

20 Brief Examples of JRHCs for Common Western Disorders

Jeremy has designed a range of over 200 special herb combinations, JRHCs, to treat common Western disorders.

20 JRHCs are shown below as examples of Jeremy's work, two for each of the 10 common Western disorders:

• exhaustion	• headache	• premenstrual disorders
• depression	• hypertension	• menopausal disorders
• stress	• liver disorders	• skin disorders
• insomnia		

- [Please scroll down to view the 20 Jeremy Ross Herb Combinations](#)
- **For an example of Full detail of a JRHC, or to see the Colour code for these combinations, please click on the top drop-down menu box**
- The 20 JRHCs listed above are in outline only, *without full safety details*, as examples of Jeremy's combinations
- **Caution: please read the [Safety Warning](#), at the end of this document, before using any of these herb combinations**

2 Combinations for Exhaustion

Caution: please read carefully the [Safety warning](#) before using any of these herb combinations.

ROSMARINUS: ANEMIA + EXHAUSTION Spleen Deficient Qi + Liver Deficient Blood

Rosmarinus officinalis	rosemary leaves	1
Artemisia absinthium	wormwood leaves	1
Gentiana lutea	gentian root	1
Acorus calamus	sweet flag rhizome	1
Citrus aurantium	bitter orange peel	0.5
Angelica sinensis	Chinese angelica root	1
Lycium chinensis	wolfberry fruit	1
Molasses	organic molasses	infusion

Chinese syndromes: *Primary:* Spleen Deficient Qi, Liver Deficient Blood; *Secondary:* Liver Deficient Qi, Liver Hyperactive Yang

Indications: exhaustion with anemia, sallow face, and pale lips; maybe low iron intake, malabsorption, or blood loss; digestive weakness, reduced appetite, maybe loose stools, worry; maybe sensations of cold; maybe headache with empty sensation, dizziness, blurred vision, brittle nails or hair

Tongue: pale, maybe toothmarks, maybe thin, maybe dry

Pulse: empty and/or thin and choppy: especially empty in Spleen position and thin and choppy in Liver position

Dose and dispensing: 2.5-5 ml of tincture in a cup of warm water in which half a teaspoon of molasses has been dissolved, three times per day

Duration: can be taken for 4-6 weeks, with appropriate cautions, breaks, and modifications

Cautions: *Heat patterns:* this warm combination is not suitable if there are sensations of heat; *Digestive stagnation and Damp:* caution with patients with this tendency, due to Lycium and molasses; *Acorus:* some texts advise that only A. calamus material from USA and Europe is used, due to higher asarone content of some Asian varieties;

Pregnancy: avoid during pregnancy, due to Acorus and Artemisia absinthium,

PANAX: EXHAUSTION + DEPRESSION Kidney Deficient Qi + Kidney Deficient Yang

Panax ginseng	ginseng root	1
Glycyrrhiza glabra	licorice root	1
Serenoa serrulata	saw palmetto fruit	1
Avena sativa	oat seed	1 LE
Ruta graveolens	rue herb	1
Turnera diffusa	damiana herb	1
Cinnamomum cassia	cinnamon bark	1
Capsicum species	cayenne pepper fruit	5-20 drops

Chinese syndromes: *Primary:* Kidney Deficient Qi, Kidney Deficient Yang; *Secondary:* Spleen Deficient Yang, Heart Deficient Yang

Indications: exhaustion or collapse of energy; sensations of cold in lower back or abdomen; maybe weak back and knees, maybe urinary frequency or retention; depression, weak will, lack of drive, lack of concentration

Tongue: pale, maybe purplish, flabby with deep toothmarks, moist white coat

Pulse: slow; empty and deep, especially in the Kidney positions

Dose and dispensing: 2.5-5ml tincture, of all the herbs in the combination except Capsicum, can be taken in quarter of a glass of water, 3 times per day; a suitable number of drops (from 5 – 20), of Capsicum tincture can be added to each dose of the main medicine

Duration: can be taken for 4-6 weeks, with appropriate cautions, breaks, and modifications

Cautions: *Heat patterns:* this is a hot combination that is not suitable if the patient has signs of Heat; *Hypertension and restlessness:* this is a stimulant combination, due to Panax, Glycyrrhiza, Turnera, and Capsicum, that is not suitable if the patient has restlessness, hyperactivity, hypertension, tachycardia, or anxiety; *Pregnancy:* contraindicated due to Ruta

2 Combinations for Depression

Caution: please read carefully the [Safety warning](#) before using any of these herb combinations.

