

Synera BOTANICA

GUIDE 03 • REFERENCE

Materia Medica Quick Reference

17 herbs on a few pages: Latin names, parts used, key actions, tincture ratios, doses and safety flags.

SYNERABOTANICA.COM

Materia medica at a glance

Doses are typical adult ranges for 1:5 dried or 1:2 fresh tinctures unless stated. See the full monograph at synerabotanica.com for constituents, research and interactions.

HERB	PARTS	KEY ACTIONS	TINCTURE	DOSE	CONTRAINDICATIONS
Ashwagandha <i>Withania somnifera</i>	Root	Adaptogen, Nervine trophorestorative, Anxiolytic, Immunomodulant	1:5 dried root in 60% ethanol	2–4 mL, two to three times daily	Hyperthyroidism; Known nightshade sensitivity; Pre-existing liver disease
Dandelion <i>Taraxacum officinale</i>	Root, Leaf	Bitter tonic, Cholagogue, Choleretic, Diuretic (leaf)	1:5 dried root in 40% ethanol	2–5 mL, 15 minutes before meals	Bile duct obstruction; Asteraceae allergy
Echinacea <i>Echinacea purpurea</i> , <i>E. angustifolia</i>	Root, Aerial parts, Seed	Immunostimulant, Lymphatic, Anti-inflammatory, Sialagogue	1:2 fresh root in 95% or 1:5 dried root in 60% ethanol	Acute: 2–3 mL every 2–3 hours for 3–5 days; then 3 times daily	Asteraceae allergy; Autoimmune conditions (use with caution)
Elderberry <i>Sambucus nigra</i>	Berry, Flower	Antiviral, Diaphoretic (flower), Antioxidant, Immunomodulant	1:5 dried berry in 40% ethanol (or 1:2 fresh berry juice-tincture)	Acute: 3–5 mL three to four times daily	Raw or unripe berries
German Chamomile <i>Matricaria chamomilla</i>	Flower head	Nervine relaxant, Carminative, Anti-inflammatory, Spasmolytic	1:5 dried flower in 45% ethanol	2–5 mL, up to three times daily	Asteraceae (ragweed family) allergy
Ginger <i>Zingiber officinale</i>	Rhizome	Antiemetic, Carminative, Anti-inflammatory, Circulatory stimulant	1:2 fresh rhizome in 95% or 1:5 dried in 90% ethanol	0.5–2 mL, up to three times daily; typically 5–20% of a formula	Gallstones (high doses); Active peptic ulcer
Hawthorn <i>Crataegus monogyna</i> , <i>C. laevigata</i>	Leaf, Flower, Berry	Cardiotonic, Hypotensive (mild), Antioxidant, Coronary vasodilator	1:5 dried leaf, flower and berry in 45% ethanol	2–5 mL, two to three times daily; benefits build over 6–12 weeks	Use under supervision with diagnosed heart disease
Holy Basil <i>Ocimum tenuiflorum</i>	Leaf, Flowering top	Adaptogen, Anxiolytic, Antioxidant, Carminative	1:5 dried herb in 50% ethanol, or 1:2 fresh herb in 95%	2–4 mL, two to three times daily	Trying to conceive (animal data suggest antifertility effect)
Lemon Balm <i>Melissa officinalis</i>	Leaf, Aerial parts	Nervine relaxant, Carminative, Antiviral (topical), Mild thyroid inhibitor	1:2 fresh herb in 95% ethanol (preferred) or 1:5 dried in 45%	2–4 mL, up to three times daily	Hypothyroidism (high doses)

Licorice <i>Glycyrrhiza glabra</i>	Root	Adrenal tonic, Demulcent, Expectorant, Anti-inflammatory	1:5 dried root in 30–40% ethanol (or fluid extract 1:1)	1–2 mL, up to three times daily; typically ≤15% of a formula	Hypertension; Hypokalemia; Kidney or heart failure; Edema
Milk Thistle <i>Silybum marianum</i>	Seed	Hepatoprotective, Hepatic trophorestorative, Antioxidant, Cholagogue (mild)	1:3 freshly ground seed in 70% ethanol (silymarin is poorly water- soluble)	3–5 mL, two to three times daily	Asteraceae allergy
Motherwort <i>Leonurus cardiaca</i>	Aerial parts	Cardiac nervine, Anxiolytic, Emmenagogue, Hypotensive (mild)	1:2 fresh herb in 95% or 1:5 dried in 45%	1–3 mL, up to three times daily	Pregnancy; Heavy menstrual bleeding
Passionflower <i>Passiflora incarnata</i>	Aerial parts	Anxiolytic, Hypnotic, Spasmolytic, Nervine relaxant	1:5 dried herb in 45% ethanol	2–4 mL, up to three times daily; 4–6 mL 30 minutes before bed	Operating machinery after high doses
Reishi <i>Ganoderma lucidum</i>	Fruiting body	Immunomodulant, Adaptogen, Calming, Hepatoprotective	Double extraction: 1:5 in 25% final ethanol (decoct, then combine with alcohol extract)	2–5 mL, twice daily	Upcoming surgery (stop 2 weeks prior); Bleeding disorders
Rhodiola <i>Rhodiola rosea</i>	Root, Rhizome	Adaptogen, Antifatigue, Cognitive enhancer, Antidepressant (mild)	1:5 dried root in 60–70% ethanol	1–3 mL, morning and midday	Bipolar disorder (may trigger mania); Agitated, overstimulated states
Skullcap <i>Scutellaria lateriflora</i>	Aerial parts	Nervine trophorestorative, Anxiolytic, Spasmolytic, Mild sedative	1:2 fresh herb in 95% ethanol (preferred) or 1:5 dried in 45%	2–4 mL, up to four times daily	None known at typical doses
Turmeric <i>Curcuma longa</i>	Rhizome	Anti-inflammatory, Cholagogue, Antioxidant, Hepatoprotective	1:2 fresh rhizome in 95% or 1:5 dried in 70–90% ethanol	2–4 mL, two to three times daily, ideally with a meal containing fat	Bile duct obstruction; Gallstones

Educational content only. Synera Botanica does not diagnose, treat or prescribe. Consult a qualified practitioner before using herbs, especially if pregnant, nursing, taking medication or managing a health condition. synerabotanica.com