



## Your personalized herbal composition

Example-1

**Age:** 44

**Height, cm:** 170

**Weight, kg:** 90

**Anamnesis:**

**Data:**

08.04.2011

**Specialist:**

**Phone:**

**E-mail:** finer258@gmail.com

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Herbal composition, which is necessary for the balance of functional systems according to the assessment results

Liquorice. Rating - 192.63  
Asparagus. Rating - 182.63  
Chinese hibiscus. Rating - 179.85  
Satavar. Rating - 178.01  
Plantago. Rating - 166.92  
Marshmallow. Rating - 166.92  
Asoka-tree. Rating - 69.64  
Orchid tree. Rating - 56.79  
Vetiver. Rating - 54.62  
Nut grass. Rating - 52.39  
Cinnamon rose. Rating - 30.83  
Saw palmetto. Rating - 30.83  
Persian walnut. Rating - 26.75

Liquorice. Botanical name: Glycyrrhiza glabra

Decoction:

- 1) 15g of Licorice root per 250 ml of water, boil for 15 minutes, infuse for 1 hour. Take 1 tbsp 4-5 times a day as an expectorant and mild remedy for cough, bronchitis, pertussis, asthma and as a mild laxative.
  - 2) 1 tbsp of crushed raw material per 500 ml of water, boil for 10 minutes and filter. Take 1/2 cup 4 times a day before meals (with eczema and dermatitis).
- Oil: mix 20g of crushed raw material with 100 g of refined sunflower or olive oil, put in a water bath and keep for 24 hours at a temperature of 60 - 70° C, filter after cooling and squeeze the residuals. Take 1 tsp 3 times a day for gastric ulcer and duodenal ulcer.
- Balls: knead 30 g of powder from the roasted licorice root with honey, make small balls and dry. Take 5 balls 2 times a day in FTT (in children) and to recover after a serious illness with cachexia (marasmus).

Contraindications: Edema, osteoporosis, hypertension, hypokalemia. Place on minor dosage in pregnancy.

Asparagus. Botanical name: Asparagus adscendens

Milk decoction: 1 tbsp per glass of milk. Cook over low heat for 5 minutes. Take 2 times a day in the morning and in the evening.



Powder: 1/3 tsp per intake (1 g) 3 times a day.

Contraindications: Stagnation

Chinese hibiscus. Botanical name: *Hibiscus rosa – sinensis*

Powder (churna): 250 mg-1g per day; or make a cold or hot infusion using the same portion.

Flower infusion: 50 g of petals per 500 ml of boiling water, infuse for 1 hour, take 100 ml 4-5 times a day with diarrhea, dysentery, intestinal bleeding.

Bark infusion: 1 tbsp of crushed bark per 400 ml of boiling water, infuse for 2 hours, strain. Take 100 ml 4 times a day for skin diseases (dermatitis, scabies, ringworm, fungal skin diseases), also in hemorrhoids and severe diarrhea.

Contraindications: Severe chills.

Satavar. Botanical name: *Asparagus racemosus*

Powder: 1/3-2/3 tsp per intake (1-2 g) 3 times a day with milk or water before or between meals.

Milk decoction, medicated oil, medicated oil ghee.

Contraindications: Is not appointed an increased prolactin. It is recommended to limited the dosage during pregnancy.

Plantago. Botanical name: *Plantago arenaria / Plantago psyllium*

Decoction: 10 g of Plantain seeds per 200 ml of boiling water, cook for 10 minutes, infuse for 10 minutes, strain. Take 1 tbsp once a day on an empty stomach as an enveloping, demulcent and anti-inflammatory agent for ulcerative lesions of the mucous membrane of GIT and chronic inflammation, complicated by bleeding.

Mucilaginous infusion: mix 2 tbsp of washed plantago seeds with 200 ml of hot water, cool for 10 minutes. Take 1 tbsp 1 once a day for the same diseases as the decoction.

Powder: take 1 tbsp of crushed seeds on an empty stomach or at bedtime.

Contraindications: Idiosyncrasy, pregnancy, diarrhea

Marshmallow. Botanical name: *Althaea officinalis*

Decoction: 2 tsp per 200 g of water, heat in a boiling water bath for 15 minutes, cool for 4 minutes, strain and add boiled water to bring the initial volume. Take 1 tbsp 4-5 times a day for bronchitis, tracheitis, pneumonia. It is also used to make applications to the affected areas on the skin (in dermatitis, psoriasis, eczema).

Infusion:

1) mix chopped raw material (10 g, 3.5 tsp) with a glass of water of room temperature, infuse for 1 hour and strain. Use for oral cavity rinsing (in stomatitis, gingivitis, acute and chronic laryngitis, catarrhal angina);

2) mix 2 tbsp of a crushed dry rhizome with 500 ml of warm boiled water, infuse for 6 hours, strain, add 2 tbsp of honey. Take 100 ml 5 times a day before meals with indigestion, pain in the intestine. Infusion is also used to wipe wounded and burnt skin.

Cold infusion: 1 tbsp of crushed raw material per 500 ml of water of room temperature, infuse for 1 hour, filter. Use for applications 1-2 times a day (in hyperhidrosis).

