

Materia medica

Plant Name:

Scientific & other Names:

Plant Family:

Description (botanical description, defining features, dimensions):

Habitat:

Region(s) Found:

Part(s) Used:

Energetics:

Taste(s):

Vital or Herbal Actions:

Tissues or Organs Affected:

Used for:

Suggested Methods of Delivery:

Doses:

Safety Category:

Contraindications/Warnings:

Allies:

Adjuncts:

Antagonists:

Scientific Knowledge (how it might work, chemical constituents, nutrients, etc.):

Stories (historical information, folklore, anecdotes):

Emotional, Spiritual, and Ceremonial Uses: