

## Monograph Format

<i>Latin name</i> Common name  - List of actions	Part Used [Family] Tincture strength & dose Other form of administrations (infusion, oil, capsules, etc.).  Ⓢ = General information, † = warnings and cautions, ⊘ = contraindications, ⚡ = overdose, toxicity.	Constituents and pharmacology	Therapeutic usages.
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## Monograph samples

<p><i>Avena sativa</i> <b>Oats</b></p> <p>* NS trophorestorative * a.depressant * demulcent * nutritive * ♥ tonic</p>	<p>PU – Green &amp; mature seeds [Graminaceae] Aerial/straw 1:5 @25; 1-5ml tid (milky green oats) Cold/hot infusion, bath, food, face mask</p> <p>Ⓢ – OK in pregnancy/lactation Ⓢ – Oats as part of diet (e.g. oat bran) helps ↓ cholesterol and ↑ stamina. ⊘ – gluten sensitivity or give with caution</p>	<p>- Starch (60%) → demulcent - Avenocside (Saponins) → a.fungal - Nutritive → Fe, Mn, Zn, Ca, Vit-B's - Proteins (incl. gluten) - Silicic acid ester → good for the skin</p>	<p>NS/Imm- Nourish NS, ↑ stamina. For nervous, mental &amp; physical exhaustion (from illness, stress, etc.), depression, withdrawal from addiction (esp. nicotine), convalescence. CVS- For a weak ♥, nervous palpitation. Skin- topical, for skin irritations/inflammations, itchiness, psoriasis, insect bites. Rep- Menopausal neurasthenia, spermatorrhea Mus-Sk- to ↓ uric acid</p>
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<p><i>Crataegus oxycantha</i> <b>Hawthorn</b></p> <p>* ♥ trophorestorative - astringent * ♥ positive inotropic * diuretic * hypotensive (↓BP) - a. arrhythmic * antioxidant</p>	<p>PU- Flower, berries, leaves [Rosaceae] 1:5 @25% (berries, dried leaves); 5 ml tid 1:5 @40% (fresh); 5 ml tid Infusion, decoction, flavoring agent in liqueur</p> <p>Ⓢ – OK in pregnancy/lactation ⊘ – ↓ BP or bradycardia † – may interact with hypotensive drugs.</p>	<p>- Procyanidins → antioxidants, improve coronary circulation; ↑ energy stored in myocardial cells; ↑ intracellular Ca storage; ↑ in leaves &amp; berries. . amines → positive inotropic effects; ↑ in flowers. - Flavonoids → similar effects as Procyanidins . rutin → ↑ integrity of blood vessels &amp; capillary → need the whole plant for therapeutics effects. → improve ♥ functions, ↓ ♥ hypoxemia</p>	<p>CVS- To improve coronary circulation, for coronary artery Dz, angina pectoris, ♥ arrhythmias, tachycardia, ♥ or valvular Dz or insufficiency, ischaemic, SOB. Rs- For dyspnea associated with ♥ conditions. GI- ↓ diet-induced hyper-cholesterolemia. Imm- antioxidant. Ur- as diuretic</p>
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<p><i>Primula veris</i> Wmax=50 ml <b>Cowslip</b></p> <p>* ↑ expectorant (root) * a.spasm * NS sedative * a.inflam. - antioxidant - ~diuretic</p>	<p>PU- Flowers &amp; root [Primulaceae] 1:4 @25%; 2-4 ml tid Wmax=50 ml powdered (snuff for nasal congestion)</p> <p>⊘ – Pregnancy ⊘ – aspirin sensitivity, blood-thinning medic. ⚡ – ↑ dose → vomiting &amp; diarrhea (due to sap.).</p>	<p>- Saponins (5-10%; root) → ↑ expectorant - Flavonoids (mainly flower; apigenin) → a.inflam. antioxidant, a.spasm, NS sedative - Primula acid A - Phenols - Tannins</p>	<p>Rs- a.spasm, a.inflam, sedative → for asthma, chronic bronchitis, bronchial-catarrh, chronic unproductive coughs. EENT- powdered – snuff for nasal congestion. NS/Hd- for insomnia, migraines, headaches. Flowers are good sedative/calming for children → for over excitement.</p>
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<p><i>Carduus marianus</i> <i>Silybum marianus</i> <b>Milk Thistle</b></p> <p>- bitter/liver tonic - a.depressant * hepato-protector - a.viral * choleric * antioxidant * cholagogue * galactagogue - hypolipidemic - antilithic</p>	<p>PU- Fruit [Asteraceae/Compositae] 1:5 @25%; 5 ml tid. Infusion(2 tsp/cup; sit overnight); Crashed fruit(4-9g/day); Std-extract; salads (leaves)</p> <p>Ⓢ – OK in pregnancy/lactation † – during organ transplant. † – reported: mild GI complains in some.</p>	<p>- Silymarin = Flavonolignants (1.5–3%; highest in the seed coat) → a.inflam, antioxidant, ↑ motility of neutrophils, detox heavy-metals &amp; toxins. . silybin → antioxidant, protects &amp; glutathione. ↑ kupffer cells proliferation; ↓ cholesterol concentrations; a.tumor (esp. breast &amp; ovarian) - Flavonoids → helps cleanse heavy metals. - Fixed oils; Sterols; Polyacetylenes.</p>	<p>GI- to ↓ damage from toxic compounds. For hepatitis, liver damage, jaundice, cirrhosis, cholesterol, gallbladder problems, to express/expel gallstone; detox &amp; cleanse toxins/heavy-metals. Imm- ↑ kupffer cells, good before/after surgery to cleanse drugs from body; ↓ growth of breast/ovarian tumors, topically ↓ tumor formation; good during chemo.</p>
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<p><i>Glycyrrhiza glabra</i> <b>Licorice</b></p> <p>* adrenal tonic * demulcent * a.inflam * expectorant - a.spasm - a.viral - ~laxative</p>	<p>PU- Rhizome, rootlets, stolons [Fabaceae/Legumin.] 1:5 @25% (dried); 1–3 ml tid 1:2 @50% (fresh); 1–3 ml tid Decoction</p> <p>⊘ – Pregnancy ⊘ – anemia, ↑ BP (or with caution + monitor BP), liver cirrhosis, ↑ kidney insufficiency. † – long use → may ↓ thyroid function &amp; basal metabolic rate.</p>	<p>- Triterpene Sap. (mainly <i>glycyrrhizin</i>) . glycyrrhizin → antagonizes effect of estrogen; inhibit growth of RNA/DNA &amp; HIV viruses. . Glycyrrhetic acid (aglycone) → ≈ corticosteroids → adrenocorticomimetic action. Both → a.inflam, a.diuretic, - Flavonoids; isoflavonoids; biotin; beta-sitosterols → estrogenic action - Polysaccharides → demulcent</p>	<p>End- For adrenal insufficiency, Addison, diabetes insipidus, ↓ corticosteroids med. Imm- For inflammatory conditions, auto-immune Dz, herpes simplex. Ur- For Ur tract infections/inflammations Rs- For URTI's, bronchitis, catarrh, TB GI- For GI inflam.– reflux, gastritis, peptic ulcers, acidity, constipation, viral hepatitis. Mus-Sk- For RA, joint inflam, muscle spasm.</p>
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<p><i>Arnica montana</i> Wmax=0 ml <b>Arnica</b> (R)</p> <p>- a.rheumatic - a.neuralgic * a.inflam. * antiseptic (non-open wounds) - counter irritant</p>	<p>PU- Flowers [Asteraceae/Compositae] 1:10 @45%; external use; Wmax=0 ml (internal) Infusion (2g/cup); Poultice; massage oil; bath;</p> <p>Ⓢ – OK in pregnancy/lactation (external only) † – external use only, &amp; unbroken skin. † – may cause edematous dermatitis ⚡ – internally – can cause gastroenteritis. Overdose → dizziness, diarrhea, trembling, +/- ♥ arrest (helenalin)</p>	<p>- Sesquiterpene lactones . helenolides → damaging effects on the ♥ . helenalin → interfere with myocardial recovery between contractions. ↑ dose → ♥ arrest . helenalin &amp; esters → sensitizing agents &amp; act as allergens; a.microbial, a.rheumatic. - Flavonoids; - Vol. oils (including <i>Thymol</i>);</p>	<p>Mus-Sk- for edema, fractures, rheumatic pain, bruises. Massage oil for sore/stiff muscles. In bath for joint pain, arthritis, RA, strains. Skin- for insect bites, bruises, neuropathies. CVS- for varicose veins (do not massage or apply heat), venous insufficiency, bruises, hematomas, phlebitis, thrombosis, edema. EENT- externally, for ear infections. Homeopathy- for post partum pain &amp; bleeding.</p>
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References:

