

CERTIFIED AROMATHERAPY COUNSELOR COURSE – SESSION 13 – HERBAL TINCTURES

Herbal Definitions:

Before we discuss tinctures and how to make them, it is important to know the herbal definitions. Below you will find the definitions or actions. With each, a list of several herbs for that action. It is up to you to research other herbs in the category. Try and commit these to memory, it is very important to know the actions. When using essential oils and herbs you can match the herbal action to the therapeutic action of essential oils.

There are generally 3 categories that these actions fall under.

Detoxifying Properties: These herbs are used to remove toxins and detoxify the system, choose herbs according to parts of the body influenced.

Building and Toning: These herbs strengthen the body, improving the functions of the internal organs and strengthening the bodies resistance to disease.

Symptom Relieving: These herbs counteract or relieve specific symptoms. Examples: If spasms and tension are the symptoms to be treated, herbs with antispasmodic properties would be used.

HERBAL ACTIONS:

Alterative: Herbs which alter or purify the blood. They have detoxifying properties. They promote cleansing action of the spleen, liver, kidneys and bowels. These herbs should be used over a long period of time, allowing gradual detoxification of the entire bloodstream.
Herbs: Alfalfa, Blessed Thistle, Burdock, Cayenne, Dandelion, Gotu Kola, Kelp, Yellow Dock.

Anodynes: Symptom Relieving. Herbs that relieve pain by lessening the excitability of the nerves and nerve centers. They are closely related to antispasmodics.
Herbs: Chamomile (H & EO), Ginger (H & EO), Passion Flower, Valerian, White Willow

Anthelmintics: Detoxifying and Toning. 2 Categories: Vermifuges and Vermicides.
Herbs which have the capacity to destroy intestinal worms and parasites.

Vermifuge: Destroy worms without necessarily causing expulsion from the bowels.
Herbs: Black Walnut, Garlic, Thyme, Wormwood

Vermifuges: Expel worms from bowels, usually having cathartic properties.
Herbs: Cascara Sagrada, Gentian, Senna, Tansy

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Herbal Actions:

Antacids: Symptom relieving. Herbs that correct acid condition in the stomach, blood and bowels.

Herbs: Flax seed, Red Raspberry, Comfrey leaves and roots, Slippery Elm

Antibiotics: Symptom Relieving. Herbs that inhibit the growth of and destroy viruses and bacteria. Promote immunity.

Herbs: Echinacea, Garlic, Goldenseal, Myrrh (H & EO), Rosemary EO, Thyme (H & EO)

Anticatarrhals: Detoxifying. Herbs that eliminate mucus conditions. They aid elimination by including laxative herbs.

Herbs: Anise (H & EO), Bayberry, Cayenne, Flax Seed, Ginger (H & EO), Lobelia, lungwort.

Antiemetics: Symptom Relieving. (emetic: induce vomiting). These are herbs that relieve and stop sickness of the stomach and prevent vomiting.

Herbs: Anise (H & EO), Cinnamon (H & EO), Ginger (H & EO), Peppermint (H & EO).

Antipyretics: Symptom Relieving. (pyretic is fever or heat) Herbs that are cooling to the system and are used to reduce fevers. They are also known as “refrigerants”.

Herbs: Benzoin, Chickweed, Elder Flower, Lemon Balm (H & EO or Melissa), Lemon (H & EO), licorice.

Antiseptic: Symptom Relieving. Herbs have the power to prevent growth of bacteria. Almost all Essential oils are antiseptic.

Herbs: Echinacea, Garlic, Juniper Berries (H & EO), Myrrh (H & EO), Rosemary (H & EO).

Antispasmodic: Symptom Relieving. Herbs are used for muscular spasms, convulsions and cramps.

Herbs: Calendula, Cayenne, Crampbark, Lemon Balm (H & EO of Melissa), Peppermint

Aperients: Detoxifying. Herbs that produce mild laxative effects which soften the stools without purging.

Herbs: Figs, Fruit, Olive Oil, Raisins.

Aphrodisiac: Building & Toning. Herbs that correct conditions of impotence.

Herbs: Damiana, False Unicorn, Ginseng, Saw Palmetto.

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Aromatics: Symptom Relieving. Herbs that have stimulating effect on the gastrointestinal mucus membrane. If inflammation of the stomach or bowels is present AVOID.
Herbs: Barberry, Cloves (H & EO), Coriander Seed (H & EO), Nutmeg (H & EO), Sassafras

Astringent: Building and Toning. Herbs which increase the tone and firmness of the tissue and lesson mucus discharge from the nose, intestines, vagina, and draining sores.
Herbs: Beth Root, Bugleweed, Calendula, Cayenne, Horsetail, Pipsisseua, Rosehips, Juniper Berries (H & EO)

Cardiacs: Building and toning. Herbs that increase the power of the heart.
Herbs: Hawthorn Berries, Motherwort, Lily of the Valley.

