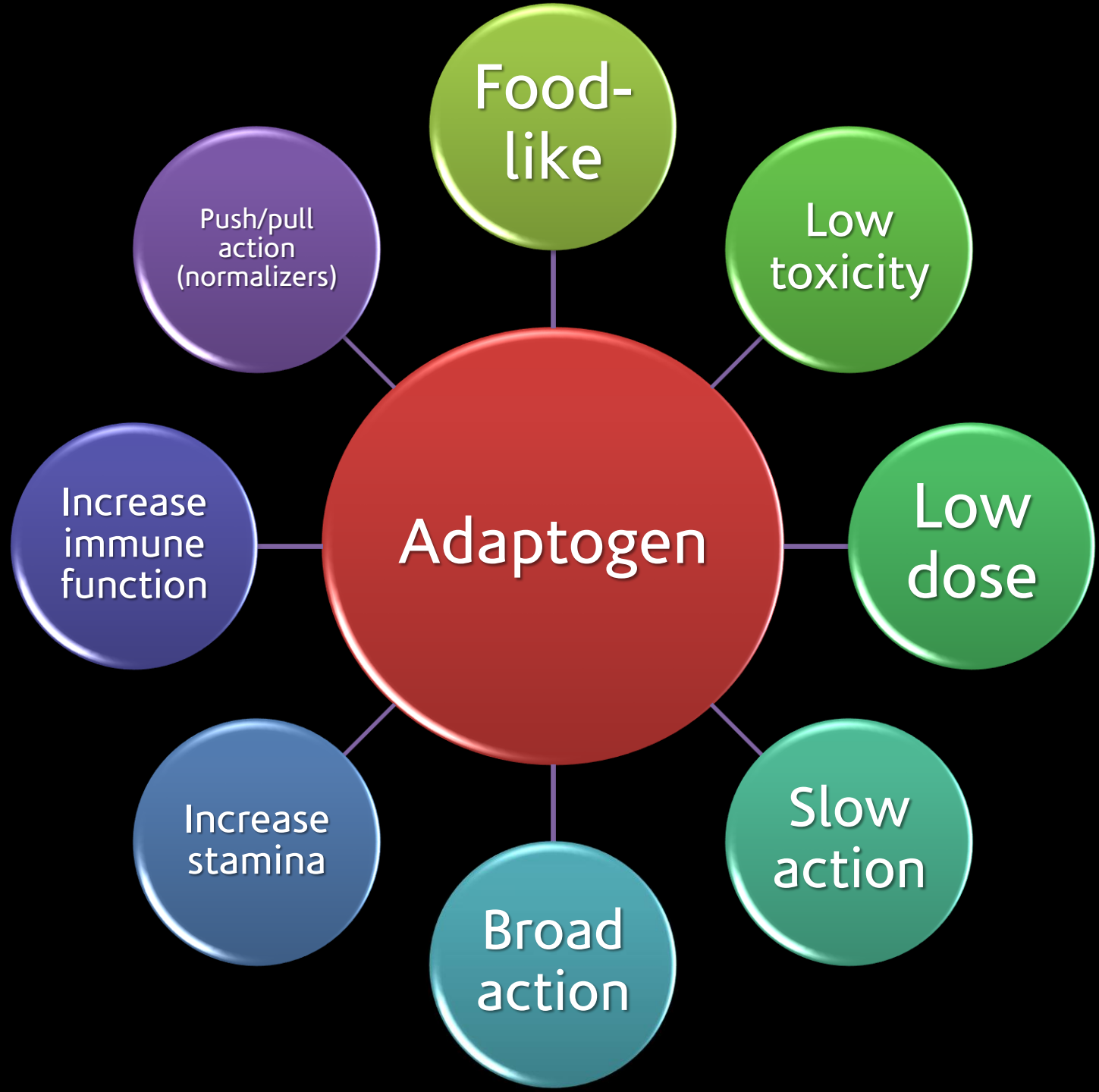
# Adaptogen Defined

## 3 criteria for an adaptogen

1. Nontoxic and relatively free of side effects
2. Has nonspecific action with an overall increase in resistance to physical, chemical and biological stressors
3. Has normalizing action irrespective of the direction of the pathologic state

Brekhman 1980

"Medicine for healthy people"





Rasayana

# The Path of Juice



Rasayana

Western Herbalism does not use energetics



A white swan is captured in flight, its wings fully extended, showing the intricate structure of the feathers. The swan is flying from left to right. The background consists of a dense network of dark, bare tree branches, suggesting a late autumn or winter setting. The lighting is soft, highlighting the white plumage of the swan.