Contraindications: Idiosyncrasy, digestion disorder (malabsorption). Increased Kapha.

Asoka-tree. Botanical name: *Saraca indica / Saraca asoka*

Decoction: 1 tbsp per 500 ml of boiling water. Cook over low heat for 30 minutes. Take 3 times a day by 150 ml.

Powder: 1/3 tsp per intake (1 g) 3 times a day.

Contraindications: Pregnancy, constipation

Orchid tree. Botanical name: *Bauhinia variegata*



Powder: 3 to 5 g per day.

Decoction: 40-80 ml.

Flower juice: 10-20 ml.

Contraindications: Pregnancy. Increased Vata

Vetiver. Botanical name: *Vetiveria zizanioides* / *Andropogon muricatus*

Powder: 3-6 g

Also use extract, cold hot infusion, essential oil.

Contraindications: Can cause an increase of myometrial tone, thus it is not recommended during pregnancy

Nut grass. Botanical name: *Cyperus rotundus*

Decoction: cook over low heat

Powder: 1-3 g per day.

Contraindications: Constipation. Large doses cause hallucinations.  
Increased Vata.

Cinnamon rose. Botanical name: *Rosa majalis*

Decoction: 2 tbsp of crushed roots of Cinnamon rose hips per 500 ml of water, boil for 15 minutes, infuse for 2 hours, filter. Take 200 ml 4-6 times a day before meals for malaria, and as a powerful kidney stone dissolver. Dry fruit decoction is used for baths in rheumatism.

Infusion:

1) 2 tbsp of Cinnamon rose hips per 500 ml of boiling water, infuse in a thermos over the night, squeeze, strain, add sugar. Take 100 ml 2-3 times a day before meals for anemia, especially in general prostration and weakness after severe illnesses, as well as in atherosclerosis, hemophilia, uterine bleeding, gastritis with low acidity of gastric juice, for liver, kidneys and bladder disorders, kidney stone disease, catarrhal diseases, cough and avitaminosis;

Leaf: 1 tbsp of leaves of Cinnamon rose per 300 ml of boiling water, infuse for 2-3 hours in a closed container, strain.

Take 2 tbsp with honey 3-4 times a day before meals for erysipelatos diseases;

Powder: 1 tsp of powder made of Cinnamon rose seeds per 250 ml boiling water, infuse for 2 hours in a thermos, filter.

Take 50 ml 4-5 times a day before meals for kidney and bladder stones.

Fruits: Cinnamon rose fruit is one of the components of multivitamin teas. It is used in production of Cholosasum used as a choleric in liver disorders, cholecystitis and hepatitis.

In Tibetan medicine rosehip fruits are used for pulmonary tuberculosis, atherosclerosis and neurasthenia.

Contraindications: Peptic ulcer, hyperacid gastritis, endocarditis, a tendency to increased thrombosis; can damage teeth enamel; hypertension

Saw palmetto. Botanical name: *Serenoa repens*

Powder: 1-3 g, 3 times a day

Decoction: 2-4 g per 200 ml of water, cook for 15 minutes, take 100 ml 3 times a day.

Contraindications: Puberty, pregnancy

Persian walnut. Botanical name: *Juglans regia*

Decoction: 250 g of leaves on 1 liter of boiled water, boil for 10 minutes, use for bathing and washing in rheumatism, gout, rickets, acne, ulcers, eczema, for rinsing in angina and gum diseases.

Infusion:

3 tsp of dry leaves per 500 ml of boiling water (daily dose), infuse for 2 hours, filter. Take warm by series during the day as



a general tonic in weakness, vitamin deficiency, parasites. Apply for oral rinsing in inflammations.

Ointment: 100 g of fresh leaves per 200 ml of olive oil, infuse for 20 days, filter. Use externally for wounds and ulcers.

Fresh crushed leaves: apply to wounds and ulcers for quick healing.

Contraindications: Hypercoagulation

#### Note!

Natural components of plants have an active mild effect on the body, they are well tolerated by the body and have no side effects in case of proper usage.

The effect of phyto preparations is manifested with long-term administration, the therapeutic effect is stable and prolonged.

Selection of medicinal plants is made in strict compliance with the individual characteristics of the patient.

When using herbal preparations, especially herbal compositions, exercise caution, take into account the possible pharmacological incompatibility of herbs, observe the dosage.

It is rare but possible that there may be an individual intolerance to certain medicinal herbs in a person. In this case, stop using the herb and substitute it with one of the closest action.

At knowingly increased sensitivity it is recommended to begin with one herb, gradually adding others, and also to include herbs of antihistamine action.

Pregnant women should be prescribed only safe medicinal plants that do not have teratogenic properties dangerous for the fetus.

It should be taken into consideration that there may be highly potent or even poisonous medicinal plants.

The dosages are indicated individually: gender, age, weight, severity of the disease, body weight are taken into account.

Phytotherapy should not be opposed to pharmacotherapy, as these are two complementary methods of treatment.

It is also necessary to take into account the legal framework in your region in terms of usage of medicinal plants.