



HOW TO MAKE AND USE HERBAL PREPARATIONS

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Making your own herbal concoctions for medicinal purposes is really not that difficult.





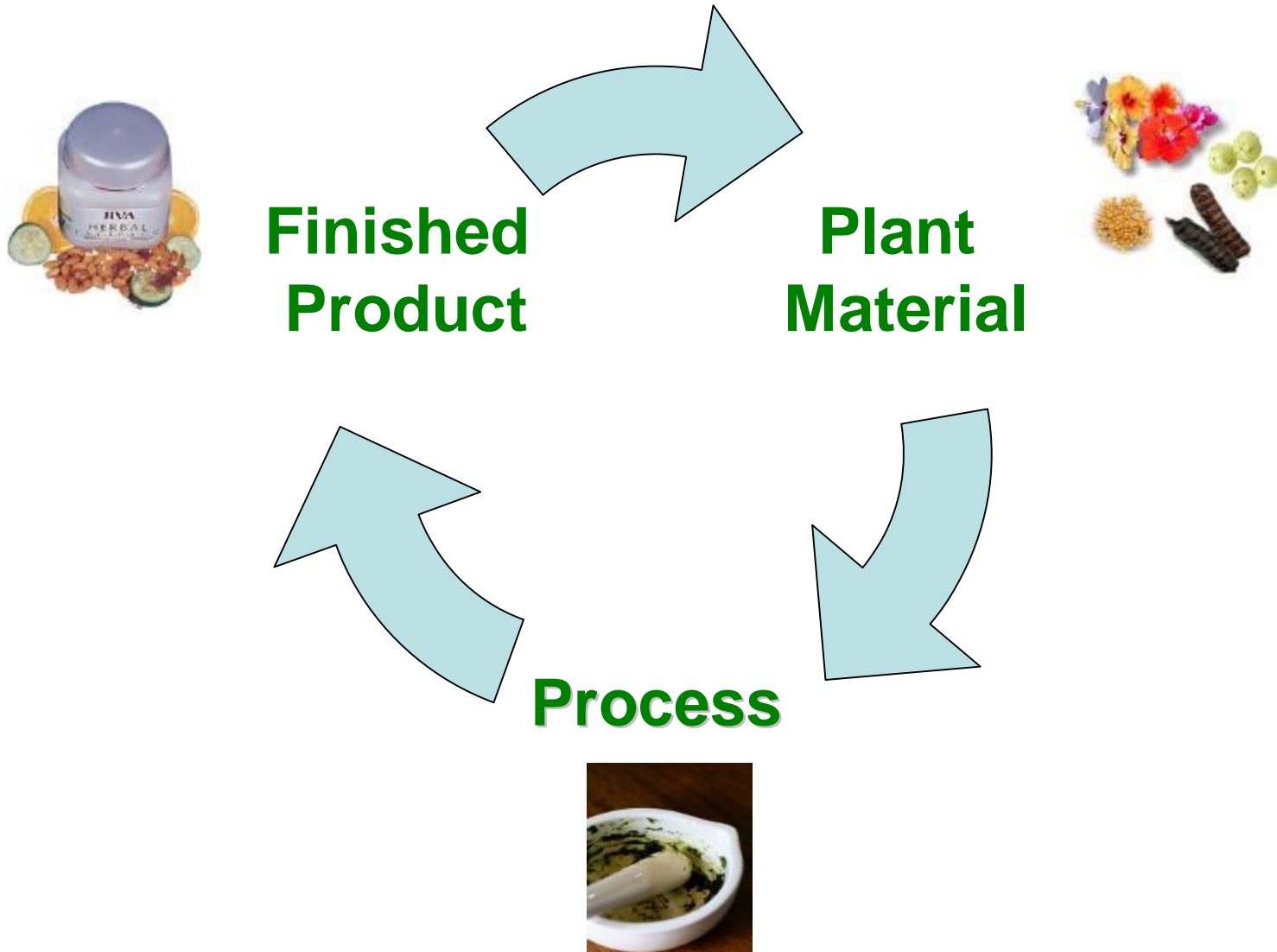
HEALTHY REMINDERS

- **NOT ALL HERBS** are suitable for making medicinals.
- **CERTAIN HERBS** are not meant to be ingested!

WHEN TAKING IT FOR THE FIRST TIME, BEGIN WITH SMALLER DOSES!



Essentials of Herbal Remedies Preparation/Formulation





GUIDELINES ON THE USE OF MEDICINAL PLANTS



- Proper identity of the medicinal plants
- There are local names that refer to more than one kind of plant
- Refer to proper authority (e.g., Botanist) for proper plant identification



GUIDELINES ON THE USE OF MEDICINAL PLANTS

HARVESTING

- **Right time to collect**

- ❖ **Leaves – when plant is about to bloom**
- ❖ **Flowers – just before or shortly after opening**
- ❖ **Seeds – after the fruits have mature completely**



**MAJORITY ARE BEST COLLECTED
DURING DRY SEASON**



GUIDELINES ON THE USE OF MEDICINAL PLANTS



POST-HARVEST HANDLING

- **Garbling – separation and removal of unwanted materials (e.g., stems and midribs from leaves; exocarp from fruit peels, from seeds and others) from plants itself; or from dirt and other foreign matters.**





GUIDELINES ON THE USE OF MEDICINAL PLANTS

POST-HARVEST HANDLING

- **Washing – flushing away of soil and/or other solid particles by a thorough but fast rinse with clean running water.**

LONG EXPOSURE TO WATER MAY AFFECT THE CONTENTS OF ACTIVE CONSTITUENTS





GUIDELINES ON THE USE OF MEDICINAL PLANTS

POST-HARVEST HANDLING

- **Drying**

- Air Drying** – in well-shaded and well-ventilated place until crumbly. If plant is succulent, cut it into small pieces
- Oven Drying** – with circulating air. Maintain temperature at no higher than 60°C.





GUIDELINES ON THE USE OF MEDICINAL PLANTS

POST-HARVEST HANDLING



- **Milling – reduction to the required particle size as specified.**
 - **Re-milling of larger/oversized particles is indicated**
- **Sieving – to collect the required uniformly sized particles.**



GUIDELINES ON THE USE OF MEDICINAL PLANTS

POST-HARVEST HANDLING



- **Storage**

- **Plastic containers or bottles (preferably brown colored)**
- **Cover tightly and keep in a cool place away from sunlight.**
- **Charcoal may be placed inside the bottle to absorb moisture, thus maintaining the dryness of the plant material.**
- **Label the container properly with the name of the plant and the date when it was collected.**





NOTE:

Well-dried and well-stored plant materials can be used up to 6 months after the collection.

Discard the plant materials if there are molds or other signs of decay.



GUIDELINES ON THE USE OF MEDICINAL PLANTS



In Preparing and Formulating Herbal Remedies

- Observe cleanliness in the preparation of medicinal plant materials.
- Use GLASS, CERAMIC Pottery or unchipped enameled Pot as cooking utensils. Copper and stainless steel pot can also be used. Do not use pots made of aluminum, iron, tin or other metals as these will leach into the tea.
- Use pure water. Fresh spring water or distilled water is best.



GUIDELINES ON THE USE OF MEDICINAL PLANTS

Actual Use

- Use only the plant part suggested
- Follow the recommended dosage and direction for use for each particular symptom or disease.
- Use only one kind of medicinal plant for each symptom or disease.



GUIDELINES ON THE USE OF MEDICINAL PLANTS



Actual Use

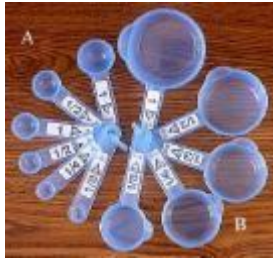
- Defer the use of the medicinal plant should any untoward reaction or side effect occurs.
- If there are no signs of improvement after 2 to 3 days administration of the medicinal plant, consult a physician.

