

## Organoleptic Herbal Science in the Field

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How do herbs differ in their taste, actions, and energetics when eaten fresh, prepared as a tea, or prepared as a tincture? Using the Min Zidell garden as an experiential laboratory, we will taste fresh herbs as well as teas and tinctures of them, and discuss when they might be best used in their different formulations. We will experience first-hand some of the herbal actions and energetics from tasting each form of the herb.

Friends we may meet in the garden include:

**Angelica.** *Angelica spp.* Forms used: tea, tincture. Roots, aerals, seeds can all be used.

**Energetics:** warm, dry; vital stimulant, relaxant, diffusive

**Tissues affected:** lungs, uterus, blood, circulatory, muscles

**Clinical actions:** circulatory stimulant, antispasmodic, emmenagogue, expectorant.

Antimicrobial, diaphoretic, diuretic.

**Astragalus,** *Astragalus membranaceous.* Forms used: tincture, tea.

**Energetics:** warm, dry, stimulant, tonic/astringent

**Tissues affected:** endocrine, digestive, immune, lungs, blood

**Clinical actions:** chi tonic, blood tonic, immune stimulant, adaptogen, astringent to gut and pores.

**Calendula** – *Calendula.* Forms used: tincture, tea, salve/oil, sukkus.

**Energetics:** warm and dry, diffusive, vital stimulant, relaxant

**Tissues affected:** skin, capillaries, nerves

**Clinical actions:** vulnerary, mild antispasmodic, mild diaphoretic, warming alterative for liver and bowel.

**Catnip** – *Nepeta cataria.* Forms used: tea, tincture.

**Energetics:** warm and dry, cooling diaphoretic, vital stimulant, relaxant, diffusive

**Tissues affected:** mucous membranes, circulation, nerves, digestion

**Clinical actions:** carminative, antispasmodic, diaphoretic, sedative, hypnotic

**Echinacea.** *Echinacea spp.* Forms used: tea, tincture.

**Energetics:** Cool, slightly dry. strong vital stimulant.

**Tissues affected:** Immune cells, lymphatics, skin, nerves

**Clinical actions:** immune-enhancing alterative, wound-healing

**Elder** – *Sambucus spp.* Forms used: tea, tincture.

**Energetics:** cool and dry

**Tissues affected:** mucous membranes, blood, immune system, glandular system

**Clinical actions:** alterative, relaxant diaphoretic, diuretic, expectorant

**Fennel** – *Foeniculum vulgare.* Forms used: tea and tincture.

**Energetics:** warm and dry, vital stimulant, relaxant, diffusive

**Tissues affected:** muscles, digestive glands

**Clinical actions:** carminative, antispasmodic

**Horsetail** – *Equisetum spp.* Forms used: tea.

**Energetics:** cold and dry, tonic astringent

**Tissues affected:** kidney and urinary tract, gut

**Clinical actions:** diuretic, nutritive

**Lavender** – *Lavandula spp.* Forms used: tea, wash/bath, tincture, essential oil.

**Energetics:** warm and dry, vital stimulant, relaxant, diffusive

**Tissues affected:** nerves, digestive glands, mucous membranes, circulation, liver

**Clinical actions:** sedative, carminative, emmenagogue, brain tonic, liver relaxant

**Lemon Balm** – *Melissa officinalis.* Forms used: tincture, tea.

**Energetics:** warm and dry, cooling diaphoretic, vital stimulant, relaxant, diffusive

**Tissues affected:** mucous membranes, circulation, nerves, digestion

**Clinical actions:** carminative, antispasmodic, diaphoretic, antidepressant

**Motherwort** – *Leonurus cardiaca.* Forms used: tincture, tea.

**Energetics:** cool, dry, vital stimulant, relaxant, diffusive

**Tissues affected:** nerves, digestive glands, heart, circulatory system

**Clinical actions:** cardiorelaxant, nervine tonic, sedative, hypnotic, emmenagogue, antispasmodic

**Mullein** – *Verbascum thapsus.