Caminative: Symptom Relieving. Herbs containing volatile oils which stimulate the expulsion of flatulence (gas) from the gastrointestinal track. Increase the tone of the musculature and stimulate peristalsis.
Herbs: Anise (H & EO), Cardamon (H & EO), Cumin, Fennel, Parsley, Sassafras.

Cathartics: Detoxifying. Herbs which cause a rapid evacuation from the upper intestines and the bowels.
Herbs: Aloe, Cascara Sagrada, Senna

Cholagogue: Detoxifying. Herbs that promote the flow of bile.
Herbs: Bistort, Cascara Sagrada, Elecampane, Hyssop (H & EO), Oregon Grape Root, Yellow Dock.

Condiments: Symptom Relieving. Herbs used to season foods and to increase digestive activity. Most are good for treating gas and indigestion.
Herbs: Cayenne, Cinnamon (H & EO), Cumin, Dill (H & EO), Sweet Basil (H & EO).

Demulcents: Symptom Relieving. Herbs which soften and relieve irritation of the mucus membranes.
Herbs: Agar-Agar, Aloe, Chickweed, Fenugreek, Kelp, Marshmallow, Psyllium Seed.

Deobstruents: Detoxifying. Herbs that remove obstruction.
Herbs: Barberry (liver, gall bladder), Culvers Root (bowel), Goldenseal (glands), Gravel Root (kidneys), Hydrangea Root (kidneys), Plantain (blood, kidneys).

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Herbal Actions:

Diaphoretics: Symptom Relieving. 3 Categories. Herbs that increase perspiration, they influence the entire circulatory system.

Simulating: Angelica (H & EO), Blessed Thistle, Ephedra, Horseradish, Hyssop (H & EO)

Neutral: Horehound, Safflower, Sarsaparilla

Relaxing: Blue Vervain, Burdock Root, Catnip (H & EO), Chamomile (H & EO), Lemon Balm (H & EO of Melissa)

Discussants: Detoxifying. Herbs that dissolve and remove tumors and abnormal growths.
Herbs: Chaparral, Red Clover, Frankincense essential oil. Must Alkalize the body.

Diuretics: Detoxifying. Herbs that increase the flow of urine. They are usually combined with demulcents to soothe any irritation from acids and gravel. Diuretics can be used in the treatment of backache, prostatitis, sciatica, kidney stones, bladder ache, lymphatic swelling, gonorrhea, skin eruptions and obesity.

Herbs: Blackberry, Buchu, Corn Silk, Dandelion, Gravel Root, Hydrangea, Juniper Berries (H & EO), Shepard's Purse, White Oak Bark.

Emetics: These are both detoxifying and symptom relieving. Induce vomiting. They are usually administered in tincture or tea form.

Herbs: Bayberry, Ipecac, Lobelia, Poke Root

Emmenagogue: Symptom relieving and Building and Toning. Herbs that help promote menstrual flow.

Herbs: Angelica (H & EO), Black Cohosh, Motherwort, Safflower, Squaw Vine, Chamomile (H & EO), Myrrh (H & EO), Damiana

Emollients: Symptom Relieving. Applied externally to soften and soothe. Usually applied in salve, infused oil, fomentation and poultices. They have demulcent properties.

Herbs: Almond oil, Coltsfoot, Flax Seed, Irish Moss, Slippery Elm, Wheat Germ Oil.

Expectorants: Detoxifying. Herbs which facilitate the excretion of mucus from the throat and lungs.

Herbs: Comfrey, Fennel (H & EO), Horehound, Hyssop (H & EO), Mullein, Myrrh (H & EO), Nettles, Pleurisy Root, Thyme (H & EO).

Febrifuge: Symptom Relieving. Reduce Fever.

Herbs: Catnip, Peppermint (H & EO), Yarrow (H & EO)

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Galactagogue: Building and Toning. Herbs that favor the secretion of milk from the nursing mother. Increase the milk in nursing mothers.

Herbs: Anise Seed (H & EO), Fennel, Raspberry

Hemostatics: Symptom Relieving. Herbs that arrest internal bleeding or hemorrhaging.

Herbs: Beet Root, Horsetail, Nettle, Witch Hazel, Yarrow (H & EO), Cayenne.