ROSMARINUS: POSTNATAL DEPRESSION + EXHAUSTION

Deficient Qi and Blood + Heart Stagnant Qi

Rosmarinus officinalis	rosemary leaves	1
Salvia officinalis	salvia leaves	1
Leonurus cardiaca	motherwort herb	1

Astragalus membranaceus	astragalus root	1
Angelica sinensis	Chinese angelica root	1
Glycyrrhiza glabra	licorice root	0.5

Cinnamomum cassia	cinnamon bark	0.5
Zingiber officinale	ginger dried root	0.5

Chinese syndromes: *Primary:* Deficient Qi and Blood, Heart Stagnant Qi;

Secondary: Kidney Deficient Qi, Spleen Deficient Qi

Indications: depression with onset within 4 weeks after delivery; disinterest in baby; exhaustion and anemia; maybe insomnia with difficulty falling asleep; maybe sensations of cold

Tongue: pale, maybe toothmarks, maybe thin, maybe dry

Pulse: empty and/or thin and choppy: especially empty in Spleen position and thin and choppy in Liver position, maybe slightly wiry in Heart position

Dose and dispensing: 2.5 - 5 ml of a 1:5 tincture in quarter glass of warm water, 3 times per day

Duration: this combination can be taken for 1-2 months, with appropriate cautions, breaks, and modification

Caution: *Heat patterns:* this warm combination is not suitable if the patient has Heat signs; *Headache:* caution with patients with headache, due to Astragalus, which can have a lifting effect on the Qi; *Insomnia:* caution for patients with restlessness and insomnia, due to Rosmarinus and Cinnamomum; *Pregnancy* contraindicated during pregnancy or heavy menstruation, due to Leonurus and Salvia; *Menorrhagia:* use with caution during menstruation due to Salvia

CRATAEGUS: DEPRESSION + COMMUNICATION DIFFICULTIES

Heart Stagnant Qi

Crataegus species	hawthorn fruit	1.5
Leonurus cardiaca	motherwort herb	1.5

Rosmarinus officinalis	rosemary leaves	1
Lavandula angustifolia	lavander flowers	1

Thuja occidentalis	arbor vitae twigs	1
Zanthoxylum americanum	prickly ash bark	1

Cinnamomum cassia	cinnamon bark	1
Capsicum species	cayenne pepper fruit	5-20 drops

Chinese syndromes: *Primary:* Heart Stagnant Qi; *Secondary:* Heart Deficient Qi, Heart Deficient Yang, Lung Stagnant Qi, Liver Stagnant Qi

Indications: depression with sense of obstruction in chest, and obstruction or difficulty in communicating feelings in relationships; lack of joy and interest in life, but better with exercise or entertainment; maybe cold extremities

Tongue: maybe purplish, maybe pale and flabby

Pulse: maybe somewhat wiry, especially in Heart position

Dose and dispensing: 2.5-5 ml of tincture, of all the herbs in the combination except Capsicum, can be taken in quarter of a glass of water, 3 times per day; a suitable number of drops (from 5 - 20), of Capsicum tincture can be added to each dose of the main medicine

Duration: this combination can be taken for about 2-6 weeks

Cautions: *Heat patterns:* this warm combination is not suitable if the patient has Heat signs; *Restlessness:* caution with hyperactivity, restlessness, or insomnia, due to Rosmarinus; *Pregnancy:* contraindicated in pregnancy, due to Thuja and Leonurus

2 Combinations for Stress

Caution: please read carefully the [Safety warning](#) before using any of these herb combinations.

LAVANDULA: ANXIETY + DEPRESSION

Heart Spirit Disturbance + Liver Stagnant Qi

Lavandula angustifolia	lavander flowers	1
Salvia officinalis	salvia leaves	1
Anemone pulsatilla	pasque flower herb	1

Verbena officinalis	verbena herb	1
Mentha piperita	peppermint leaves	0.5
Zingiber officinale	ginger dried root	0.5

Glycyrrhiza glabra	licorice root	0.5
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Chinese syndromes: *Primary:* Heart Spirit Disturbance, Liver Stagnant Qi; *Secondary:* Liver Hyperactive Yang, Heart Stagnant Qi, Intestines Stagnant Qi, Stomach Rebellious Qi

Indications: mild anxiety with depression; maybe headaches, nausea, or flatulence that are associated with stress

Tongue: various, maybe slightly purple, maybe trembling

Pulse: irregular, maybe wiry to a greater or lesser degree

Dose and dispensing: 2.5-5 ml of tincture, in quarter of a glass of water, three times per day

Duration: can be taken for 1-2 months, with appropriate cautions, breaks and modifications

Cautions: *Pregnancy* contraindicated in pregnancy, due to Salvia; *Menorrhagia:* use with caution during menstruation due to Salvia