UTENSILS



- **Clay pot, Enamel, Ceramic, or Glass Cooking Utensils**
- **Stainless steel cooking wares**
- **Avoid the use of aluminum cooking utensils**





UTENSILS

- Use only one kind of measuring utensil
 - In the absence of a weighing scale, use the tablespoon to measure the desired amount of the plant material. One tablespoon would mean one heaping scoop.
- Wash and clean properly the utensils before and after using



UTENSILS

Containers for Storage

Glass Bottles

Plastic Bottles

Jars



LABELS

- Should include:
 - Name of the plant and the parts used
 - For what disease it is used
 - Method of Preparation
 - Direction for Use
 - Contraindication/Special Precautions
 - Storage Date
 - Expiry Date





GENERAL INSTRUCTIONS: HERBAL PREPARATIONS / FORMULATIONS



Conversions

- Volume Measurements:

1 fluidounce = 29.6 or 30 mL

1 pint = 473 mL

1 quart = 2 pints = 946 mL

1 gallon = 8 pints = 3,875 mL

- Weight Measurements:

1 ounce = 31.1 g

1 lb = 454 g



PREPARING HERBAL REMEDIES



- Herbal remedies are prepared in several standardized ways.
- Herbalists have found that each herb releases its healing powers in certain forms.
- Some herbs are most productive when they are prepared as decoctions while others prove to be more appropriate in capsules.



PREPARING HERBAL REMEDIES



- One need to know which preparation is best for which herb and what dosage is most appropriate.
- Methods are based upon the plant utilized, and sometimes, what condition is being treated.
- Some of these methods include infusions (hot teas), decoctions (boiled teas), tinctures (alcohol and water extracts), macerations (cold-soaking), ointments, herbal baths, etc.

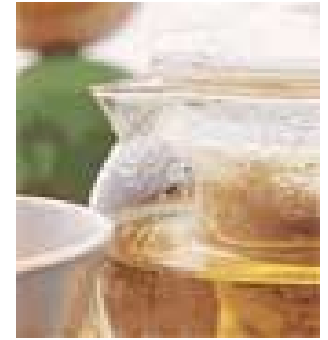


Infusion

- Infusion (Hot Teas) – basically a herbal tea which is usually drunk hot, but may be iced or chilled.
- Infusions prepared for colds and flu should be taken hot.
- Sweeten the tea with honey or brown sugar. Avoid using the processed white sugar.
- Standard Dosage: One cup three times a day.



Infusion cont...



- Method of Preparation
 - o Measure 1 tbsp of dried herb per one cup of water into a glass or ceramic pot. (The normal amounts are about ½ to 1 ounce of the plant to 1 pint of boiled water)
 - o Pour boiling water over the herbs and cover the container.
 - o Allow herbs to steep for 15-20 minutes
 - o Strain through muslin cloth or a strainer
 - o Store in the refrigerator for 1-2 days.



Infusion cont...

IMPORTANT REMINDERS

- **Best used with leafy and tender herbs as opposed to roots and barks**
- **When using fresh herbs, increase the quantity used x3**
- **The heat and water release the herb's volatile components (the oils which provide all the good things for you) and covering the tea keeps them from escaping with the steam.**
- **Never prepare the infusion more than 24 hours in advance.**



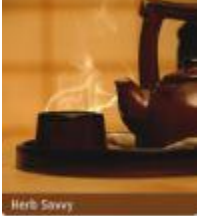


Decoctions (Boiled Teas)