Vata

Cold  
Dry  
Light

# Nervine

*nerv·ine* –adjective

1. of or pertaining to the nerves.
2. acting on or relieving disorders of the nerves; soothing the nerves.

–noun 3 .a nervine medicine.

[Origin: 1655–65; < NL *nervīnus*, equiv. to L *nerv(us)* nerve + *-īnus -ine* 1 ]



# General Nerve Herbs

General benefit for nerves

Called “nervines”

Sometimes called “Nerve Tonics”

(Western herbalism use of term “tonic”)

# Pitta




Hot  
Wet  
Light

A photograph of a volcanic eruption at night. The volcano's crater is filled with bright yellow and orange lava, with a massive plume of red and orange sparks and ash erupting from the center. The background is a dark blue sky. A semi-transparent red rounded rectangle is centered over the eruption, containing the word "Inflammation" in white text.

# Inflammation

# Kapha

A close-up photograph of an elephant's head and trunk. The elephant is holding a piece of wood in its trunk. The skin is wrinkled and textured. The background is a blurred, light-colored ground.

Cold  
Wet  
Heavy

# Catarrh

**Catarrh**, or catarrhal inflammation, is inflammation of the mucous membranes in one of the airways or cavities of the body, usually with reference to the throat and paranasal sinuses. It can result in a thick exudate of mucus and white blood cells caused by the swelling of the mucous membranes in the head in response to an infection. It is a symptom usually associated with the common cold, pharyngitis, and chesty coughs, but it can also be found in patients with adenoiditis, otitis media, sinusitis or tonsillitis. The phlegm produced by catarrh may either discharge or cause a blockage that may become chronic.

**May or may not be inflammatory**

# Catarrh

The word "catarrh" was widely used in medicine since before the era of medical science, which explains why it has various senses and in older texts may be synonymous with, or vaguely indistinguishable from, common cold, nasopharyngitis, pharyngitis, rhinitis, or sinusitis.

The word is no longer as widely used in American medical practice, mostly because more precise words are available for any particular pathosis. Indeed, to the extent that it is still used, it is no longer viewed nosologically as a disease entity but instead as a symptom, a sign, or a syndrome of both.

The term "catarrh" is found  
in medical sources from the United Kingdom

The word has also been common in the folk medicine of Appalachia, where medicinal plants have been used to treat the inflammation and drainage associated with the condition.

Western does not define temperature

Cornsilk  
Cold  
Slimy



# Juniper berry



Hot



A close-up photograph of the Uva ursi plant, showing its characteristic small, rounded, green leaves and clusters of bright red, spherical berries. The plant is growing in a natural, slightly shaded environment. The text 'Uva ursi leaf' is overlaid in a white, sans-serif font within a semi-transparent dark green rounded rectangle at the top center of the image.