Hepatics: Building and Toning. (liver) Herbs that strengthen, tone and stimulate the secretive functions of the liver. Useful in treating jaundice and hepatitis.

Herbs: Aloe Vera, Buckthorn, Carrot, Wood Betony, Yellow Dock

Laxative: Detoxifying. Promote bowel action.

Herbs: Agar-Agar, Cascara Sagrada, Mandrake, Oregon Grape Root, Psyllium Seed, Senna

Lithotriptics: Detoxifying. (stones) Herbs that dissolve and discharge urinary and gall bladder stones and gravel.

Herbs: Buchu, Dandelion, Gravel Root, Juniper Berries (H & EO), Tormentil, Uva Ursi

Lymphatics: Detoxifying. Herbs are used to stimulate and cleanse the lymphatic system.

Herbs: Black Walnut, Dandelion, Garlic, Poke, Yellow Dock.

Mucilage: Symptom Relieving. Plants with a gel like stickiness. Used to soothe inflamed parts.

Herbs: Agar-Agar, Flax Seed, Lungwort, Marshmallow Root, Okra, Slippery Elm

Nervines: Building and Toning. Herbs that act as a tonic to the nerves. Used to relieve pain and regulate the nervous system.

Herbs: Catnip (H & EO), Chamomile (H & EO), Lady's Slipper, Oats, Passion Flower, St. John's Wort, Vervain.

Nutritive: Building and Toning. Herbs which supply a substantial amount of nutrients and aid in the building and toning of the body.

Herbs: Alfalfa, Horsetail, Kelp, Nettle, Red Clover, Rosehips

Ophthalmics: Symptom Relieving. (eye). Used for healing diseases of the eye.

Herbs: Eyebright, Chickweed

Oxytocics: Childbirth. Symptom Relieving and Building and Toning. Herbs that assist labor for an easier birth.

Herbs: Angelica (H & EO), Black Cohosh, Squaw Vine

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Parasitocides: Detoxifying. Herbs that kill and remove parasites from the skin.

Herbs: Black Walnut, Cassia EO, Chaparral, Garlic, Wood Betony

Purgatives: Detoxifying. Herbs that have an energetic evacuation effect. Combine these with carminatives to lessen griping effect.

Herbs: Buckthorn, Castor Oil, Senna

Rubefacients: Symptom Relieving. Herbs are used as local external applications that stimulate and increase the blood flow to the surface.

Herbs: Cayenne, Peppermint EO, Prickly Ash, Rosemary EO

Sedative: Herbs which slow excitement or functional activities of an organ or body part. They influence circulation, reducing nervous tension.

Herbs: All mints, Chamomile (H & EO), Hops, Passion Flower, Sorrel, St. John's Wort, Valerian.

Sialagogue: Symptom Relieving. Herbs that promote and increase the flow of saliva.

Herbs: Black Pepper (H & EO), Ginger (H& EO), Licorice

Stimulants: Herbs which serve as natural agents in assisting the functional activity of the body, increasing energy.

Herbs: Black Pepper (H & EO), Cayenne, Fo-ti, Raspberry, Red Clover, Wild Cherry Bark, Yerba Santa.

Stomachics: Building and Toning: These herbs strengthen the function of the stomach. Promote and improve digestion and appetite.

Herbs: Agrimony, Blessed Thistle, Goldenseal, Hops, Peach Bark, Rhubarb

Styptics: Symptom Relieving. These herbs arrest bleeding, hemorrhaging, and draining wounds. Used as an astringent usually externally. Can be used internally.

Herbs: Bistort, Cranesbill, Plantain leaves, White Oak Bark, Witch Hazel

Vulneraries: Building and Toning. Herbs that promote healing of cuts, wounds, and burns. By protecting against infection and by stimulating cellular growth.

Herbs: Aloe Vera, Apricot Seed, Calendula, Fenugreek, Mullein, Yarrow.

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Herbal Actions:

Tonics: Building and Toning. General Well-being. Herbs that increase energy and strengthen the body. Effects are to increase the strength of the muscular and nervous system, improve digestion.

Gall Bladder Tonics: Goldenseal, Oregon Grape Root, Parsley, Wild Yam.

Heart Tonics: Bugleweed, Hawthorn Berries, Ginseng (panax), Mistletoe (European), Motherwort.

Intestinal Tonics: Barberry, Blackberry leaves, Cascara Sagrada, Cranesbill, Goldenseal, Rhubarb

Kidney Tonics: Buchu, Burdock Root, Celery, Cleavers, Fo-ti, Horsetail, Kava Kava, Mistletoe (USA), Parsley, Pipsissewa, Saw Palmetto, Uva Ursi.

