

58 Constitutional Medicines



Digestion

- cooler**
 - Gentian
 - For hot GI based problems
 - Chamomile
 - Catmint
 - Meadowsweet
 - Peppermint
- warmer**
 - Aniseed
 - Angelica
 - For cool GI based problems
 - Cinnamon

Cleansing

- cooler**
 - Golden Seal
 - For hot congested dampness
 - Dandelion
 - Burdock
 - Celery
 - Celandine
 - Yellow Dock
- warmer**
 - Garlic
 - For cool congested dampness
 - Cayenne
 - Thyme
 - Elecampane
 - Sarsaparilla
 - Turmeric

Nourishing

- cooler**
 - Slippery Elm
 - Plantago
 - Comfrey
 - Marshmallow
 - Passionflower
 - Lavender
 - For hot excess people
- warmer**
 - Dong Quai
 - Fenugreek
 - For cool depleted dryness
 - Schisandra
 - Vitex
 - Hawthorn
 - Horsechestnut
 - Rosemary
 - Damiana
 - For cool deficient people

Tonics

- cooler**
 - Black Cohosh
 - Reishi
 - St Johns
 - Lemon Balm
 - Motherwort
 - Skullcap
 - Hops
- warmer**
 - Alfalfa
 - Licorice
 - Echinacea
 - Withania
 - Valerian
 - Kava
 - Astragalus
 - Panax

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