# Uva ursi leaf

Cold



Dandelion leaf

Cold



# Preparations & Dose Western Herbalism

# Western

**Peppermint**

*Mentha piperita*

used for indigestion and respiratory ailments

**Seneca Snakeroot**

*Polygala senega*

used for fevers

**Slippery Elm**

*Ulmus rubra*

used for constipation, diarrhea, and w

# Western

## Tincture

Sharp line between culinary and medicine

Medium strength herbs

Low dose

Biomedical model

**Peppermint**

*Mentha piperita*

used for indigestion and respiratory ailments

**Seneca Snakeroot**

*Polygala senega*

used for fevers

**Slippery Elm**

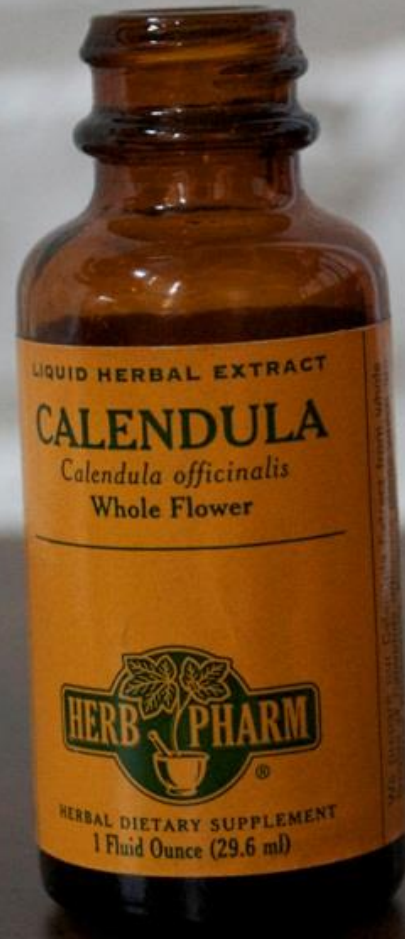
*Ulmus rubra*

used for constipation, diarrhea, and w

Dose