Liver Tonics: Barberry, Buckthorn Bark, Cascara Sagrada, Dandelion, Eyebright, Fo-ti, Goldenseal, Mandrake, Stoneroot.

Lung Tonics: Bethroot, Comfrey, Elecampane, Fenugreek, Garlic, Irish Moss, Lungwort, Pleurisy Root, Wild Cherry.

Nerve Tonic: Celery, Chamomile, Hips, Lady's Slipper, Lobelia, Mistletoe (USA), Oats, Valerian.

Sexual Tonics: Black Haw (F), Damiana (M&F), Don Quai (F), False Unicorn (F), Ginseng (M&F), Sarsparilla (M), Saw Palmetto (M), Squaw Vine (F).

Stomach Tonic: Agrimony, Blessed Thistle, Elecampane, Gentian, Goldenseal, Mugwort, Raspberry, Wild Cherry Bark, Wormwood.

Internal Application: Anything taken by mouth, swallowed, absorbed and transmitted by blood or is effective in the gastrointestinal tract directly.

External Application: Applications which are intended to primarily effect the area to which they are applied and NOT SWALLOWED. Such as Poultices, fomentation, enemas, gargles, salves, liniments and boluses.

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During the extraction process there are many plant compounds that are extracted. Each plant or herb has numerous compounds similar to essential oils. The basic compounds that are extracted are listed below.

Plant Compounds:

Alkaloids: Most potent group. They work on the liver, nerves, lungs and digestive system. They have physiological as well as pharmacological effects on the body. Alkaloids end in “ine” such as caffeine, quinine, lobeline, nicotine. They are found in some poisonous and hallucinogenic plants such as opium poppy and codeine. Containing carbon, hydrogen and nitrogen. Alkaloids act on particular organs as noted above. They especially influence the central nervous system. They usually have a bitter taste.

Tannins: Have been used to tan leather. They cause an astringent action in small amounts. They can reduce diarrhea and internal bleeding. Externally they can be used for burns, reduce inflammation, and seal wounds by providing a protective skin or barrier. They are used for inflamed mucus membrane and promote rapid healing. They can reduce swelling, hemorrhoids and varicose ulcers, reduce infections of the eye, rectum, mouth and vagina. Internally they not only reduce diarrhea but, peptic ulcers, colitis secretions and bleeding.

Glycosides: They protect, regulate and sanitize the plant. End in “in”, ex: hypercin in St. John's Wort, aloin in Aloe and salicin in Willow.

Cardiac Glycosides: Can strengthen the heart. Ex: Lily of the Valley. They can increase the power of the heart, and increase oxygen.

Anthraquinone glycosides: Irritate the large intestines and have a laxative effect. Always combine with carminatives like Ginger or Fennel.

Flavanoids: Antioxidant. Produce all the colors in plants beside green. They cause light to be reflected from plants. Wide range of activity including: antispasmodic, anti-inflammatory, anti fungal, diuretic, circulatory and cardiac stimulants, antibacterial, antiviral, lower blood pressure. They strengthen capillary walls and reduce the fragile nature of capillaries. Aid bruising and bleeding. Essential for the absorption of Vitamin C.

Bitter Compounds: Stimulate the body, especially digestive. They stimulate the secretion of the digestive juices, liver, and aid hepatic elimination. Have an antibiotic, anti-fungal, anti-tumor, antispasmodic, anti-inflammatory, expectorant and vulnerary action.

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Plant Compounds:

Volatile Oils: Found in aromatic plants, they produce essential oils. Ex: Peppermint or Thyme. More than 50 compounds combined in one plant to produce its particular aroma. This is why different species produce a different aroma. Distillation at the correct temperature produces a therapeutic essential oil. All Essential oils are antiseptic. They are easily distributed throughout the body. Shortly after external application or internal ingestion, they show up in the urine, lungs, sweat, and saliva as well as Mother's milk. They stimulate the production of white blood cells which aid the body's own natural defense system. They can stimulate the lining of the colon to aid digestion. They can relax and sedate the central nervous system. Ex: Chamomile and Valerian. All Essential oils are balancing to the body. When you crush a peppermint leaf between your fingers or steep in tea, it is the essential oil that produces the aroma.

Coumarins: Aromatic constituents. Like the fresh smell of cut hay. Anti-clotting, guards against thrombosis.

Saponins: Strong anti-inflammatory action. Ex: Golden Rod, Wild Yam. They also have an expectorant action.

