

NEW HERB COMBINATIONS FROM RESEARCH

Integrating Research advances and Chinese medicine

Jeremy's new herb combination *Hypertension + thrombotic tendency* is a good example of a formula designed both to incorporate advances in research and according to the principles of Chinese medicine.

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

SALVIA: HYPERTENSION + THROMBOTIC TENDENCY

Herb	Ratio	Temperature	Taste
Salvia miltiorrhiza radix	1	cool	bitter
Scutellaria baicalensis radix	1	neutral-cool	bitter
Crataegus species fructus	1 LE ¹	sl. warm	sour-astringent, sl. sweet
Leonurus cardiaca herba	1 LE ¹	neutral	sour-astringent, bitter
Commiphora molmol resin	1	warm	bitter, acrid
Angelica sinensis radix	1	warm	sweet, aromatic, bitter, acrid
Zingiber officinalis rhizoma (dried)	1	hot	acrid, aromatic
Capsicum species fructus	5-20 dr.	hot	acrid, aromatic

LE¹ = Liquid extract 1:1 or 1:2

Research data

- all the herbs in the combination, except Capsicum, have been reported to have hypotensive action in one or more research studies
- all the herbs in the combination, except Crataegus, have been reported to have anticoagulant and/or antithrombotic action in one or more research studies

Indications

Please read carefully the *Cautions* section below.

Signs and symptoms

- mild to moderate hypertension with a tendency to thrombosis
- sensations of cold

Pulse slippery and wiry, maybe especially in Heart and Liver positions

Tongue various; maybe purplish, especially at the tip

Syndromes

Primary Heart Stagnant Blood

Secondary

There may be one or more of the following: Heart Phlegm

Temp. balance

The overall temperature is warm, to treat cool conditions.

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

Working units

Salvia miltiorrhiza	1
Scutellaria baicalensis	1
Crataegus	1 LE
Leonurus	1 LE
Commiphora	1
Angelica sinensis	1
Zingiber (dried)	1
Capsicum	5-20 dr.

Salvia mil. + Scutellaria bai.

Salvia

Pharmacological actions

There is research evidence that Salvia species can have the following actions:

antioxidant, anti-inflammatory, anxiolytic, spasmolytic, ,

neuroprotective, cardiovascular protective, antithrombotic, antihypertensive

Chinese actions

In terms of Chinese medicine, S. miltiorrhiza can be used to

move Heart Stagnant Blood, clear Heart Phlegm, clear Heat, and calm Heart Spirit. It also has other functions

Modern uses

It has been reported that S. miltiorrhiza may be used to assist prevention and management of:

heart disease, cerebro-vascular accident, and neuro-cognitive degeneration

Scutellaria

Pharmacological actions

There is research evidence that Scutellaria species can have the following actions:

antioxidant, anti-inflammatory, anxiolytic, anticonvulsant, neuroprotective, cardiovascular protective, antithrombotic, antihypertensive

Chinese actions

In my opinion, in terms of Chinese medicine, Scutellaria species can

tonify Kidney Qi, calm Liver Yang and Liver Wind, calm Heart Spirit, and regulate Heart Blood

Modern uses

Scutellaria has been suggested for use for prevention and treatment of:

hypertension, atherosclerosis, cardiac ischemia, cerebral ischemia and resultant cognitive deterioration, including dementia or Alzheimer's disease

Crataegus + Leonurus

Pharmacological actions

See Salvia chapter in Jeremy's book
A Clinical Materia Medica: 120 Herbs in Western use.

Chinese actions

Both herbs can tonify and stabilize Heart Qi, to treat cardiac weakness or instability, and move Heart Blood to treat angina. Leonurus can also calm Heart Spirit, and Crataegus can clear Heart Phlegm.

Modern uses

Crataegus and Leonurus have been suggested for use to assist prevention and management of heart disease and cerebro-vascular accident.

Commiphora + Angelica sin.

Pharmacological actions

Commiphora species or their constituents have been reported to have the following actions:

anti-inflammatory, antioxidant, hypoglycemic, hypolipidemic, hypotensive, antiangiogenic, antithrombotic, and memory-protective

Chinese actions

In terms of Chinese medicine, Commiphora may move Heart Blood and clear Heart Phlegm.

Modern uses

Commiphora and Angelica have been suggested for use to assist improvement of both coronary and peripheral circulation.

Zingiber + Capsicum

Pharmacological actions

Both herbs can have the following actions:

anti-inflammatory, antioxidant, hypolipidemic, anti-atheromatic, and antithrombotic

Chinese actions

This acrid pair make this a warming combination for cold conditions, and specific for clearing obstruction of the blood vessels by Cold Damp Phlegm.

Dispensing

The herbs other than Capsicum can be taken as 2.5–5 ml of tincture, in quarter of a glass of water, 3 times per day.

Drops of 1:2 Capsicum tincture from a separate dropper bottle can be added to each dose of the main medicine.

Duration

This combination can be taken for 2-8 weeks, with appropriate precautions, breaks, and modifications.

Cautions

This combination may be appropriate as an adjunct in the prevention or management of mild to moderate hypertension, and a tendency to thrombosis.

In the case of severe hypertension or potentially dangerous thrombotic states, this combination may not be appropriate, and should be used with the agreement of the physician in charge of the case.

Hot patterns

This is a warming combination that is contraindicated for Heat patterns.

Negative herb-drug interactions

Caution with patients with bleeding disorders, or who are taking blood-thinning medication, due to Salvia miltiorrhiza and Zingiber.

See *Cautions* sections in Salvia and Zingiber chapters in Jeremy's book: *A*

Clinical Materia Medica: 120 Herbs in Western use.

Pregnancy

Contraindicated due to Salvia and Leonurus.

Monitoring

Patients' blood pressure should be checked on a regular basis. Medical tests to assess thrombotic patterns may be required.

Modifications

For neutral to warm patterns, omit Zingiber and Capsicum and add Achillea 1 and Salvia officinalis 1.

Replacement

For hypertension with anxiety, this combination can be replaced by *Leonurus: hypertension + palpitations*.

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.