

Herbal Energetics. Herbs have their own “energy” that varies from **Hot** → **Warm** → **Neutral** → **Cool** → **Cold** depending on the herb. We also have our own energy within our bodies- some of run “hotter” or “cooler” than others. We can use this information to help with our choice of which herbs to use. The goal is to be a balance of neutral heat energy- so If you are “hot” use cooling herbs, and if you are “cool” then use warming herbs to heat up. Refer to the Dosha Test at www.herbalelements.net

HOT	WARM	NEUTRAL	COOL	COLD
Aconite			Agrimony	Alfalfa
Allspice	Angelica		Baical Skullcap	
Astragalus	Anise		Barberry	
Basil	Bayberry		Betony (Wood)	
Black Pepper			Black Cohosh	
Blue Cohosh			Blessed Thistle	
Buchu			Black Haw	Blue Flag Iris
	Calamus (Sweet Flag)		Boneset	
	Camphor		Borage	
Caraway		Castor Oil	Buckbean	Buckthorn
Cardamon Seed			Burdock	Bupleurum
		Coltsfoot	Butcher's Broom	
Cinnamon			Calendula	
Cloves		Chaste Tree	CA Poppy	
	Citrus Peel		Catnip	Cascara
	Codonopsis	Corn Silk	Ceanothus	Celandine
	Crampbark		Chamomile	Chaparral
Cubeb pepper			Chickweed	
			Chrysanthemum	
Cyperus		Coltsfoot	Cilantro	Cleavers
Damiana			Comfrey	Coriander
Dong quai	Don Shen		Cranesbill	Cumin
Eleuthero			Dandelion	
Ephedra			Devil's Claw	
Elecampane			Devil's Club	Dill
Epimedium			Echinacea	
Eucalyptus			Elder	Eyebright
Fenugreek	Fennel		Evening Primrose	
Flax			Feverfew	Figwort
Frankencense			Foti	
Galangal	Ginger	Ginkgo	Gardenia	Gold Thread
Ginseng		Gravel Root		Goldenrod
			Gotu	
Grindella	Guarana		Kola	Goldenseal
Hawthorn Berry		Gravel Root		Gum Arabic
Horseradish	Hyssop		Green Tea	Hibiscus
			Gymnea sylvestre	Hops
	Juniper	Horse Chestnut		Horehound
			Honey Suckle	Horsetail
Kava				Irish
kava			Iceland Moss	Moss

	Kola nut	Japn. Turf Lily	Indigo	Ipecacuanha
	Lady Slipper	Landy's Mantle		Kelp
	Larkspur	Licorice	Lavender	Lemon Balm
		Lobelia	Linden	Lemon Grass
Mistletoe	Mugwort	Loquat	Malva	Marshmallow
Mustard	Muiru puama	Melilot	Motherwort	Mint
	Nutmeg	Myrrh		Milk Thistle
Nigella sativa		Oak	Mullien	Nettle
	Oats	Olive	Mulberry	
Pennyroyal		Parsley	Peony	
	Prickly Ash		Oregon Grape	Pau d'arco
			Papaya	Passion Flower
			Plantain	Pipsissewa
			Poppy Seed	Pleurisy root
		Privet		Pokeroot
		Psyllium	Raspberry leaf	Red Clover
	Rue	Reishi		Rhubarb root
	Saw Palmetto	Rice		Rose Flower
	Safflower		Rosemary	Saffron
	Sage		Salvia	Sasparilla
	Sesame	Sassafras	Shepard's Purse	Senna
				Skullcap
	Sib. Ginseng			Slippery Elm
	Thuja	Slippery Elm	Squaw Vine	Solomon's Seal
	Suma		Stevia	St. John's Wort
	Triphala	Thyme		Spearmint/Peppermint
	Tumeric	Valerian	Usnea	Uva Ursi
	Watercress	Walnut	Violet	Vervain
	White Pine	Wild Cherry bark	Vitex	
	Yerba Santa	Witch Hazel		Wild Yam
	Yerba Mate		Wood Betony	Willow
			Wintergreen	Wormwood
				Yellow Dock

References:

Energetics of Western Herbs.

See also the publication reference list at www.herbalelements.net