ANEMONE: ACUTE FEAR + SHOCK

Kidney fear

Anemone pulsatilla	pasque flower herb	1
Ruta graveolens	rue herb	1

Humulus lupulus	hops strobules	1
Lavandula angustifolia	lavander flowers	1

Leonurus cardiaca	motherwort herb	1
Crataegus species	hawthorn fruit	1

Schisandra chinensis	schisandra fruit	1
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Glycyrrhiza glabra	licorice root	1
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Chinese syndromes: *Primary:* Kidney fear, Heart Spirit Disturbance; *Secondary:* Heart Qi Irregularity, Heart Deficient Qi, Kidney Deficient Qi

Indications: acute fear or shock, for example, persisting after accident or emotional trauma, with fearfulness and anxiety, maybe with trembling, palpitations, sweating

Tongue: various, maybe trembling

Pulse: various, maybe irregular, especially in Kidney or heart positions, scattered or moving

Dose and dispensing: 2.5-5 ml of tincture in quarter glass of warm water, 3 times per day

Duration: can be taken for 1-3 weeks, then replaced with a more tonic combination

Cautions: *Cold patterns:* contraindicated for Cold patterns; *Depression:* Humulus may aggravate depression, if taken for too long in excessive doses; *Ability to drive:* Humulus may reduce ability to drive or operate machinery in susceptible persons; *Pregnancy:* contraindicated, due to Leonurus and Ruta

2 Combinations for Insomnia

Caution: please read carefully the [Safety warning](#) before using any of these herb combinations.

SALVIA: INSOMNIA + ANEMIA

Heart Spirit Disturbance + Deficient Blood

Salvia officinalis	salvia leaves	1
Artemisia absinthium	wormwood herb	1
Gentiana lutea	yellow gentian root	1

Valeriana officinalis	valerian root	1
Humulus lupulus	hops strobules	1.5
Lavandula angustifolia	lavander flowers	1

Angelica sinensis	Chinese angelica root	1
Lycium chinense	wolfberry fruit	1

Zingiber officinale	ginger dried root	0.5
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Chinese syndromes: *Primary:* Heart Spirit Disturbance, Deficient Blood; *Secondary:* Spleen Deficient Qi, Liver Deficient Blood

Indications: insomnia with thoughts going round and round ; anxiety or worry; anemia, maybe palpitation; exhaustion, maybe muscle weakness; maybe hair loss and premature greying in women

Tongue: thin, pale, maybe dry

Pulse: thin, choppy, maybe slightly irregular

Dose and dispensing: 2.5-5 ml, in quarter of a glass of water, three times per day

Duration: can be taken for 4-6 weeks, with appropriate precautions, breaks, and modifications

Cautions: *Heat patterns:* unsuitable for Heat patterns of insomnia, due to Angelica sinensis and Zingiber; *Pregnancy:* contraindicated due to Salvia and Artemisia; *Menorrhagia:* use with caution during menstruation due to Salvia; *Depression:* Humulus may aggravate depression, if taken for too long in excessive doses; *Ability to drive:* Humulus may reduce ability to drive or operate machinery in susceptible persons;

ANEMONE: NIGHTMARES + FEAR

Kidney fear, Heart Spirit Disturbance

Anemone pulsatilla	pasque flower herb	1
Valeriana officinalis	valerian root	1
Lavandula angustifolia	lavander flowers	1

Thymus vulgaris	thyme leaves	1
Ruta graveolens	rue herb	1

Schisandra chinensis	schisandra fruit	1
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Glycyrrhiza glabra	licorice root	1
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Chinese syndromes: *Primary:* Kidney fear, Heart Spirit Disturbance; *Secondary:* Kidney Qi not firm, Kidney Deficient Qi, Liver Hyperactive Yang

Indications: nightmares (horrible dreams, especially with fear); maybe nervous tension in the day-time, with fearfulness, anxiety, or irritability

Tongue: various, maybe trembling

Pulse: maybe irregular, especially in Kidney and Heart positions, maybe moving pulse in extreme cases

Dose and dispensing: can be taken at 2.5-5 ml, in a quarter of a glass of water, three times per day

Duration: can be taken for 1-3 weeks, until the nightmares and fears have reduced; it can then be replaced by a more tonic combination

Cautions: *Cold patterns:* Anemone and Valeriana are cooling herbs, which together may lower metabolic rate, so for persons with signs of cold, or weak constitution, Zingiber may be added; *Hypertension:* caution due to Glycyrrhiza; *Pregnancy:* some authors contraindicate Anemone and Ruta. during pregnancy

2 Combinations for Headache

Caution: please read carefully the [Safety warning](#) before using any of these herb combinations.