# Pharmacological





# Pharmacological

Dose selected is sufficient to act in a drug-like way to induce definite, visible, strong, sustained symptomatic effects



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# SĀRŅGADHARA-SAMHITĀ

A TREATISE ON AYURVEDĀ

Prof. K. R. Srikantha Murthy



CHAUKHAMBHA ORIENTALIA  
VARANASI

# Sarngadhara Samhita

Section 2, Chapter 11: Kwatha Kalpana

Start 1 pala (48 grams) coarse herb

Cook until 96 grams liquid (~3.5 oz.)

**This is one dose (48 grams raw herb)**

Administer after food

# Sarngadhara Samhita

Section 2, Chapter 6: Churna Kalpana

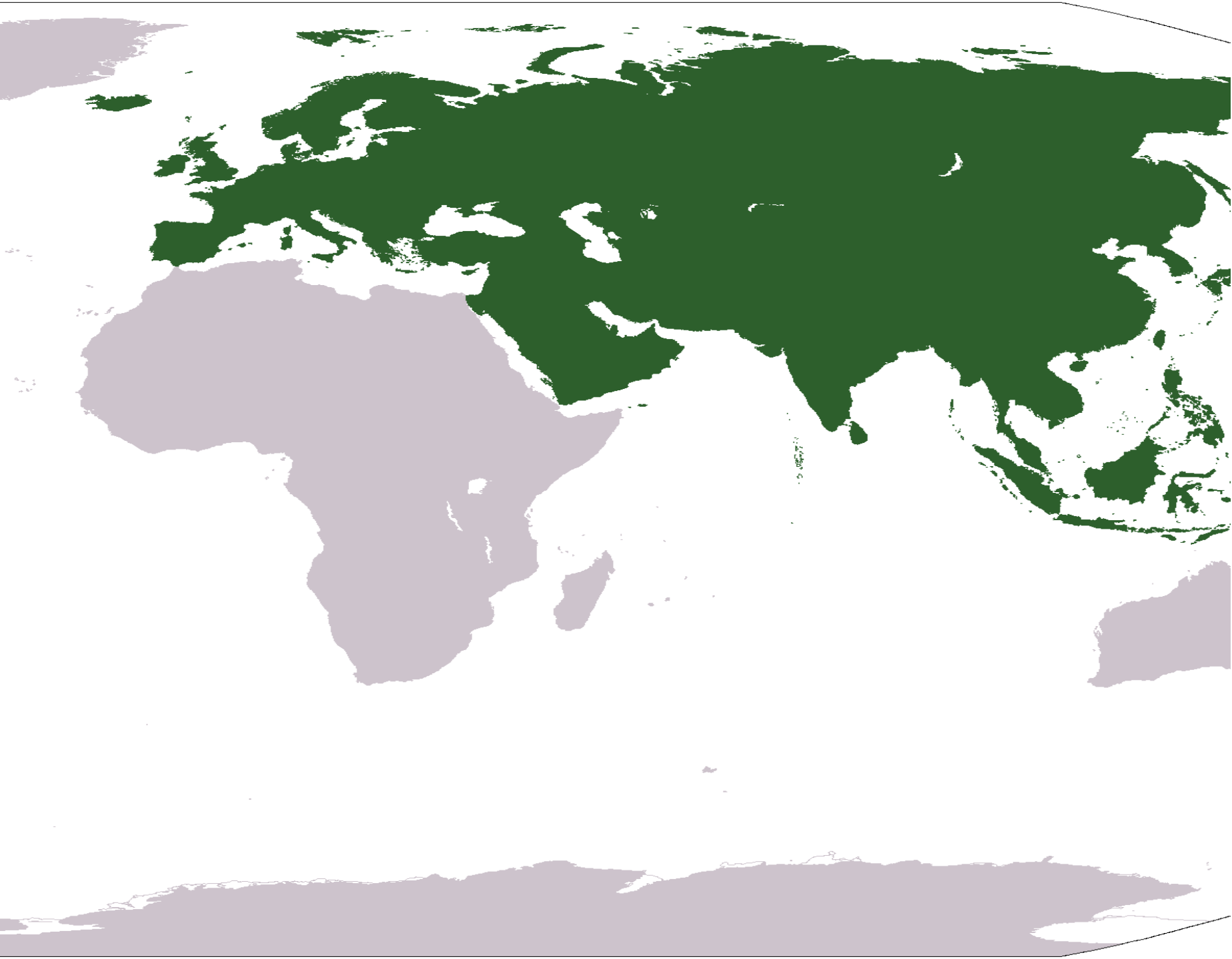
Nicely powdered dry drugs filtered  
through cloth