Phenolic: Basic building blocks and important constituents of plants. Ex: salicylic acid found in willow and wintergreen, Eugenol in Clove. They are antiseptic, anti-inflammatory, pain killing.

Starches: Basic nutrition and energy. Very important derivative of plants. They are mucilaginous, they produce a "slime" when heated. Soothing and healing to damaged mucus membrane lining of the lungs, digestive and urinary tract, tissues and nerves. Ex: Marshmallow, Slippery Elm.

Signs of Toxicity:

Mucus Discharge	Vomiting or diarrhea	Sweating or skin rashes	Poor elimination
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Signs of Blockage:

Pain	Constipation	Headaches
Red eyes	Lethargy	Swelling or mental disturbances.

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Herbal Preparations:

Herbal preparations can be created in a variety of delivery methods. They are very efficient in delivering their healing actions to the body and mind. Herbal extracts or tinctures can be stored for long periods of time when stored correctly. The healing properties, therapeutic actions and nutritional principals are held in the solution. The herbal tincture is immediately absorbed into the system. Infusions or teas are best suited for such ailments as eye infection where an herbal tincture simply will not do. Below are other ways to use herbs.

Decoction:



Stems, Roots and Bark. Simmer 15 – 45 minutes. You would use 1 oz dried herb to 1 pt. Water. Or 2oz fresh plant material to 1 ½ pt. Water. For these you need to soak at least 8-10 hours before simmering. Strain and drink warm. These are used when creating fomentation's, douche, syrups or enemas.

Concentrate: 2 oz herbs to 1 qt. Water. Make a decoction – strain. Simmer the strained decoction down to 1 pt. Add 1-2 oz honey or molasses while still warm.

Elactuary:



Herbal preparation from powder form mixed with honey, glycerin, molasses or peanut butter. Either roll into balls or by spoonful. Start with 2oz herb and slowly add additive to form a paste.

Bolus:



These are suppositories. They draw out toxins, tumors, inflammation and infections. Use herbs with astringent, antibiotic or demulcents properties. Pour melted cocoa butter over powdered herb. Make a thick dough like consistency. Roll 1/2" thick and 3/4" long. Store in refrigerator. Use before bed.

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Herbal Preparations:

Fomentation:



Herbal fomentation stimulate circulation. You can add essential oils for their therapeutic actions. Soak a towel in hot infusion. Wring slightly. Apply to affected area covering with plastic wrap. Add heating pad on top or warmed water bottle. Remain until cooled. Add essential oils to warm infusion.

Poultice:



Powdered herbs are moistened with water, tincture or infusion. You can add clay if needed to hold the herbs together. Make a paste and apply to the cloth then apply to affected area. Cover with a towel. There are many types of poultices you can make. Below are just a few suggestions.

Carrot Poultice – ground carrots or pulp. Good for sores, bruises or chapped skin.

Comfrey Poultice – Use comfrey tea infusion. Good for swelling, cuts, wounds open sores.

Garlic Poultice – Smash fresh garlic. Add warm water and clay. Good for Pain, pus, infections.

Oatmeal Poultice – Cook oatmeal (not instant). Apply cooled oatmeal to soft cloth and apply to the area. Cover with a dry cloth. Apply heating pad or warm water bottle. Good for insect bites and inflammation.

Plaster:



Plaster are similar to a poultice except you do not need to cover the area. Combine powdered herbs with herbal infusion or tincture. You can either spread on cloth and apply or apply direct. This is used for snake bites, sores, inflammation.

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Herbal Preparations:

Liniment:



Herbal liniments are used for strained muscles, sore muscles, joints, arthritis. Liniments are excellent to make and add essential oils for increased effectiveness. Liniments are wonderful when treating a horse with stiff or sore leg muscles or leg strain and swelling.

To make: 4 oz dried herbs

1 pt. Alcohol or olive oil

combine in a canning jar, seal and let sit 14 days. Shake daily.

Strain then add 10-30 drops Eucalyptus or Wintergreen Essential oil. You can add several tablespoons of vegetable glycerin to reduce the drying effect if you are using alcohol, glycerin is also used as a preservative. You can also use ½ glycerin and ½ alcohol.

Creating A Tincture:



Extraction Process: Draws out the herbs unique chemical components and virtues. More concentrated and convenient than a handful of herbal pills. During the drying process of an herb, moisture is evaporated. Cells of the plant shrink. Properties are held within these cells. A menstruum is used to extract these properties. As the menstruum is absorbed by the dried plant material, the cells open up and break. The properties within the plant cells are now released into the menstruum. Roots take longer to extract. Roots and seeds need to be macerated or crushed first. Powdered herbs increase the exposure to the menstruum. The menstruum draws the soluble constituents of the plant and separates out the insoluble.