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4. "British Herbal Pharmacopoeia" by British Herbal Medicine Association
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7. "Herbal Medicines" 2nd Edition; by Joanne Barnes, Linda Anderson, & J David
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9. "Holistic Herbal" by David Hofmann
10. "Bartram's Encyclopedia of Herbal Medicine." by Thomas Bartram
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Glossary	
Symbol	Meaning
Ⓢ	Information, FYI
‡	Unknown, unclear
†	Caution, warning
⊘	Avoid, contraindicated
⚠	Toxicity, overdose, overuse
~	Mild, approximately
≈	Similar, equivalent
↑	Increase, high
↓	Decrease, low
↑↑	Strong, severe
↓↓	Strongly reduce
→ or →	Leads to, means, causes,...
➔	Refers to whole plant's effects
± or +/-	May, could, possibly, maybe
1°	Primary
2°	Secondary
♥	Heart, Cardio,
a.	anti
↓ BP	Hypotensive, low blood pressure
↑ BP	Hypertensive, high blood pressure
CHO	Carbohydrates
concent.	Concentration
CT	Connective tissue
Dz	Disease
Flav.	Flavonoids
Glyc.	Glycosides
div.	Divided
Incl.	Including
K <sup>+</sup>	Potassium
mem	Memory
NT	Neurotransmitter, Neurotransmission
PU	Part used
Wmax	Weekly maximum

Glossary	
Symbol	Meaning
gtt	Drops
a.d., q.d.	Once a day
bid	2 times a day
tid	3 times a day
qid	4 times a day
a.c.	Before meals
i.c.	Between meal
c.c.	With meals.
*	The action of the herb is reported by more than one author.
(R)	Restrictions apply (Canada, +/- other countries)
(R)	Restricted use in THM (Canada, +/- other countries) THM = Traditional Herbal Medicine
Questionable	There are contradictory reports
Controversial	There are contradictory reports
CNS, NS	Central nervous system, Nervous system.
EENT	Ear, eyes, nose & throat
Imm	Immune
Lym	Lymphatic
End	Endocrine
Rep	Reproductive
Ur	Urinary system
GI, GIT	Gastro-intestinal system/tract
Rs	Respiratory system
CVS	Cardio vascular system
Mus-Sk	Muscular skeletal
IBD	Inflammatory Bowel Diseases
IBS	Irritable Bowel Syndrome
DM	Diabetes mellitus
SOB	Shortness of Breath
URTI's	Upper Respiratory Tract Infections