ARTEMISIA: HEADACHE + HYPOGLYCEMIA

Liver Hyperactive Yang + Spleen Deficient Qi

Artemisia absinthium	wormwood herb	1
Rosmarinus officinalis	rosemary leaves	1

Lavandula angustifolia	lavander flowers	1
Passiflora incarnata	passionflower herb	1

Glycyrrhiza glabra	licorice root	1
Ziziphus jujube	Chinese date fruit	1
Serenoa serrulata	saw palmetto fruit	1

Zingiber officinale	ginger dried root	0.5
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Chinese syndromes: *Primary:* Liver Hyperactive Yang, Spleen Deficient Qi; *Secondary:* Liver Stagnant Qi

Indications: tendency to hypoglycemia, all symptoms worse if there are long gaps between meals; headache in the area of the temples or eyes that is worse with hypoglycemia or stress; faintness or dizziness, irritability

Tongue: pale and flabby, may have red spots on the sides **Pulse:** wiry especially in the Liver position; empty especially in the Spleen position

Dose and dispensing: 2.5-5 ml of tincture, in quarter glass of water, 3 times per day

Duration: can be taken for 1-2 months, with appropriate cautions, breaks, and modifications

Cautions: *Digestive stagnation and Damp:* caution with patients with this tendency, due to the three sweet herbs, Glycyrrhiza, Serenoa, and Ziziphus; *Hypertension:* caution due to Glycyrrhiza; *Restlessness:* caution for patients with restlessness and insomnia due to stimulant Rosmarinus; *Pregnancy:* avoid during pregnancy, due to Artemisia absinthium,

SCUTELLARIA: HEADACHE + RESTLESSNESS + EXHAUSTION

Liver Hyperactive Yang + Liver and Kidney Deficient Yin

Scutellaria lateriflora	skullcap herb	1
Salvia officinalis	salvia leaves	1

Humulus lupulus	hops strobules	1
Tanacetum parthenium	feverfew herb	1

Viola tricolor	heartsease herb	1
Avena sativa	oats seed	1 LE
Lycium chinense	wolfberry fruit	1

Chinese syndromes: *Primary:* Liver Hyperactive Yang, Liver and Kidney Deficient Yin; *Secondary:* Deficient Blood

Indications: headache in the area of the temples or eyes that is worse with stress; eye strain, photophobia, dislike of noise; irritability, impatience, intolerance; dizziness, tinnitus; restlessness with exhaustion, insomnia; malar flush, heat sensations in palms and soles, feverishness in afternoon, night sweats, maybe thirst

Tongue: red or red spots especially at edges, thin, dry

Pulse: wiry, especially in the Liver position, thin, rapid

Dose and dispensing: 2.5 - 5 ml of combination, in quarter glass of water, 3 times per day; Avena should be as liquid extract (LE), but the other herbs can be 1:5 tinctures

Duration: can be taken for 1-2 months, with appropriate cautions, breaks, and modification

Cautions: *Digestive stagnation and Damp:* caution with patients with this tendency, due to the sweet herbs, Avena and Lycium; *Depression:* caution for patients with depression and cold sensations, due to Humulus; *Pregnancy:* avoid during pregnancy, due to Salvia; *Lactation:* Humulus and Salvia are generally avoided in lactation; *Menorrhagia:* use with caution during menstruation due to Salvia

2 Combinations for Hypertension

Caution: please read carefully the [Safety warning](#) before using any of these herb combinations.

LEONURUS: HYPERTENSION + PALPITATIONS

Heart Spirit Disturbance

Leonurus cardiaca	<i>motherwort herb</i>	1.5
Crataegus species	<i>hawthorn fruit</i>	1.5
Salvia officinalis	<i>salvia leaves</i>	1
Lavandula angustifolia	<i>lavender flowers</i>	1
Anemone pulsatilla	<i>pasque flower herb</i>	1
Humulus lupulus	<i>hops strobules</i>	1
Pseudostellaria heterophylla	<i>pseudostellaria root</i>	1
Angelica sinensis	<i>Chinese angelica root</i>	1

Chinese syndromes: *Primary:* Heart Spirit Disturbance; *Secondary:* Liver Hyperactive Yang, Kidney fear, Heart Deficient Qi, Heart Deficient Blood
Indications: hypertension, palpitations; maybe anxiety and insomnia; maybe irritability or fear
Tongue: various; maybe trembling
Pulse: irregular especially in the Heart position, maybe empty, thin, or choppy
Dose and dispensing: 2.5–5 ml of tincture, in quarter of a glass of water, 3 times per day
Duration: can be taken for 2-4 weeks, with appropriate precautions, breaks, and modifications; it should not be used indefinitely, due to possible cooling, sedative, or even depressive effects of Anemone and Humulus
Cautions: *Cold patterns:* this cool combination is contraindicated for Cold patterns; *Depression:* the herb pair Anemone and Humulus should be used with caution, since it may have a sedative or even depressive effect; *Pregnancy:* contraindicated due to Salvia and Leonurus; *Menorrhagia:* use with caution during menstruation due to Salvia

