



The EARTHWISE HERBAL REPERTORY (2016)

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CLASS: G470

This is your test but... do not try to fill in the blanks! We created a Test Answer Sheet which is easy to download, fill in the answer, and email.

PART I: ABOUT REPERTORIES

Introduction

1. The focus on “_____” puts an herb in a category that seldom relates to pathology or even modern biomedical diagnosis.
2. Each plant possesses an internal character that shows through disparate symptoms, properties, and uses, _____ them into a whole picture of a physiological function and its maladaptation.
3. Holism, by contrast, views the largest tendencies or structures in the process or system as the governing powers and, if maladapted, the _____ of the problem.
4. Homeopathic repertories separate remedies based primarily on _____ – not on disease names, or a physiological understanding of what is going on in the interior or the organism, nor even on an energetic or constitutional understanding of symptom patterns.
5. In herbalism, on the other hand, symptoms are almost always associated with their pathophysiological context: they refer to an organ, system, or _____.
6. Almost all herbalists tend to approach the organism from three or four primary directions:
 - a. Symptomatic
 - b. “Energetic Pattern” or quality
 - c. _____ affinity
 - d. “Action” of the remedy

7. Finish this list of six temperature or quality of tissues and two tissue states of the diagnostic method of holistic “general tissue changes.”
 - a. Heat
 - b. Cold
 - c. Dryness
 - d. _____
 - e. _____
 - f. _____

8. Ayurveda provides us with the three great categories of vata (air and wind), _____ (fire and oil), and kapha (water and earth).

9. People tend to fall sick according to these three variables. The thin _____ people get dry and nervous, the thick _____ people under-exercise, overeat, and gain weight, while the medium pitta people get overheated.

10. Disease often starts in the _____, which is why it is natural to base herbal teaching, practice, and repertory-making on organs, systems, and tissues.

11. The _____ is a symptom complex or pattern that points to both a specific pathology and a specific remedy.

12. Tastes operate by _____ so that remedies address conditions with the opposite qualities.

13. Homeopathic repertory ranks symptoms into three or four grades, from less common to frequently encountered. High-grade remedies are the most useful because they occur most _____.

14. Dosage (The author’s preferred dose is 1-3 or 3-5 drops.)
 - a. _____ dose = 1 drop or less
 - b. Small dose = 1-10 drops
 - c. Medium dose = 10-25 drops
 - d. Large dose = _____ - _____ drops

15. Homeopathy is based on the “law of similars” (like treats like), while herbalism is primarily founded on the “_____” (imbalances are addressed with opposing qualities).

PART I: ABOUT REPERTORIES

Considerations on Two Sister Arts

16. _____ follow the law of contraries: when we are hungry, we eat.

17. The homeopathic model is better suited to _____ than to foods or herbs.

18. There are three kinds of opposite reactions:

a. Regulatory. Hormones, minerals, and other physiologically active substances can produce opposite _____ reactions in large and small doses.

b. Reverse. i.e. Two people given the same dose, experience _____ reactions.

c. Rebound. The rebound effect occurs due to the passage of _____, not to concentration levels.

19. A lot of pharmaceutical drugs operate by _____ secondary, self-healing effects, interpreted as disease symptoms.

20. Self-recovery is the reaction of the living body to aggression, and self-recovery uses the appropriate and specific tools to reach a new _____ after the aggression.

21. The primary phase of the rebound effect is called the “_____”

22. The secondary phase of the rebound effect is called the “_____”

23. The rebound effect can be utilized by inducing a healing crisis by a restricted diet (not a full fast) to remove foods difficult for the organism to digest or metabolize. Freed from this _____, the body can rally its resources and more effectively fight the illness.

24. Most herbs produce a much less noticeable rebound effect because they are not very _____.
25. The primary metabolites” are carbohydrates, lipids, and proteins that we use for food, which do not produce the rebound effect in either the plant or a person. The purpose of the secondary metabolite is to help the herb _____ in some way.
26. A poison produces a powerful rebound effect. Harnessed as a biomedical drug and given repeatedly, it controls the body and suppresses the symptoms it is directed against. It does not _____ or normalize or eliminate primary or secondary symptoms, but _____ a continuous response. It is, in fact, just like an addictive drug. It produces effects until it is stopped.
27. Homeopathics do not force the organism to respond but sends it through the primary and secondary reactions and back to balanced _____ - _____. It may normalize between extremes like a nontoxic herb.
28. Herbs don't need to be reduced in concentration to produce the rebound effect because they are not very toxic and are therefore naturally _____ between two poles of expression.
29. Herbs, like drugs, can force changes in the body that have nothing to do with the rebound effect... If an herb is used to stimulate some function in the organism that the practitioner deems desirable, this can be an _____ “cure” and not really helpful to the organism (though seldom harmful).
30. In acute conditions...physicians of old used diaphoretics (sweat inducers) to open the pores of the skin, which may have been a better approach to treating acute conditions. Thermoregulatory mechanisms are active... moderating changes in temperature and humidity through changes in blood flow and perspiration, long before the body initiates _____ such as white-cell production. Influencing the circulation and diaphoresis may therefore be the natural, better way to right the primal wrong.