is called churna, rajas or kshoda.

It is administered in doses  
of one karsha (12 grams).

Calendula





# Calendula

*Calendula officinalis*

All Eurasia

Demulcent

Emollient

Flower







Demulcent

# Calendula tea



A field of numerous small, daisy-like flowers in shades of orange and yellow, growing on green stems. The flowers are densely packed and fill most of the frame. In the upper center, there is a dark, rounded rectangular label with the word "Emollient" written in white, sans-serif font. The background is a soft-focus green, suggesting more foliage.

Emollient

Calendula  
infused oil



# Cascara sagrada bark

Anthraquinone laxative

Member of buckthorn (Rhamnus) genus

Buckthorns grow across all of North America

# Cascara sagrada bark

Europeans were using imported

European buckthorn

**Purging Buckthorn or Common Buckthorn**  
(*R. cathartica*)

# Cascara sagrada bark

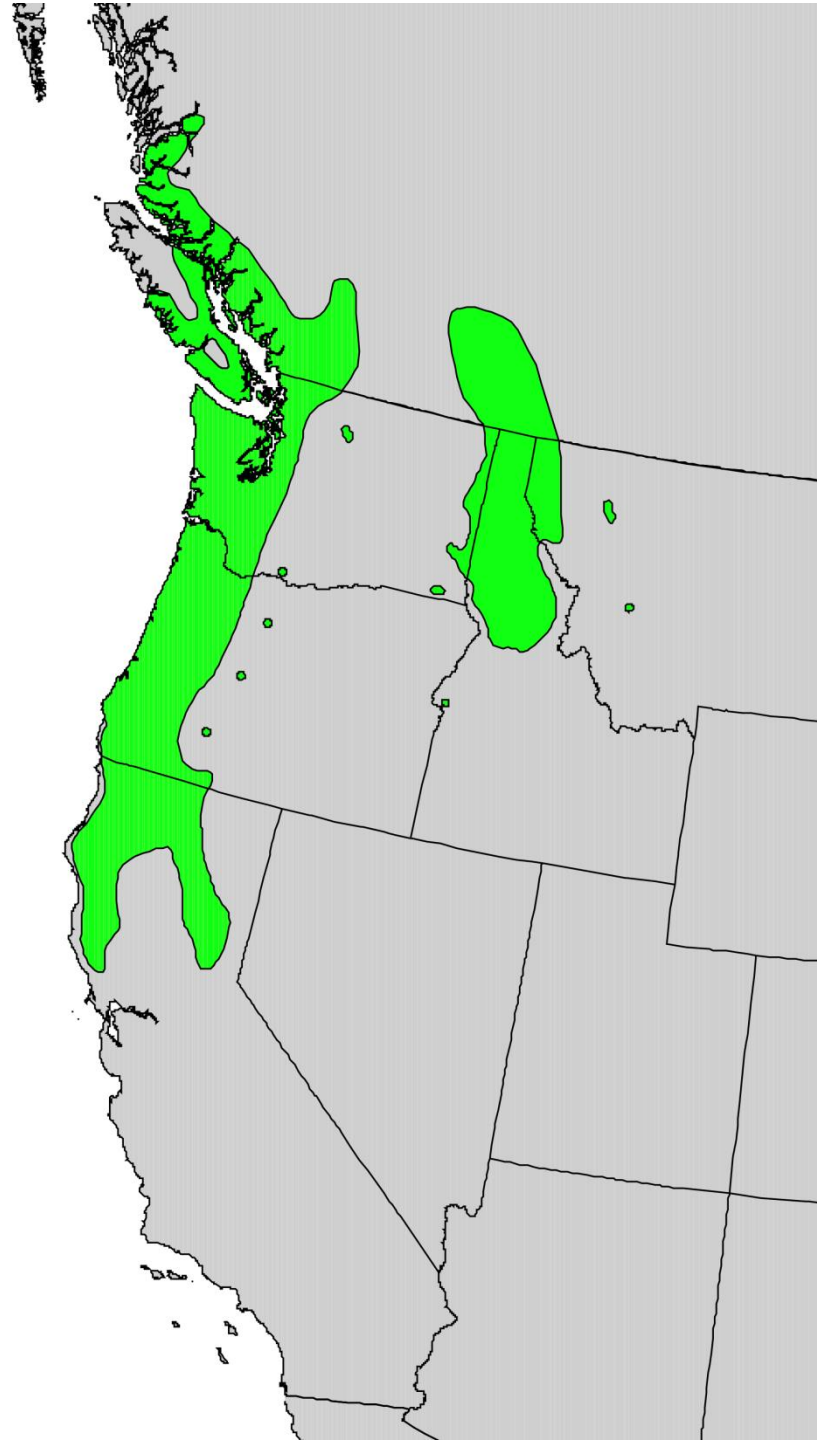
Found Cascara sagrada out West

Carried back to East coast

Used instead of importing

European buckthorn

Cascara growing range





# Cascara bark

Anthraquinone

Fast acting

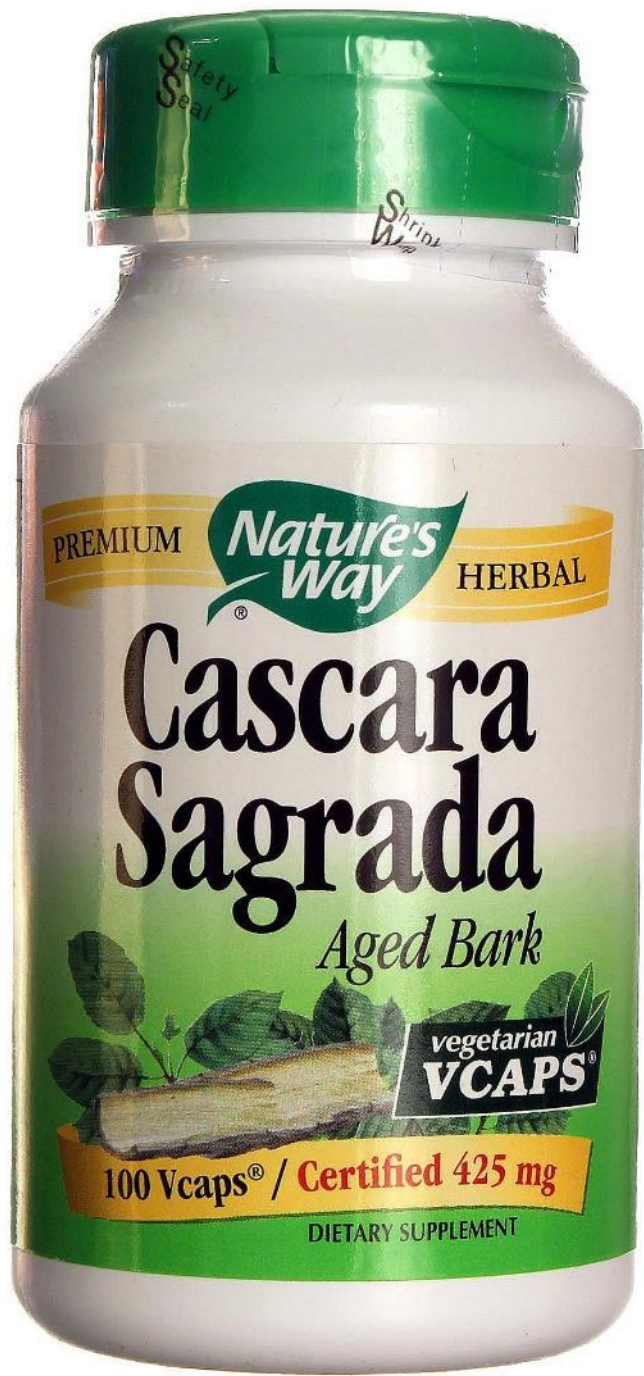
4 hours

Use with warming, anti-gas

(ginger, fennel)

1-2 grams per day





PREMIUM



HERBAL

# Cascara Sagrada

*Aged Bark*



vegetarian  
**VCAPS**

100 Vcaps<sup>®</sup> / **Certified 425 mg**

DIETARY SUPPLEMENT

European giant  
yellow gentian  
*Gentiana lutea*

clears heat  
4-12 g qd



# Gentian



Gentian is not

“gentian violet”

Synthetic blue dye, also  
used as a topical  
antifungal

Gentian violet is blue,  
like the flower of  
common gentian.












Gentian root



Gentian root

# Moisture/Fiber herbs



Slippery elm bark



# Slippery Elm bark

Absorbs water

Slippery, bulks up stool

Powder

1-4 heaping Tbs per day

The image shows a large pile of dried, brown, curled bark strips, likely from the Slippery Elm tree. The strips are irregular in shape, some being long and thin, others shorter and wider, and they are all curled and twisted. The color is a range of browns, from light tan to dark chocolate. The texture appears fibrous and brittle. A blue, rounded rectangular label is overlaid on the top center of the image, containing the text "Slippery Elm" in white, sans-serif font.