POLYGALA: HYPERTENSION + ATHEROSCLEROSIS

Heart Phlegm + Heart Stagnant Blood

Polygala senega	<i>senega root</i>	1
Achillea millefolium	<i>yarrow herb</i>	1
Acorus calamus	<i>sweet flag rhizome</i>	1
Curcuma longa	<i>turmeric rhizome</i>	1
Berberis vulgaris	<i>barberry bark</i>	1
Rheum palmatum	<i>rhubarb root</i>	1
Cinnamomum cassia	<i>cinnamon bark</i>	1

This combination was developed from modern research data. All the herbs in the combination have been reported to be hypotensive, hypolipidemic, hypocholesterolemic, or antiatheromatic in one or more research studies.

Chinese syndromes: *Primary:* Heart Phlegm, Heart Stagnant Blood; *Secondary:* Liver Hyperactive Yang, Liver Stagnant Qi
Indications: potential or manifest hypertension and arteriosclerosis, with risk of heart disease and CVA; maybe raised lipid and cholesterol levels, but no symptoms
Tongue: maybe purplish with greasy coat
Pulse: maybe slippery and wiry especially in Heart and Liver positions
Dose and dispensing: can be taken at 2.5-5 ml, (adult dose), in a quarter of a glass of water, three times per day
Duration: can be taken for 1-2 months, until hypertension and/or lipid levels have improved
Cautions: *Cold Deficient patterns:* caution due to Berberis and Rheum; *Diarrhea:* contraindicated due to Rheum; *Acorus:* some texts advise that only A. calamus material from USA and Europe is used, due to higher asarone content of some Asian varieties; *Pregnancy and lactation:* contraindicated due to Acorus, Berberis, and Rheum

2 Combinations for Liver disorders

Caution: please read carefully the [Safety warning](#) before using any of these herb combinations.

SILYBUM: HEPATIC WEAKNESS + EXHAUSTION

Liver Deficient Qi + Liver Stagnant Qi

Silybum marianum	<i>milk thistle fruit</i>	1.5
Gentiana lutea	<i>gentian root</i>	1
Artemisia absinthium	<i>wormwood herb</i>	1
Rosmarinus officinalis	<i>rosemary leaves</i>	1
Panax ginseng	<i>ginseng root</i>	1
Astragalus membranaceus	<i>astragalus root</i>	1
Schisandra chinensis	<i>schisandra fruit</i>	1
Zingiber officinalis	<i>ginger dried root</i>	0.5

This combination was developed partly from modern research data. All the herbs in the combination have been reported to be hepatoprotective in one or more research studies.

Chinese syndromes: *Primary:* Liver Deficient Qi, Liver Stagnant Qi; *Secondary:* Liver invades Spleen, Liver Hyperactive Yang
Indications: chronic hepatic weakness that is constitutional, or following illness, addiction, or prolonged multi-medication; intolerance of fatty foods, alcohol, or medicines; lack of energy, depression; digestive weakness, reduced appetite, nausea
Tongue: pale, maybe purplish, toothmarks,
Pulse: empty and maybe slightly wiry especially in the Liver position
Dose and dispensing: 1–5 ml tincture, in quarter of a glass of water, 3 times per day; starting with 1 ml and slowly increasing the dose to 5 ml, only if necessary
Duration: can be taken for 1-2 months, with appropriate cautions, breaks, and modifications
Cautions: *Heat patterns:* this warm combination is not suitable for warm or hot conditions; *Hypertension and insomnia:* not suitable for persons with hyperactivity, insomnia, hypertension, headache, anxiety, or tachycardia due to Panax, Astragalus, and Rosmarinus; *Pregnancy:* contraindicated due to Artemisia absinthium

ROSMARINUS: LACK OF CONFIDENCE

Liver Deficient Qi + Kidney Deficient Qi

Rosmarinus officinalis	<i>rosemary leaves</i>	1.5
Artemisia absinthium	<i>wormwood herb</i>	1.5
Ruta graveolens	<i>rue herb</i>	1
Turnera diffusa	<i>damiana herba</i>	1
Schisandra chinensis	<i>schisandra fruit</i>	1
Panax quinquefolium	<i>American ginseng root</i>	1
Glycyrrhiza glabra	<i>licorice root</i>	1
Zingiber officinalis	<i>ginger dried root</i>	0.5
Capsicum species	<i>cayenne pepper fruit</i>	5-20 drops