- **Method of choice for barks, seeds, nuts and roots and for those materials less readily extracted by simple infusion process**
- **The method allows to extract primarily the mineral salts and bitter principles rather than vitamins and volatile ingredients.**
- **Prepare no more than 24 hours in advance.**
- **Usual dosage:**
 - **1 cup three times a day. If the herb is very bitter or strong, use 4 teaspoons three times a day.**



Herb Savvy
The Perfect Tea Party



Herb Savvy
Herbal Tea Party



Decoctions (Boiled Teas)



Method of Preparation

- Break the herbs or the plant parts into small pieces with a mortar and pestle or knife
- Measure 1 tbsp of dried or 3 tbsp of fresh material to two cups of water
- Put the herbs in a glass or ceramic pot.
- Add the appropriate amount of water.
- Boil the ingredients for approximately ten to fifteen minutes until only 1 glass of liquid is left.
- Strain the tea and drink it while hot
- Store in the refrigerator for 1-2 days.



Cold Extract



- **Preparing herbs with cold water preserves the most volatile ingredients, while extracting only minor amounts of mineral salts and bitter principles.**
- **Method of Preparation: Maceration**
 - Measure 2 tbsp of dried or 6 tbsp of fresh plants to one cup of water
 - Put the herbs in a glass or ceramic container
 - Macerate for about 8 to 12 hours
 - Strain and put in a storage glass bottle
 - Store in the refrigerator for 1-2 days.

Tinctures



- An alcoholic extraction of herb.
- Alcohol dissolves the active constituents out of the plant matter and acts as a preservative, allowing the tincture to retain its effectiveness for up to 2 years.
- Any part of the plant may be used.





Tinctures cont...



- Method of Preparation

- ❖ Place 4 oz of dried herbs in a glass jar with a tight-fitting lid.
- ❖ Pour 1 pint of vodka over the herbs and close the container tightly. (in the absence of vodka, pour ½ pint of distilled water and ½ pint of 180 proof alcohol).
- ❖ Store the container in a warm place, out of sunlight, for two weeks and shake it twice a day.



Tinctures cont...



- Method of Preparation

- ❖ Strain through a muslin cloth into a dark-colored or brown glass bottle. Wring out the last of the liquid into a bottle, and either discard or use the herb mulch for compost.
- ❖ Stopper the bottle tightly. It does not need to be stored in a cooler, but do not expose it to warmer than room temperatures.





Tinctures cont...



Dosages

- Average dosages: about 1-2 mL (about 30 to 60 drops) two to three times a day.
- It can be placed directly in the mouth for immediate absorption or placed in a small amount of water or juice.
- If you dislike the alcohol content (or give it to a child), place the dosage in about 1-2 ounces of very hot water and most of the alcohol will be evaporated in a minute or two). Let cool before using.
- Store at room temperature away from direct sunlight.



Herbal Wine



Method of Preparation

- Use a sweet red wine with an alcohol content of at least 12%.
- Cover four ounces of herb with three cups of wine. Leave for a week before straining.
- Herbal wine is best used within a month.

Dosage

- Take four teaspoons one or two times daily.





Syrups



- Concentrated solutions of sugar in aqueous fluids, either with or without medicinal components.
 - ❑ Syrup or simple syrup is concentrated solution of sugar made with pure water
 - ❑ Medicated syrup is a syrup charged with one or more medicinal agents, and receives its special designation from the substance or substances added.



Syrups cont...

- Syrup is ideal for herbs used as medicine with an unpleasant taste.
- Sugar is a good preservative and is ideal for cough mixtures, especially since some herbs for cough are very bitter.
- Standard Dosage
 - One teaspoon three times a day.



Syrups cont...



Method of Preparation (General)

- In a 1 pint of boiling water, add 2 ½ - 3 lb brown sugar. Stir until the sugar dissolves.
- Allow to boil until the desired consistency is reached.
- Remove from heat. Pour into a clean glass bottle and seal.
- Allow to cool prior to use. Store in the refrigerator.



Syrups cont...