# Slippery Elm

# Slippery Elm







Slippery elm



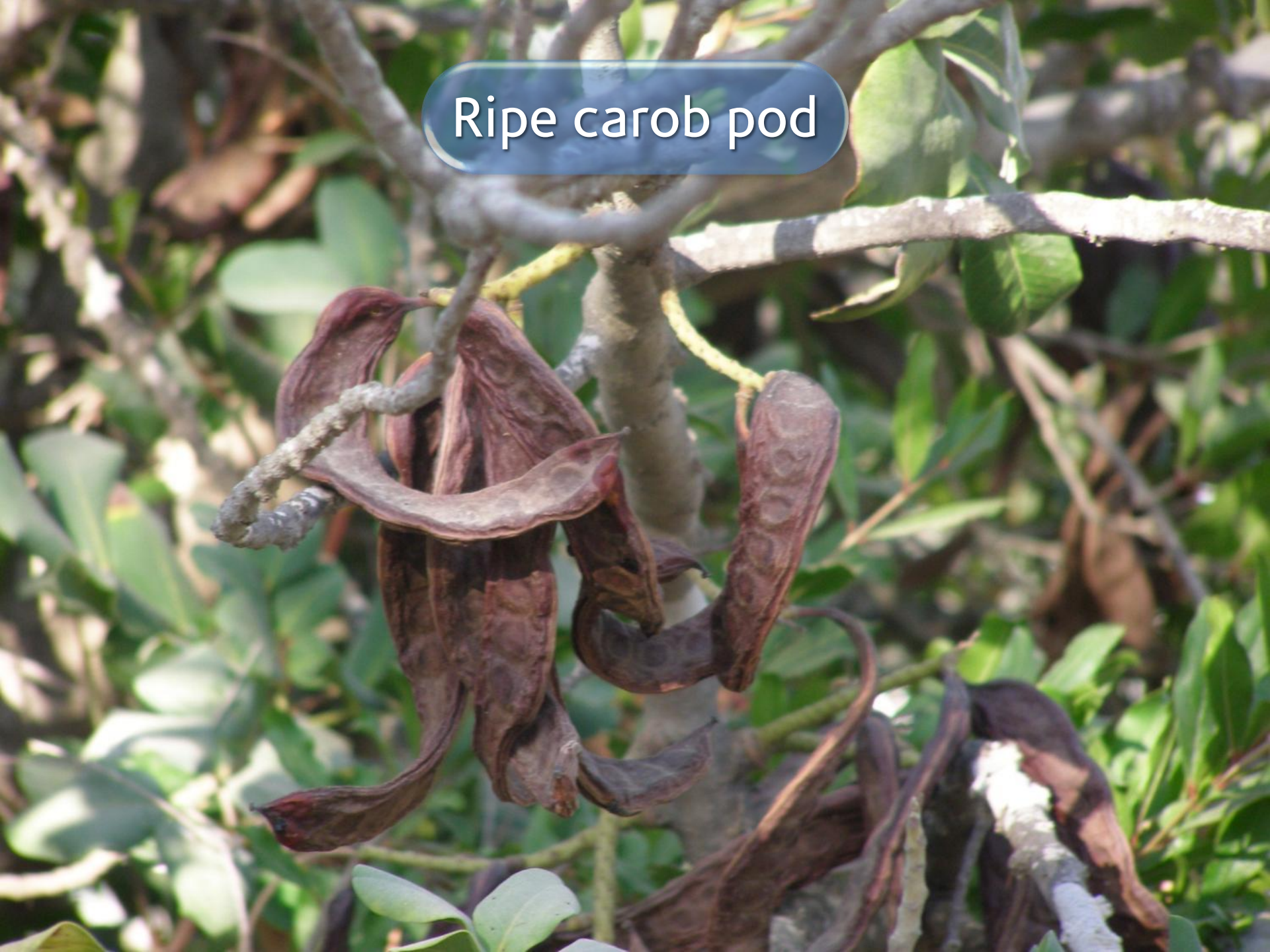
Carob

Health Connection  
Wholefoods

**CAROB POWDER**

• GMO FREE • LOW FAT • GLUTEN FREE  
from the ground up pods of the carob tree, carob  
is an excellent substitute for cocoa & can be used  
to add a chocolate flavour to drinks, baked  
goods. It contains no caffeine or theobromine  
& is a natural remedy for diabetes.

Ripe carob pod







# Carob pudding





# Heart Remedies

# Hawthorn





# Hawthorn

*Crataegus spp.*

Berry

Cardiovascular panacea

2-30 grams

Food, powder, tea

# Hawthorn European herb



# Echinacea



# Echinacea



# Echinacea

Immune stimulating

(increases white cell production)

Therefore active against

wide variety microbes

Cold temperature with pungent taste

Often combined for bacterial infection





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# Echinacea Goldenseal

**Supports immune &  
respiratory response\***

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**RapidRelief™**

# Echinacea Goldenseal

**Supports immune &  
respiratory response\***

**Supports mucous membranes\***  
Oregon Grape root & Barberry root

**Full spectrum potency Echinacea\***  
Total alkylamides: 1.52 mg

**meetyourherbs™**  
SEE BACK OF BOX TO LEARN HOW

**60** DIETARY SUPPLEMENT  
VEGETARIAN LIQUID PHYTO-CAPS™

# Goldenseal

A close-up photograph of a large pile of dried Goldenseal roots and tubers. The roots are thin, fibrous, and brownish-tan in color, while the tubers are larger, more rounded, and have a yellowish-brown hue. The pile is overflowing and appears to be in a dark-colored container. The background is blurred, showing a wooden surface and a window with light coming through.



# Goldenseal Root

Very broad spectrum antibacterial

Very cold

Berberine poisons bacteria

Berberine also stimulates macrophage activity

Action may be somewhat through immunostimulation  
(possible antiviral action through this mechanism)

Very astringent, so acts in mucus conditions