Chinese syndromes: *Primary:* Liver-Gallbladder Deficient Qi, Kidney Deficient Qi; *Secondary:* Liver Hyperactive Yang, Kidney fear, Kidney Qi not Firm, Liver Deficient Blood
Indications: lack of confidence, lack of self-assertion, indecision, timidity; maybe depression and exhaustion; maybe headache, dizziness or irritability; maybe weak lower back, weak knees, tinnitus, weak will, poor concentration, fearfulness, that are worse with exhaustion
Tongue: pale, toothmarks, maybe thin
Pulse: forceless, maybe empty, thin, or choppy especially in Liver and Kidney positions; maybe slightly wiry, especially in the Liver position
Dose and dispensing: 2.5–5 ml tincture, in quarter glass of water, 3 times per day; a separate dropper bottle of Capsicum can be given, and 5-20 drops of Capsicum can be added to each dose of the main medicine
Duration: can be taken for 1-2 month, with appropriate precautions, breaks, and modifications
Cautions: *Heat patterns:* this is a warm combination that is contraindicated for Heat patterns; *Hypertension:* caution due to Glycyrrhiza; *Hypertension and insomnia:* unsuitable for persons with restlessness, insomnia, and hypertension, due to Panax, Rosmarinus, Turnera; *Pregnancy:* avoid during pregnancy, due to Artemisia absinthium and Ruta

2 Combinations for Premenstrual disorders

Caution: please read carefully the [Safety warning](#) before using any of these herb combinations.

HUMULUS: PMS + ANGER+ HEADACHE

Liver Heat + Liver Hyperactive Yang + Liver Stagnant Qi

Humulus lupulus	<i>hops strobules</i>	1
Valeriana officinalis	<i>valerian root</i>	1
Artemisia absinthium	<i>wormwood herb</i>	1
Ruta graveolens	<i>rue herb</i>	1
Salvia officinalis	<i>sage leaves</i>	1
Berberis vulgaris	<i>barberry bark</i>	1
Rheum palmatum	<i>rhubarb root</i>	0.5-1
Glycyrrhiza glabra	<i>licorice root</i>	0.5

Chinese syndromes: *Primary:* Liver Heat, Liver Hyperactive Yang, Liver Stagnant Qi; *Secondary:* Uterus Stagnant Qi, Liver Wind, Liver Deficient Yin

Indications: premenstrual syndrome (pms) with anger, which may be severe, with occasional violence; there may also be irritability, frustration, depression; maybe sensations of heat, restlessness, headache, and hypertension

Tongue: red to dark red, maybe with dry yellow coat, maybe moving

Pulse: during acute phase, pulse is rapid, full or flooding, wiry especially in Liver position

Dose and dispensing: 2.5–5 ml of tincture, in quarter of a glass of water, 3 times per day

Duration: can be taken from about 2 days before the pms symptoms and anger start, to when they finish- usually when menstruation begins; only to be taken during the remainder of the cycle if there are temporary symptoms of anger and headache

Cautions: *Acute phase only:* as soon as the severe symptoms of anger or headache are reduced, this combination can be replaced by a less cooling, sedative, and draining prescription; *Cold patterns:* this combination contains cooling bitter laxative herbs, and is contraindicated for patterns of Cold and for Deficient Spleen with diarrhea; *Ability to drive/depression:* Valeriana and Humulus may reduce ability to drive or aggravate depression in susceptible persons; *Pregnancy:* contraindicated due to Artemisia absinthium, Ruta, and Salvia; *Menorrhagia:* use with caution during menstruation due to Salvia

ROSMARINUS: PMS + DEPRESSION + HEADACHE

Liver Hyperactive Yang + Liver Stagnant Qi

Rosmarinus officinalis	<i>rosemary leaves</i>	1
Lavandula angustifolium	<i>lavander flowers</i>	1
Artemisia absinthium	<i>wormwood herb</i>	1
Ruta graveolens	<i>rue herb</i>	1
Verbena officinalis	<i>verbena herb</i>	1
Mentha piperita	<i>peppermint leaves</i>	1
Zingiber officinalis	<i>ginger dried root</i>	1
Glycyrrhiza glabra	<i>licorice root</i>	0.5

Chinese syndromes: *Primary:* Liver Hyperactive Yang, Liver Stagnant Qi; *Secondary:* Uterus Stagnant Qi, Liver invades Spleen, Stagnant Qi of Spleen, Stomach, or Intestines

Indications: pms with depression and headache; maybe frustration, irritability; maybe digestive disorders, such as irritable bowel syndrome, reduced appetite or slow digestion

Tongue: purplish

Pulse: wiry especially in Liver and maybe Spleen-Stomach positions

Dose and dispensing: 2.5–5 ml of tincture, in quarter of a glass of water, 3 times per day

Duration: can be taken at 5 ml of tincture, in quarter glass of warm water, 3 times per day, from 3 days before pms starts, to when pms ends; during the remainder of the cycle, it can be taken at 2.5 ml, three times per day

Cautions: *Heat patterns:* this is a warming combination that is contraindicated for Heat patterns; *Pregnancy:* contraindicated during pregnancy or if trying to conceive, due to Artemisia absinthium and Ruta

2 Combinations for Menopausal disorders

Caution: please read carefully the [Safety warning](#) before using any of these herb combinations.

