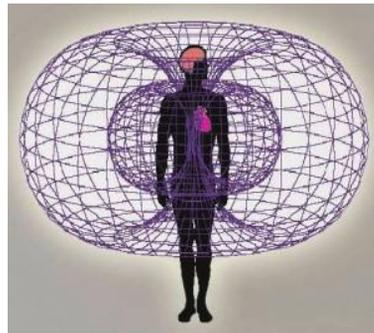
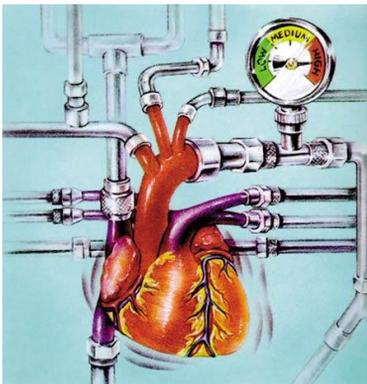
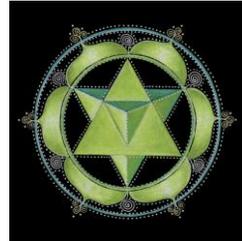


# Herbs for the Heart and Emotional Healing

Alexis T. Durham



The Heart



## Primary Actions for the Cardiovascular System

- Cardiotoxic—*Crataegus spp.*, *Tilia spp.*
- Cardioactive\*\*—*Digitalis purpurea*, *Convallaria majalis*, *Cytisus scoparius*, *Scrophularia nodosa*
- Peripheral Vasodilator—*Ginkgo biloba*, *Zanthoxylum clava-herculis*
- Circulatory Stimulant—*Capsicum anuum*, *Zingiber officinale*
- Antispasmodic—*Viburnum opulus*, *Valeriana officinalis*
- Hypotensive—*Tilia spp.*, *Leonurus cardiaca*, *Achillea millefolium*, *Viburnum opulus*
- Vascular Tonic—*Hamamelis virginiana*, *Ginkgo biloba*
- Diuretic—*Taraxacum officinale*, *Achillea millefolium*, the *cardioactive herbs*
- Nervine—*Leonurus cardiaca*, *Tilia spp.*

Excerpted from **Medical Herbalism** by David Hoffman

## Cardiotonic vs. Cardioactive

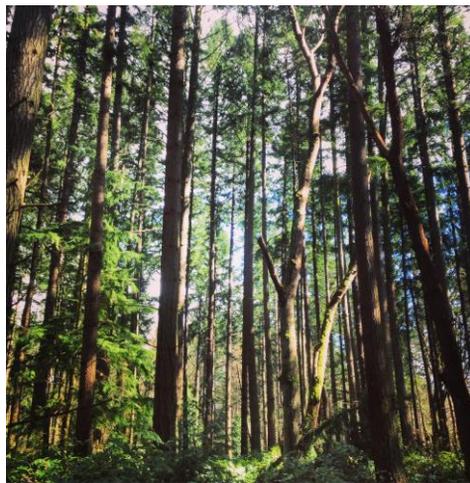
- Cardiotonic herbs are very beneficial to the heart and blood vessels. Most contain flavonoids, which are known vascular tonics. They do not contain cardiac glycosides.
  - Used to treat and prevent chronic degenerative conditions
- Cardioactive\*\* herbs contain *cardiac glycosides*, which are removed from the body at a very slow rate. High levels of cardiac glycosides can be toxic, so it's important to monitor levels. These **are not appropriate** for use in folk medicine.
  - Used to treat cardiac arrhythmia and congestive heart failure (CHF)

## A heart-healthy diet

- Eat more fruits and vegetables
- Eat more whole grains
- Consume adequate fiber
- Eat cold-water fish and use fresh cold-pressed oils
- Drink lots of water
- No tobacco
- As much enjoyable aerobic exercise as possible
- Minimize salt, avoid stimulants, and limit alcohol
- Incorporate meditation/chanting into your daily routine



## Shinrin-yoku



A visit to a forest for relaxation  
Literally: forest bathing

## Allium sativum, Garlic



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## Zingiber officinale, Ginger



## Crataegus spp., Hawthorn



## Tilia spp., Linden/European Lime



## Leonurus cardiaca, Motherwort



## Ocimum sanctum/tenuiflorum, Tulsi



## Inula helenium, Elecampane



## Oplopanax horridum, Devil's Club



## Ganoderma lucidum/tsugae



## Prunella vulgaris, Self-heal



## Monarda spp., Bee Balm



## Symplocarpus foetidus/ Lysichiton americanus, Skunk Cabbage



*Viola tricolor*, Heartsease



*Borago officinalis*, Borage



## Rosa spp., Rose



## Albizia julibrissin, Mimosa