Extremely high heat destroys a plants enzymes, can dissolve out too much of the plants gums and proteins. When using fresh plant material, the plant must be macerated or chopped. You can add the dried plant material and menstruum together and blend, this breaks ups the cell walls. There are numerous menstruum you can use, these are the extraction liquids. In Biblical times wine was used. To make add 4 oz dried herb to a pint canning jar. Pour alcohol/vodka over the herb. Leave 1/2" from the top of jar. Stir. Secure lid. Store in a cool dark place for 14 days. Shake daily. Strain. Bottle and label. Your tincture is now ready for use.

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Creating a Tincture:

Menstruum: A menstruum is a solvent used to make tinctures. The name comes from the Latin word “menstruus” and relates to the changes of the moon cycle. Much the way the farmer's almanac to this day practices plowing, cutting hair and worming animals. A menstruum will dissolve the desired properties of the herb, and retain the plant constituents in a stable form. There are many menstruum solvents you can use, some better than others. Let's look at the most common forms of a menstruum.

Water: An essential to all living things. Today however water contains not only chemicals but a host of pollution and debris. Purified water is best when used as a menstruum for extraction.

Alcohol: Reliable menstruum for herbal extraction. It is stable and consistent for extraction as well as providing its own preservative. Increased shelf life. Best preservative. Many pathogens cannot survive in alcohol. Usually Vodka or Brandy are used. Vodka has no aroma therefore is the first choice.

Wine: Used since Biblical times and before. Due to the fact that alcohol content is inconsistent wine is a variable. They do not contain a certain amount of preserving alcohol. Wine composition can change over time, which changes the chemistry and preservation. Wine is less reliable.

Water/Alcohol: This menstruum will be determined by the plant material being extracted. It is known as aqueous alcoholic menstruum. With the addition of alcohol to the water in extraction, it provides preservative actions.

Solvent Actions Of Menstrua:

Alcohol/Water: 50% water to 50% alcohol. When using this combination, the alcohol menstruum content is low, usually around 25% alcohol.

Alcohol: Used for extracting out resins, balsams, camphor, essential oils and other plant constituents and compounds. Alcohol cannot extract gums, mucilaginous and mineral compounds, they do not dissolve. Alcohol however is an excellent preservative. With the ability to stop the growth of fungus, mold, yeast, and bacterial. These tinctures do not putrefy. Alcohol extraction is necessary to eliminate microbial activity, destroy decomposition of glycosides and saponins, inactive enzymes that are destructive to alkaloids and glycosides. Alcohol unlike water can dissolve many active plant substances and constituents. Alcohol solutions do not leave a “scum” or “sediment” as water.

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Solvent Action of Menstrua:

Water: Known as the universal solvent, it has an extensive range in plant essence extraction. Use cold water for plants constituents including those with sugar, protein, gums, mucilaginous, pectin and tannins. Plant astringents, acids, coloring, alkaloids and some essential oils. These are usually considered teas or decoctions. Used with 24 hours or frozen for later use. The sediment or scum is harmless, however it can not be stored. It is a breeding ground for micro-organisms. It must be strained. The problem with concern with water only menstruum is the lack of a preservative action. Water is an excellent breeding ground for growth of mold, yeast and bacteria.

Hot or Boiling Water: This method bursts the plant cells and dissolves starches. It extracts out that which is not affected by cold water. Rapid extraction method. However extracted substances separate as it cools. 1 part or 1oz dried herb or 2 parts or 2oz fresh herb to 20 parts or 1 pint boiling water. Add herb to pot or stainless steel pitcher with lid. Pour 1 pt. Boiling water over the herb material. Cover tightly and let steep 20-30 minutes. Strain through cheesecloth or organic unbleached coffee filter. Squeeze liquid from herbs.

Cold Water: Usually used for mucilagenics such as slippery elm or marshmallow root. Same formula as for hot infusion above. However you add herbs to water and let steep overnight. It is best to add the herb chosen to a tea bag or cotton bag. After steeping overnight press out liquid from tea bag or cloth.

When you begin to research herbs and essential oils, you may see a strong caution against the use of either one. Keep in mind this is due to the fact that most labs “isolate” out one constituent. Scientist can not explain how the “whole” works, they can explain one variable. In the case of Wintergreen Essential oil, the perfume industry and British Aromatherapy only uses the synthetic from the isolated constituent methyl salicylate. The synthetic version is toxic. However the sum of the whole in the plant is harmless.