SALVIA: MENOPAUSAL HOT FLUSHES + ANXIETY

Heart Heat + Heart Spirit Disturbance

Salvia officinalis	<i>sage leaves</i>	1
Salvia miltiorrhiza	<i>Chinese sage root</i>	1
Leonurus cardiaca	<i>motherwort herb</i>	1
Anemone pulsatilla	<i>pasque flower</i>	1
Valeriana officinalis	<i>valerian root</i>	1
Ophiopogon japonicus	<i>ophiopogon tuber</i>	1
Avena sativa	<i>oats seeds</i>	1 LE

Chinese syndromes: *Primary:* Heart Heat, Heart Spirit Disturbance; *Secondary:* Heart Deficient Yin, Kidney Deficient Yin, Deficient Blood, Liver Hyperactive Yang, Uterus Qi Irregularity, Uterus Stagnant Qi and Blood

Indications: menopausal syndromes with hot flushes, sweating, anxiety, over-excitement, and menstrual irregularities

Tongue: red-dark red, maybe dry, maybe trembling

Pulse: rapid, maybe flooding but may have underlying emptiness, maybe irregular

Dose and dispensing: 2.5–5 ml of tincture, in quarter of a glass of water, 3 times per day

Duration: can be taken for one month or more, with appropriate cautions, breaks and modifications, providing the patient does not start to feel cold

Cautions: *Cold patterns:* this is a strongly cooling combination, and is contraindicated for patterns Cold; *Ability to drive:* caution with Valeriana since it may reduce ability to drive in susceptible patients; *Pregnancy:* contraindicated, due to Anemone, the Salvias, and Leonurus; *Menstruation:* contraindicated during menstruation since the Salvias may aggravate heavy menstrual bleeding

Drug interactions: avoid use of S. miltiorrhiza for patients taking blood-thinning medication

CIMICIFUGA: MENOPAUSAL HOT FLUSHES + EXHAUSTION

Kidney Deficient Qi + Liver Deficient Blood

Cimicifuga racemosa	<i>black cohosh root</i>	1
Chamaelirium luteum	<i>false unicorn root</i>	1
Anemone pulsatilla	<i>pasque flower</i>	1
Ruta graveolens	<i>rue herb</i>	1
Hypericum perforatum	<i>St. john's wort tops</i>	1
Avena sativa	<i>oats seeds</i>	1
Serenoa serrulata	<i>saw palmetto fruit</i>	1
Lycium chinense	<i>wolfberry fruit</i>	1

Chinese syndromes: *Primary:* Kidney Deficient Qi, Liver Deficient Blood; *Secondary:* Uterus Deficient Qi, Kidney Deficient Jing, Kidney Deficient Yin, Liver Deficient Yin

Indications: menopausal syndromes with mild to moderate hot flushes and emotional lability; exhaustion, maybe mild to moderate anemia, maybe weight loss or emaciation; maybe vaginal dryness, dry skin, dry hair; maybe menorrhagia due to weakness, maybe uterine prolapse

Tongue: pale, maybe red dots, flabby and/or thin, maybe dry

Pulse: empty and/or thin and choppy especially in the Kidney positions; may occasionally be more rapid

Dose and dispensing: 2.5–5 ml of tincture, in quarter of a glass of water, 3 times per day

Duration: can be taken for 1-2 months, with appropriate cautions, breaks and modifications, unless the patient starts to feel cold

Cautions: *Cold patterns:* this is a mildly cooling combination that should be used with caution for patients with a history of and Cold patterns; *Damp patterns:* the sweet moist herbs in the combination may aggravate patterns of Damp and digestive stagnation; *Pregnancy:* contraindicated during pregnancy or if trying to conceive, due to Anemone, Ruta

Special cautions for Hypericum: Please read review in *The Essential Guide to Herbal Safety* by Mills and Bone, and see contraindications list on page 4 of this brochure.

2 Combinations for Skin disorders

Caution: please read carefully the [Safety warning](#) before using any of these herb combinations.