31. Homeopathic Dilutions: The x method is used to make less diluted potencies, the c method to make more diluted or “ _____ ” potencies.
32. Here are the major homeopathic remedies an herbalist should know:
- a. *Aconitum napellus* (Aconite)
 - b. *Atropa belladonna* (Belladonna)
 - c. *Bryonia alba* (White Bryony)
 - d. *Delphinium staphisagria* (Staphysagria, Stavesacre)
 - e. *Gelsemium sempervirens* (Gelsemium)
 - f. _____ (Poison Ivy)
 - g. *Veratrum viride* (American hellebore)

PART I: ABOUT REPERTORIES

The Traditional Homeopathic Repertory

33. Hahnemann’s (homeopathy) concept is based upon the idea that the substance _____ the same symptom in the healthy that it cures in the sick.
34. Without question, the first fact to be established in a case is the _____ of the client.
35. The spirit of the clinical symptom picture is best obtained by asking the _____ to tell his own story.
36. What is the difference between a repertory and a prescriber? A _____ is based on cross-referencing symptoms, without including clinical details, while a _____ is based on disease names, pathological conditions, and keynote symptoms frequently encountered in practice.
37. The practitioner arrives at the remedy (or several remedies) by _____ - _____ symptoms, not necessarily by looking up the name of the disease.

38. What thirteen homeopathic remedies should the herbalist be aware of? Sulphur, Lycopodium, Calcarea, Arsenicum, _____, Aconitum, Nux, Pulsatilla, Silicea, Hepar Sulphuris, China, Belladonna, Bryonia.

PART II: THE REPERTORY

List of Herbs: Place a “Post-it” between pages 80-81. You will likely use this Latin-English cross reference frequently. The herbalist should become familiar with using the binomial name of herbs for correct identification (some herbs have the same common names).

PART II: THE REPERTORY

Energetics: Constitutions and Tissue States

A Visual Comparison of the Three Body Types, Doshas & Associated Conditions

Three Somatotypes*	The Three Doshas / Ayurvedic	Dosha Conditions**
Ectomorph (thin) Nervous System & Skin	Vata (Seer) - Dryness & Wind Ectomorph/Asthenic (weak)/ Nervous Constitution	Drying, nervous, tense, & wasting
Mesomorph (medium) Muscles & Bones	Pitta (Warrior) - Fire & Oil Active/Ardent/a "Doer"/Strong Warm-Hot/Combustive	Excessively warm or hot, & combustive
Endomorph (thick) Gastrointestinal, Lymph, & Endocrine System	Kapha (Monarch) - Earth & Water Cool/Relaxed/Slow/Heavy (Well-nourished to overweight when older) Cooling/Lubricating, Tendencies to retention & stagnation	Damp, cold, stagnant, slow, sluggish, dull, thick, sthenic (sturdy/heavy/strongly built)

*Somatotype - Body type with corresponding psychic tendencies
 **Appearance under one dosha does not rule out application in another.

39. All energetics systems have _____ in common.

40. _____ can refer either to the congenital constitution or to disorders created by what biomedicine calls “stress.”
41. Some remedies act more on the constitution, while others act more on the _____ imbalance.
42. Descriptive keywords in the repertory are not usually designated as constitutional; they often only refer to _____ pathology.
43. The _____ gives the organism greater “nonspecific resistance” to all stimulæ, so that the extreme reactions to the rebound effect are lessened and it is less likely to be traumatized by the extreme reactions.
44. The tissue state of **Heat/Excitation** depends on an exaggeration of _____, however, it is not necessarily equivalent to inflammation.
45. The tissue state of **Cold/Depression** fails to respond to _____.
46. The tissue state called **Tension** or “**Wind**” in TCM includes both _____ and physical tension and corresponds to conditions occurring due to nervous constriction, tension, and spasm. Symptoms come on suddenly.
47. In the tissue state called **Relaxation** water is stuck, or stagnant, inside the body cavities; it does not flow through them, but fills them and stays there. The old doctors called this “_____,” referring to heavy, waterlogged, soggy, toneless tissue.
48. A tissue state called **Dry/Atrophy** indicates a lack of water, oil, or nutrition or the body’s _____ to handle one or all of these substances.
49. The tissue state of Damp/Stagnation is where fluids are not eliminated through the normal channels of the skin, kidneys, colon, and lungs, or the _____ may be faulty. Today it is frequently called “toxic blood” or “toxic liver.” Lymphatic congestion with lowered immunity may be present.
50. Herbs that assist the functioning of other remedies are called adjuvants and include accelerators and _____.