The vast majority of essential oils and herbs, have been used for centuries. As long as we learn to use them responsibly, we can rest assured they can gently help our bodies return to a state of balance. When using alcohol as your menstruum, the proof is 2x alcohol. Example: 80 proof = 40% alcohol tincture. You can add Essential oils to any of the methods above, such as poultice, fomentation's, plasters and liniments. Use caution when adding essential oils to a bolus, elactuary and only use small dosages of essential oils. Essential oils can be added to your hot or cold infusions during times of a cold or congestion. Make your infusion then add 1-2 drops essential oil, such as peppermint for colds, fever or congestion.

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Principals Of Administration:

Smaller doses for women. Larger individual larger doses.	Nutritive herbs and smaller doses during pregnancy	Take antispasmodic or sedative herbs on an empty stomach before bed.	Smaller doses of stimulating herbs for highly nervous individuals	Store in glass jars. Preferred dark amber with dropper.
Watch for tolerances of:Diarrhea, bacteria in intestinal tract, laxatives, allergies to plants	Combine herbal formulas properly. Some herbs may overpower or neutralize effects.	Astringent herbs should not be taken with supplements high in iron. Tannins leach calcium, iron and minerals.	Give slow acting laxative herbs in the morning	Blood purifying herbs are taken on an empty stomach and between meals
With high blood pressure avoid herbs that stimulate the heart or constrict the blood capillaries and arteries	Essential oils can be used in gargles. 2 drops to 1 cup water.	Hotter climates medicinal effects of stimulants and purgatives are intensified.	Be aware of different effects of herbs.	Bitter herbs can produce nausea. Cayenne can cause a burning sensation in stomach or throat.

Basic Rules for Giving Herbs Orally:

For a slow gradual affect give substances in smaller quantities of syrup or milk between meals.	For local effect on stomach or intestines give in acacia gum, olive oil or milk. It lessens the absorption.
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Give Before Meals for the Following Effects:

Aid appetite, increase secretion or digestive juices	Local effect on stomach or intestines
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Give After Meals for the following effects:

Neutralize digestive juices (heartburn)	Aid absorption of herbs and produce rapid effect – take 1-2 hours after meals.	Prevent irritating effect on stomach
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Herbal Therapy:

Course to Follow:

Choose the herb/herbs that best suits the condition being treated. Such as Age, Environment, Lifestyle	If the condition should need immediate attention use tinctures.	In warmer climates you can use elactuary instead of capsules
Avoid too much liquid when taking herbs with meals.	To effect digestion herbal teas are used to stimulate the digestion	Hot infusions are used for sweating therapy. Cold infusion are for a tonic effect.
Flowers and leaves are made into infusions.	Determine if ailment is acute or chronic. Note clients constitution strong, weak, pregnant, lactating, age	Start with smaller doses. Increase slowly and remain on each dose for at least 2-3 days to observe reactions.

Dosage Guidelines:

Dosage for Children Weight of child divided by average 150 lb. weight of adult. This would be the dose for the child. Ex: 50 lb. Child divided by 150 lb. Average adult = 1/3 adult dose	When treating acute disease such as cold, flu, fever etc. Large doses of chosen herb/herbs are given every 2-4 hours until crisis breaks and symptoms disappear. Then decrease dosage of same herb 2-3x d for 3-7 days.	“abatement” stage: takes a few days for the remaining waste products such as dead blood cells and mucus to be eliminated from the bloodstream. Keep taking herbal preparation.
After using the acute formula for 3-7 days, another formula is used to help rebuild. These herbs should produce a tonic effect.	Use mild herbs when treating children, avoid harsh laxatives and strong cleansing herbs. Use peppermint, chamomile, catnip elder flowers.	Chronic diseases have long term therapy. Short fasts, massage, herbs, diet, fresh air, sun and salt baths.
Herbs chosen will have an effect on the whole body, and bring about slow gradual change. Herbs are given frequently every 2-4 hours	While treating chronic diseases, acute symptoms (healing crisis) usually manifests.	Most important part of herbal therapy are the “rest Periods”. Do not take any herbs internally. Should be taken 1 week after 2-3 weeks of treatment. At minimum a 3 day rest period.