ARCTIUM: RECURRING ECZEMA: REMISSION PHASE

Retained Pathogen + Deficient Qi and Blood

Arctium lappa	<i>burdock seed</i>	1
Mahonia aquifolium	<i>Oregon grape bark</i>	1
Urtica dioica	<i>stinging nettle leaves</i>	1

Angelica sinensis	<i>Chinese angelica root</i>	0.5-1
Ziziphus jujube	<i>Chinese date fruit</i>	0.5-1
Glycyrrhiza glabra	<i>licorice root</i>	0.5-1

Schisandra chinensis	<i>schisandra fruit</i>	0.5-1
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Chinese syndromes: *Primary:* Retained Pathogen + Deficient Qi and Blood; *Secondary:* Heat Toxin, Damp Heat, Kidney Deficient Qi, Kidney Qi not firm, Lung Deficient Qi, Lung Qi not firm

Indications: remission or chronic phase of recurring eczema or urticaria, with red itchy rashes in the acute phase; skin is often thin, dry, and fragile due to prolonged corticosteroid use; maybe exhaustion and/or frequent infections due to prolonged corticosteroid use

Tongue: pale maybe with red spots, flabby and/or thin, maybe dry

Pulse: empty and/or thin and choppy, maybe especially in Kidney positions due to corticosteroids

Dose and dispensing: 2.5–5 ml of tincture, in quarter of a glass of water, 3 times per day

Duration: can be taken for 1–2 months, with appropriate cautions, breaks and modifications, providing there are no side effects

Cautions: *Alteratives:* if the patient has a history of accumulation of toxins, or of aggravations of skin conditions with alterative herbs, such as Arctium and Mahonia, this combination should be started at low dose, such as 1 ml or even 1 drop;

Hypertension: caution due to Glycyrrhiza;

Pregnancy: Mahonia is contraindicated in pregnancy by some texts

SMILAX: ACUTE PSORIASIS

Heat in the Blood + Heat Toxin

Smilax species	<i>sarsaparilla root</i>	1
Scrophularia nodosa	<i>common figwort herb</i>	1
Salvia miltiorrhiza	<i>Chinese sage root</i>	1

Arctium lappa	<i>burdock seeds</i>	1
Mahonia aquifolium	<i>Oregon grape bark</i>	1

Taraxacum officinale	<i>dandelion root</i>	1
Rheum palmatum	<i>rhubarb root</i>	1

Glycyrrhiza glabra	<i>licorice root</i>	1
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Chinese syndromes: *Primary:* Heat in the Blood, Heat Toxin; *Secondary:* Damp Heat, Liver-Gallbladder Damp Heat, Heart Heat

Indications: acute psoriasis, acne rosacea, or boils, with red, hot, itchy, painful skin lesions; maybe restlessness and severe distress

Tongue: red-dark red, maybe dry

Pulse: rapid, flooding, maybe wiry

Dose and dispensing: 2.5–5 ml of tincture, in quarter of a glass of water, 3 times per day

Duration: *Acute conditions only:* can be taken for 1 to 2 weeks; once the severe redness, itching, and sensations of heat have subsided, this combination can be replaced by a formulation that is less cold and draining during the subacute or remission phase

Cautions: *Cold patterns:* contraindicated for patterns of Cold; *Diarrhea:* it is bitter, cold, and downward draining and contraindicated for Spleen Deficient Qi, especially with diarrhea; *Alteratives:* if the patient has a history of accumulation of toxins, or of aggravations of skin conditions with alterative herbs, such as Arctium and Taraxacum, this combination should be started at low dose, such as 1 ml or even 1 drop; *Hypertension:* caution due to Glycyrrhiza; *Pregnancy:* contraindicated, due to Rheum and S. miltiorrhiza; *Menorrhagia:* contraindicated during menstruation since Salvia miltiorrhiza may aggravate heavy menstrual bleeding; *Drug interactions:* avoid S. miltiorrhiza for patients taking blood-thinning medications.

Safety Warning

Each JRHC has been designed for optimal efficiency and safety, on the principles of *Combining Western Herbs and Chinese Medicine*, to create a balanced combination.

But please read carefully each of the Safety Warnings below before using any of these herb combinations.

This website is for licensed health practitioners, and Jeremy cannot answer enquiries from the general public.

After Jeremy Ross course

JRHCs are designed to be used only after the appropriate Jeremy Ross herb course in which their detailed use and safety precautions are discussed.

After individual consultation

JRHCs should only be supplied to a patient following an individual consultation of that patient with a licensed health practitioner.

Practitioner responsibility

It is the responsibility of the practitioner to make an accurate diagnosis, and to decide whether a herb combination is appropriate for a specific patient at a particular time.

Check for contraindications

Practitioners are advised never to use a herb combination without checking the potential

contraindications of each constituent herb for the particular patient at the time of treatment.

Appropriate dose

It is the responsibility of the practitioner to prescribe herbs in appropriate dose for the *age*, constitution, and condition of the patient.

Conventional diagnosis and treatment

JRHCs are not proposed as an alternative to conventional medical diagnosis and treatment, when this is necessary for the patient.

Local laws

It is the responsibility of practitioners to be aware of any special restrictions on herb prescribing specific to their own country.