

# Full detail Example of a JRHC

**Caution: please read the Safety Warning, at the end of this document, before using this herb combination.**

## CRATAEGUS: EMOTIONAL LABILITY *Heart Qi Irregularity + Heart Spirit Disturbance*

Herb	Ratio	Temperature	Taste
Crataegus species (fructus)	2	sl. warm	sour, sweet
Leonurus cardiaca (herba)	2	neutral	sour, sl. bitter
Lavandula angustifolia (flos)	1	sl. warm	aromatic, bitter, sl. acrid
Ruta graveolens (herba)	1	warm-cool	bitter, aromatic
Hypericum perforatum (herba) <sup>1</sup>	1	neutral	sour, sl. sweet
Avena sativa (semen)	1 (LE) <sup>2</sup>	neutral	sweet, sl. sour
Serenoa serulata (fructus)	1	neutral	sweet, sl. sour
Glycyrrhiza glabra (radix)	1	neutral-cool	sweet

### Indications

#### Signs and symptoms

- emotional lability, or mild to moderate cases of mood swings, including oscillations between low mood and overexcitement, exhilaration, or anxiety
- maybe signs of heat and restlessness, as in menopausal mood swings, or maybe emotional lability with exhaustion, as in some types of chronic fatigue syndrome

**Pulse** maybe irregular, maybe changing in strength

**Tongue** various, maybe trembling

### Chinese syndromes

#### Primary

HT Qi Irregularity (oscillations between HT Deficient Yin and HT Deficient Yang)

HT Spirit Disturbance

HT Deficient Qi

#### Secondary

There may be one or more of the following syndromes:

SP Deficient Qi

KI Deficient Qi

KI fear

### Temperature balance

The overall temperature is approximately neutral, to avoid initiating temperature fluctuations in the body.

### Combination structure: singles, pairs, and trios

This combination can be seen as made up of 4 pairs of herbs.

Crataegus species	2
Leonurus cardiaca	2
Lavandula angustifolia	1
Ruta graveolens	1
Hypericum perforatum	1
Avena sativa	1 (LE)
Serenoa serulata	1
Glycyrrhiza glabra	1

### **Crataegus + Leonurus**

Crataegus and Leonurus is the leading pair.

They are sour-astringent herbs that can tonify and stabilize Heart Qi, to reduce fluctuations in energy, body temperature, blood pressure, and mood.

Also, by tonifying the heart, they can assist treatment of associated exhaustion and low mood.

For discussion of new uses of Crataegus for emotional problems, see the Crataegus chapter in Jeremy's new book 'A Clinical Materia Medica: 120 Herbs in Western Use.'

### **Lavandula + Ruta**

This pair of herbs with aromatic components can calm Heart and Kidney.

Also, Lavandula contains aromatic and acrid constituents that help to move Stagnation and treat low mood.

Ruta can tonify Kidney Qi, which can help to stabilize Heart.

### **Hypericum + Avena**

This pair of sour and sweet herbs can help to stabilize Heart and Kidney Qi and thus to reduce mood swings.

These herbs can also help to treat low mood.

### **Serenoa + Glycyrrhiza**

Together with Avena, this pair of sweet herbs can tonify Spleen and Kidney, and thus help to stabilize Heart Qi.

### **Dispensing<sup>2</sup>**

LE = liquid extract for Avena; the other herbs can be 1:5 tinctures. 5 ml of this combination can be taken in quarter of a cup of warm water, three times per day.

### **Duration**

This combination can be used for 1-3 months, with appropriate cautions, breaks, and modifications.

### **Cautions<sup>1</sup>**

#### **General**

This combination may be appropriate as an adjunct to the treatment of mild to moderate oscillations of mood.

*It is not a substitute for conventional therapy.*

#### **Hypericum**

Please read review in *The Essential Guide to Herbal Safety* by Mills and Bone. They contraindicate Hypericum for severe depression, and note the following potential negative herb-drug interactions:

#### *Contraindication*

Not to be used at the same time as:

cyclosporine, digoxin, HIV non-nucleoside reverse transcriptase inhibitors and other protease inhibitors, irinotecan, and anticoagulant drugs

#### *Caution*

If used at the same time as:

photosensitizing agents, selective serotonin reuptake inhibitors, other serotonergic agents, low-dose oral contraceptive pill, fexofenidine, midazolam, theophylline, simvastatin, phenytoin

#### **Pregnancy**

Contraindicated, due to Ruta and Leonurus.

### **Monitoring**

All patients with mood swings should be monitored for oscillations between low mood and overexcitement. Severe oscillations may require urgent conventional medical diagnosis and treatment.

## Modifications

These can be made to this combination depending on whether low mood or overexcitement is dominant.

- it is very important not to aggravate oscillations between low mood and overexcitement
- it is therefore safer to give additional herbs, if they are stronger stimulants or tranquilizers, in a separate dropper bottle; the patient can then add an appropriate number of drops of the additional herb to each dose of main medicine
- it is important to monitor the effects of these additional herbs, to find the dose that gives maximum benefit with minimum side effect

## Examples

*Low mood phase* Rosmarinus can be given in a separate bottle, and 5-20 drops of this herb added to each dose of the main medicine.

*Excited phase* Anemone (1:10 tincture *not* 1:5) can be given in a separate bottle, and 5-20 drops of this herb added to each dose of the main medicine.

## Replacement

If hyperactivity and attention deficit are dominant to mood swings, then this combination can be replaced by a modification of the JRHC *Anemone: ADHD + hyperactivity*.

# 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 these Jeremy Ross Herb Combinations (JRHCs).**

**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