* Forms used: tincture, tea, ear oil.

**Energetics:** cool, dry, vital stimulant, relaxant

**Tissues affected:** mucous membranes, circulation.

**Clinical actions:** stimulating expectorant, relaxant for cough with mucous, resolvent for swellings (poultice)

**Passionflower** – *Passiflora spp.* Forms used: tea, tincture.

**Vitalist Actions:** cool and dry, relaxant, vital stimulant

**Tissues affected:** nerves

**Clinical actions:** nervine relaxant, sedative, hypnotic

**Peppermint** – *Mentha x piperita.* Forms used: tea, tincture.

**Vitalist Actions:** warm and dry, vital stimulant, relaxant, diffusive

**Tissues affected:** mucous membranes, circulation, digestion

**Clinical actions:** cooling diaphoretic, carminative, antispasmodic

**Plantain** – *Plantago sp.* Forms used: tea, tincture.

**Energetics:** cooling, slightly moistening, mild relaxant, vital stimulant, bitter

**Tissues affected:** skin, mucous membranes, urinary tract

**Clinical actions:** wound healing, disinfectant, mild diuretic, alterative to liver and kidney

**Rose:** *Rosa spp.* Forms used: tea, tincture, essential oil.

**Energetics:** cool and moist (fresh), cool and dry (dried), vital stimulant, relaxant

**Tissues affected:** skin, mucous membranes, gastrointestinal glands, heart, nerves

**Clinical actions:** cardiogenic, nervine tonic, intestinal tonic, astringent, hemostatic

**Rosemary** – *Rosmarinus.* Forms used: tea, tincture, essential oil.

**Energetics:** hot and dry, vital stimulant, relaxant, diffusive

**Tissues affected:** nerves, digestive glands, mucous membranes, circulation, liver

**Clinical actions:** sedative, carminative, emmenagogue, brain tonic, liver relaxant

**Skullcap** – *Scutellaria sp.* Forms used: tea, tincture.

**Vitalist Actions:** cool and dry, relaxant, vital stimulant

**Tissues affected:** nerves, digestive glands

**Clinical actions:** nervine tonic, sedative, hypnotic

**St. John's Wort** – *Hypericum perforatum.* Forms used: tincture, tea, oil/salve.

**Energetics:** cool and dry

**Tissues affected:** blood, liver, nerves

**Clinical actions:** alterative, mild liver stimulant, nervine, antidepressant

**Thyme** – *Thymus vulgaris.* Forms used: tea, tincture.

**Energetics:** warm, dry, vital stimulant, relaxant, diffusive

**Tissues affected:** mucous membranes, circulatory system

**Clinical actions:** cough relaxant, diaphoretic, emmenagogue

**Valerian** – *Valeriana spp.* Forms used: tea, tincture.

**Energetics:** warm, dry, strong vital stimulant, relaxant, diffusive

**Tissues affected:** nerves, circulatory system, digestive glands

**Clinical actions:** cerebral stimulant, sedative, hypnotic, antispasmodic, carminative

**Wormwood** – *Artemisia absinthum.* Forms used:

**Energetics:** complex temperature with cooling bitter principles and warming aromatics (more cool than warm), drying, strong vital stimulant, tonic/astringent

**Tissues affected:** skin, mucous membranes, liver, circulatory

**Clinical actions:** astringent, disinfectant, warming alterative, emmenagogue

**Yarrow** – *Achillea millefolium.* Forms used: tincture, tea.

**Energetics:** complex temperature with cooling bitter principles and warming aromatics (more cool than warm), drying, strong vital stimulant, astringent/tonic

**Tissues affected:** skin, mucous membranes, digestive glands, liver, urinary tract, circulatory system

**Clinical actions:** bitter tonic/diuretic (cold prep), diaphoretic (warm prep), hemostatic.