To use the syrup:

- **With pre-made tincture:**
 - Mix three parts of the syrup with one part of tincture.
- **With infusion or decoction:**
 - Prepare two cups of an infusion or decoction of the required herb. Strain and add 1³/₄ cup brown sugar or a honey and sugar mixture. Heat gently until the sugar dissolves. Pour into a clean glass bottle and seal. Store in the refrigerator.



Syrups cont...

- NOTE:
 - The quality and quantity of the sugar employed are points of importance. Official granulated sugar should be employed.
 - In relation to the quantity of sugar: If in too small proportion, fermentation is apt to occur. If too abundant, crystallization.
 - The Pharmacopeia calls for 850g of sugar to make 1000 mL of syrup, the amount of water required being about 465 mL.



Infused Oils



- Oils infused with herbs are good for topical application (external use).
- Can be prepared by hot or cold methods.
- Choose an oil with good storage results, such as olive oil.
- Dried herbs are preferable to fresh, in order not to risk suspending moisture in the oil that might cause mold to grow.

Infused Oils cont...

- Method of Preparation

Method 1 (Hot Method)

- Place in a glass or enameled-coated or stainless steel container 1 cup fresh or dried herbs and cover with 2 cups olive oil, sunflower or almond oil.
- Heat the mixture over medium-low heat for 30-60 min. Simmer for up to three hours.
- Watch that the oil does not scorch or burn.
- Once the oil has taken on the scent and color of the herbs, strain through filter paper or cloth into a dark glass bottle.
- Squeeze two 400 IU vitamin E gelcaps into the mixture (to prolong the keeping life of the herbal oils).
- Label properly, indicating the date of the preparation.
- Keep it away from heat and light.





Infused Oils cont...

- Method 2 (Cold Method)
 - Place 1 cup of dried herbs in a clean jar and cover with 2 cups of olive oil.
 - Seal the jar and put it into a brown paper bag and set it in a sunny location or window sill for 1-2 weeks. (The bag protects the herbs and their properties from the harmful effects of direct sunlight)
 - Strain out the herbs and add another cup of dried herbs to the jar and pour the strained oil infusion to these to make a stronger oil. Allow 1-2 weeks process.
 - Strain the herbs out of the oil and store the infused oil in a clean, dark glass bottle.
 - Add two gelcaps of 400 IU vitamin E.
 - Label properly indicating the date the oil was prepared
 - Store away from heat and direct sunlight.



Infused Vinegars

- Apple Cider – natural and has healthy properties
- Method of Preparation:
 - Same as that for making tinctures.
 - Steeping edible spices and herbs in vinegars will allow you to use them for culinary purposes.





Capsules

- Dry, powdered herb can be placed inside empty capsules.
- This method is preferred by some people who cannot tolerate bitter herbs.





Creams

- A cream is a blend of oil, beeswax and water.
- You can make your own, or purchase an unscented, water based cream.



Creams cont...

- Lightweight Face and Body Cream
 - Ingredients
 - 1/3 cup coconut oil
 - 1/8 cup sweet almond oil
 - 1/8 cup vegetable glycerin
 - 2/3 cup rosewater (or sterile water)
 - 1 tbsp liquid lecithin
 - 1/4 oz grated beeswax
 - 9 drops tincture of benzoin or grapefruit seed extract
 - 5 drops essential oil



Creams cont...

- Lightweight Face and Body Cream

- Procedure

- Place the oils, beeswax and liquid lecithin in an enamel pan.
 - Melt wax, oils and liquid lecithin on a water bath or on top of a double boiler over simmering water.
 - Watch that the mixture gets only warm enough to melt the contents.
 - Make sure all is blended well and then remove from heat.



Creams cont...

- Lightweight Face and Body Cream
 - Procedure
 - Allow to cool about a minute.
 - In a mixer bowl or blender, add the water, glycerin and herb extract (if using the tincture of benzoin or grapefruit seed extract; add a few drops of essential oil if desired).
 - While blender or mixer is operating, slowly drizzle the warm melted oils and waxes into the water mixture.



