



Introduction to Herbal Medicine

Course booklet – Sample

**This is a sample booklet to show a snapshot of
what's covered in this course**

Welcome

Hello and welcome to the course,

This is a course about herbal medicine, making herbal remedies at home and much more.

This is an introductory level course into the exciting world of medicinal plants.

Safety

Herbs and medications

Herbs are often seen as 'safe' because they are natural but that is not the case, and when someone is taking medications they can interact with herbs (as well as a wide range of supplements and vitamins).

If you are taking any medication I do not recommend you take any herbs internally without first consulting a medical herbalist to check for interactions.

Herbs and particular medical conditions

In these courses we will only be looking at self limiting conditions, things that you would generally not seek medical attention for. e.g. coughs and colds.

It is important to seek medical attention when appropriate, either through a local doctor or local medical herbalist.

Herbs and pregnancy

While there are some herbs that are beneficial in pregnancy they must be strictly controlled and for that reason I recommend anyone who's pregnant to see a medical herbalist for advice before taking any herbs (internally) at any stage of pregnancy.

External preparations can be used for pregnant women but if you are ever in doubt check with a local medical herbalist.

Teas and infusions



Before we get started you may want to recap on teas and infusions and how you make them as we'll be using those techniques throughout this course.

Teas, or infusions, are when a medicinal plant is soaked in hot water.

Traditionally an infusion is where the herb is steeped in hot water for several hours.

Teas are steeped for much less time and are weaker but still valuable in their medicinal uses.

Infusions are often used for acute conditions such as colds and flus.

The heat of the liquid and its journey through the body is most beneficial in acute conditions, for example, drinking peppermint tea for indigestion.

Herbs that are made into infusions are usually leafy, flowery herbs; chamomile, peppermint and feverfew are examples.

The usual dosage for an infusion is 1-2 tsp; the number of doses per day would depend on the condition and the herbs being used.

For example, in colds and flu's infusions are usually taken 4-5 times a day, whereas in the case of indigestion, one dose would usually be sufficient.

If you are taking any medications or are pregnant seek professional advice before taking any herbal medicines.

Infusion recipe

1tsp of herb (5g)

1 cup of hot water

Either add the herb to a tea strainer and leave in the cup of hot water for 10 minutes. Or add the herb to the cup of hot water, cover and allow to sit for 10 minutes, strain using muslin or a fine tea strainer.

Herbs can be blended together in an infusion and you can experiment at home with this.

The best way to understand a herb is to try it as a tea and see what effects it produces in your body.

Teas or infusions can be added to the bath for skin conditions, such as oats and chamomile for eczema.

You can also use teas or infusions as hair rinses (such as rosemary), or as foot soaks (with calendula).

Getting started with herbs



To begin, I recommend completing my **Getting started with herbs** course, you can sign up [here](#).

[For more details please sign up to the course](#)

Getting started with herbs quiz

This is a quiz that's just for fun and all of the answers are at the end of the course booklet.

1. What has Ginkgo been researched for?
2. What is a simple?
3. Which herb can be used as a gargle for sore throats?
4. Name a herb that can aid natural sleep?
5. How long can leaves and flowers be stored for?

Herbal actions – the language of herbalists



If you've ever read any herbal books you will often come across a wide range of unusual terms that on the most part are incomprehensible. These are usually herbal actions, a term that means "describing what a herb does".

Herbalists and healers were using these words from the time that the first herbals were written. It is quite likely that they were incomprehensible on purpose as they wanted to be kept in a job!

[For more details please sign up to the course](#)

Herbal actions quiz

This is a quiz that's just for fun and all of the answers are at the end of the course booklet.

1. Daisy (*Bellis perennis*) has the actions astringent and resorbent, how can it be used?

[For more details please sign up to the course](#)

Advanced herbal remedies



To begin I'd recommend reading my free eBook on [Kitchen Pharmacy remedies](#). You will then find more advanced remedies in my free eBooks, [Traditional](#)

[remedies for Summer](#) and [Traditional remedies for Winter](#).

Advanced herbal remedies quiz

This is a quiz that's just for fun and all of the answers are at the end of the course booklet.