CERTIFIED AROMATHERAPY COUNSELOR COURSE – SESSION 13 – HERBAL TINCTURES

Knowing A Crisis:

Disease Crisis:

A disease crisis occurs when the body is loaded with toxins, waste and prescription drugs. As a form of self-defense, our body will begin to eliminate. This can manifest in the form of colds, inflammation, fever and rashes. If these invaders are not eliminated, sickness and disease sets in. The invaders accumulate “in our tissues and organs”. This causes our organs to have impaired function. Once the organs are impaired disease such as cancer, diabetes and many more take hold. Herbal therapy and essential oils, can help our bodies to eliminate toxin waste buildup, restoring health and vitality.

Healing Crisis:

Healing crisis is “a turning point for better or worse in an acute disease or fever”. Known as an acute reaction, resulting from the activity of nature's healing forces in overcoming chronic disease conditions. Our system will begin eliminating toxins from the tissues and organs. It will eliminate old stored toxins that have been suppressed in the past first. This is known as Herring's Law of Cure. The healing crisis comes about when the body's energy is actively eliminating waste.

Our body and organs begin to fight these invaders, due to heavy accumulations of toxic waste. This in turn will produce symptoms of: colds, rashes, boils, kidney infections, bladder infections, sores, diarrhea and fevers to name a few. Herbal and Essential oil therapy helps the body to gently eliminate these toxins. We must aid the body in eliminating these toxins so healing can begin. It is highly important NOT to suppress the symptoms with over the counter drugs. During a healing crisis pain can increase, rashes can become worse.

Usually a healing crisis occurs in the midst of improvement. You can have increased energy and vitality. The symptoms manifest are part of the healing crisis. A healing crisis is usually short lived. Once the old sickness or emotional symptoms are brought forth and eliminated, it usually does not return.

Once past the healing crisis, you will have a sense of well-being, feel better, and have renewed energy levels. A genuine disease or sickness will not have that sense of well-being. At this point herbal or essential oil therapy should be looked at and possible changed.

Symptoms of a healing crisis are produced inside the body moving outwards. Symptoms usually will appear on the head first, however can appear anywhere. They can then begin to travel down the body. We must remember that any form of natural healing takes time, it is not an instant cure. Natural therapies can heal disease rather than simply mask the symptoms. Herbal and essential oil therapy heal at the root of the disease, not just treat the symptom.

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Methods:

Internal: Anything taken by mouth, swallowed and absorbed into intestinal tract. Includes: capsules, tinctures, tablets, pills, teas, infusions, decoctions, syrups and elactuaries.

Capsules and Tablets containing powdered herbs:

#0 = 400-450 mg	#00 = 500-600 mg	#000 = 650-800 mg
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Infusions: Use when volatile oils are needed. Such as sinus congestion, colds and flu.

Pills: Fine ground herbs mixed with syrup, glycerin or slippery elm and water. Used when capsules are too large to swallow or for children.

Tinctures: Used for severe infections when you need to get the herb into the bloodstream and system rapidly.

Bolus: Inserted into rectum or vagina. Draws out toxins, treats tumors, swelling, infections, cysts, hemorrhoids and inflammation. Must be stored in the refrigerator.

Douche: Vaginal infections. Use 1 Tablespoon apple cider vinegar + 1 qt. Herbal infusion. Retain 3-5 minutes. Use 1x d for 5-7 d.

Enema: Wash toxins from the bowel. Same method as Douche.

Fomentation: Stimulates circulation of blood and lymph, relieves colic, warms joints, relieves gas, reduces internal inflammation.

Poultice: Applied wet to surface of the skin. Inflammation of joints, muscle pain.

Plaster: Applied to breast, stomach, kidney, lower back, legs. Used for snake bite, boils, infections, flatulence, constipation.

Liniment: Used for strained muscles, sore joints, arthritis, most types of inflammation. Can be used for horses or other farm animals. Working dogs can benefit from the liniment.

CERTIFIED AROMATHERAPY COUNSELOR COURSE – SESSION 13 - QUESTIONS AND ANSWERS

NAME: _____

ADDRESS: _____

PHONE: _____

FAX: _____

E-MAIL: _____

Please be sure to fill out the information above, complete the test and e-mail it back to us at sacredeartharomatics@hotmail.com. We will grade your question & answer session and will let you know if we have any questions or concerns.

- 1.) Define in your own words the 3 categories of herbs.
- 2.) To treat a fever, which essential oil and herb would you use? How would you use it?
- 3.) Beside the herbs listed for the Kidneys, name 2 more that are traditionally used.
- 4.) Astringents are found in what compound?
- 5.) Starches can produce what?
- 6.) Which herbal compound can leach out vitamins? Which vitamins?
- 7.) Make herbal elactuaries. What menstruum did you use? What were your results?
- 8.) What is the difference between a "healing crisis" and a "disease crisis"?