Creams cont...



- Lightweight Face and Body Cream
 - Procedure
 - The mixture will become thick. The longer you blend, the further it will become. If it becomes a little loose, it will continue to harden as it comes to room temperature.
 - Pour into a suitable jar and allow to stand on the counter for 20 to 30 minutes, then cap and store in the refrigerator.



Ointments / Salves

- Ointment does not penetrate the skin like cream, but covers and protects it.
- Petroleum jelly is a good base, and the method is the same as for a cream.





Ointments / Salves

Method of Preparation

- Measure 1 $\frac{1}{4}$ cups of herbal infused oil and 1 oz of yellow beeswax and pour this in a glass or enamel coated pan.
- Heat the oil and wax in a double boiler (or in a glass bowl/jar in a pan of water), stirring to keep it from scorching).
- Once melted, remove the inner container or pan from the heat and allow to cool a little. (if you are using essential oils or herbs, this is the time to add it).
- Pour the mixture into wide-mouthed glass or plastic jars before it begins to set-up.
- Allow it to harden uncovered, then seal it and label it.

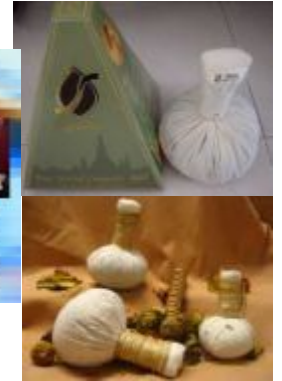
Suppositories



- These are best made in advance so they will be ready when needed.
- Blend equal quantities of powdered herbs with cocoa butter.
- Place the mixture into bullet-shaped molds made of foil and refrigerate.
- Remove the foil before use.



Compress



- Soak a cloth in a hot decoction of herb, squeeze most of the liquid out and apply the hot cloth to the affected area.
- Once it has cooled, repeat the process. Tinctures of other herbs and essential oils can be added to the liquid.



Poultice

- Poultices are effective for boils, abscesses, chest infections and sprains.
- Mix chopped herb or powdered seeds with boiling water to make a pulp.
- Place the pulp in a piece of cloth and apply to the affected area while hot.
- It should be replaced when cool.
- A thin layer of calendula cream will protect the skin and prevent the poultice from sticking.



Herbal Baths

- Baths are a pleasant and simple way to absorb herbs through the skin, as well as make use of their aromatherapy applications.
- Herbal baths include the use of various herbal additives to enhance the natural healing power of the water
- Any herbs that can be taken internally can be used in a bath



Herbal Baths cont...

- There are full and partial herbal baths
- Full Bath: handful of herbs can be made into a muslin bag and then boiled in a quart of water, and then added to the bath.
- Partial Bath: handful of herbs in the muslin bag is tied under the faucet so that the hot water runs through it as the bath fills.
- Add a few drops of essential oil to the bath water as it is being drawn.





Steam and Inhalant

- Use steam for skin problems like acne and an inhalant for bronchial problems like sinusitis and laryngitis.
- Add a strong decoction, one or two drops of essential oils, or 2 teaspoons of tincture to boiling water.





- A good rule of thumb to remember is:

“There are no poisonous herbs. Only poisonous dosages.”



Even deadly poisonous herbs, in minute dosages are used to heal.

The most widely known example is Digitalis, small doses are said to be good for many heart conditions, while a larger dose will stop the heart.





- However, anything taken regularly over a long period of time is stored in the body and could create a condition of toxicity.



- The best way for the user to protect themselves is to first **EDUCATE** themselves before the consume anything.

This can be done by:

- Studying the many herbals available today and
- Always remember **“ALL THINGS IN MODERATION!”**

“All that we are is the result of what we have thought.”



thank you!