1. How long will a well-made ointment last?

[For more details please sign up to the course](#)

Creating a herbal notebook



For those people who are more advanced you may already know what a herbal monograph is, but if not, you can take a look at my video [here](#).

If you're new to herbs then I recommend starting with a simple notebook

For more details please sign up to the course

Panacea herbs



As we've said before a 'panacea' herb is one that is considered to have a large number of actions and uses. E.g. ginger, garlic, and dandelion.

Here are some examples and their monographs.

- Yarrow

- Plantain
- Elder

[For more details please sign up to the course](#)

Now that you've seen the monographs for elder, plantain and yarrow, have a go at completing the monographs of **Chamomile** and **Nettle**.

Sample



Botanical Name:

Common Name: Chamomile

Family:

Part used:

Habitat:

Traditional uses:

Dosage:

(tincture in ml per day)

Actions:

Indications:

Are there any times when chamomile cannot be used?



Botanical Name:

Common Name: Nettle

Family:

Part used:

Habitat:

Traditional uses:

Dosage:

(tincture in ml per day)

Actions:

Indications:

Are there any times when nettle cannot be used?

Herbal first aid



In herbal medicine it is always important to know when to treat with herbs and when not to and herbal first aid is the same.

There are some herbs that you may want to substitute in your first aid kit permanently, e.g. a calendula and Echinacea tincture spray with some essential oil in it as an antibacterial spray.

In the case of wound healing there are times when really only stitches will do.

I recommend you get a first aid manual and read it; they are not expensive and are a really good reference to have at home. If you're not already first aid trained I recommend that too.

That said, herbs can be a great addition to a herbal first aid kit and first aid situations.

Burns

Ensure you can identify different types of burns and what to do in each case.

[For more details please sign up to the course](#)

Cuts



Follow first aid instructions to stop the bleeding.

In the case in small cuts where stitches are not needed, or you are going to apply butterfly stitches at home, you can apply calendula or echinacea tincture to the wound to ensure it heals with no infection inside. I advise putting it in a little spray bottle and spraying it over the cut.

Dress the cut appropriately with a non-stick covering.

Splinters

[For more details please sign up to the course](#)

Sprains



The conventional treatment for sprains is RICE (rest, ice, compression and elevate) but you can also use heat instead of cold.

Apply a strong comfrey or daisy ointment thickly to the affected area e.g. ankle. Leave the ointment on and soak the ankle in a bowl of hot water (as hot as possible without causing pain).

Leave in hot water for up to 30 minutes (you will need to change the water with fresh hot water to maintain the temperature).

Clean the ankle and dress in a support bandage and elevate.

Anxiety/Panic attacks



This isn't always covered in first aid but it's an area where herbs can really help.

For more details please sign up to the course

Mouth ulcers

Mouth ulcers can be a sign of a depressed immune system so if you keep getting them or you have more than two at once I recommend seeing a medical herbalist.

Any astringent herb that also has antibacterial properties can be used to treat a mouth ulcer. E.g. sage, cloves, willow (either as a tea or tincture). Sip a small amount of the tea or tincture and allow it to sit in the affected area

for as long as possible. Spit out the herbal mixture afterwards. Continue this several times a day.

Toothache

Clove essential oil is now recognised by most dentists as being pain relieving and keeping out infection. A good few drops on the affected tooth should soothe the pain but remember to seek the advice of a dentist if it continues. (Do not use in children)

Diarrhoea

[For more details please sign up to the course](#)

My Herbal Home Remedies Chest



Now that you've learnt more about herbs there might be things that you've already thought of to go into your own herbal home remedy chest.

Here is mine:

A bottle of infused St John's wort oil

For bruises, sprains and to reduce scarring after burns (once cooled).

Lavender essential oil (bought and not made)

A topical anti-inflammatory, burn healer (can be applied directly to a hot burn), and as a calming remedy on a tissue or pillow.

[For more details please sign up to the course](#)

Activity

Create your own first aid kit. Here are some [videos](#) to get you started.

What next?

Other courses you may enjoy

If you've enjoyed this course I have lots more. You can take a look [here](#).

Sample

Quiz Answers

For more details please sign up to the course

Sample