51. Diffusives are plants that strongly stimulate the nervous system, firstly for their specific effect, and secondly to help carry a formula _____ into the system.
52. Through _____, these (herbal) agents help deliver the effects of other herbal agents to an organ, tissue, or system.

PART II: THE REPERTORY

Organs and Systems

53. We often overlook the will today: people may get their mind and emotions in order, but they are not healthy until they can _____ their aims and desires.

TOOLS TO USE THE RUBRICS IN THIS REPERTORY

A “Rubric” in homeopathic repertory is the heading that labels the symptom and the cause(s) of the symptom. Additionally, syndromes and their constituent parts are also included.

Beginning on page 126 you will see the first of a set of rubrics under the category of “**Mind.**” The first rubric begins with the heading: “**Concentration, Lack of Focus, Attention Deficit, ADD, ADHD, Hyperactivity:**”

Immediately following is a list of medicinal herbs. In parenthesis next to the herb is a descriptive of how the symptom is expressed. The first medicinal herb under the previously stated heading is the binomial name for the medicinal herb “Achillea” whose common name is Yarrow.

The descriptive(s) indicated for the particular herb, in this case Achillea, are listed in parenthesis after each herb. In this case we see the symptom ‘(restlessness).’ Therefore we conclude that Achillea is likely to be effective remedy when a client presents with one or more of the symptoms of “Concentration, Lack of Focus, Attention Deficit, ADD, ADHD, Hyperactivity” **AND** Restlessness.

PRACTICE QUESTION #1 (Answer is on page 128)

Q What would be an effective remedy for your seven-year-old client with an Emotional issue who is also afraid of the dark? _____

As you read through the list of herbs and their associated constitutional descriptors within the depression rubric and you will find one that is specific to children who have fear of the dark. Notice that it is useful for children who are both 'depressed' **AND** 'afraid of the dark'. In this case, if you answered 'Calendula' you would be correct!

Also notice that CALENDULA is written in all capital letters. The 'Ranking of Symptoms' section (on pages 27-28), notes "High-grade" remedies are those that are most useful and occur most frequently. They are written in all caps. Look through this rubric and notice the herbs denoted as high (uppercase) and low-grade (lowercase) herbs. To identify the English common name for the herbs refer to the cross reference section beginning on page 80.

CHECK FOR NOTES AFTER EACH RUBRIC!

Look to the end of each rubric to see if there are helpful recommendations for the condition you are researching. In this case the author notes that depression can be caused by constipation. This is a suggestion to include a remedy and/or dietary modification to support the action of the bowels along with the recommended herb, calendula, to resolve the issue more completely. (See page 129.)

THEN CHECK THE FORMULARY FOR EFFECTIVE HERBAL COMBINATIONS!

Next locate the Formulary located at the end of each rubric. Here you will find some helpful herbal synergies.

PRACTICE QUESTIONS #2 (Use the Formulary on pages 138-139 to answer questions)

Q1 Your dear friend's spouse of many years has passed. What effective herbs can be paired with Albizia? _____ & _____

Q2 An aunt has SAD otherwise known as Seasonal Affective Disorder. What key herb would you pair with Melissa and perhaps even Calendula? _____

The answers for Q1 are: Crataegus & Rosa flos found on page 138.

The answer for Q2 is: Hypericum found on page 139.

54. St. John's Wort (*Hypericum perforatum*) is a liver _____! – so it can't be used with many prescription drugs. It helps the body to metabolize them.
55. Whenever there has been a head or spinal injury or a stroke, give _____ (*Achillea*) immediately afterwards in order to prevent further nerve damage from congealed blood pressing on the nerves or blood seeping out of vessels. Congealed blood may remain for months or years after an injury; yarrow can still be used to remove it.
56. Billberry (*Vaccinium myrtillus*) ...Protects retina against _____, retinitis pigmentosa, retinal damage in diabetes (also lowers blood sugar) and arteriosclerosis. Reduces pressure in glaucoma and can halt progression of cataracts.
57. Modern antibiotic treatment frequently leaves lingering _____, swollen glands (which the doctors call "scar tissue", and chronic ill health. In this case, go back and treat the condition as if you were there when it originally occurred – with the appropriate remedy. Give a large dose, or extended small doses, to reproduce the original swelling and inflammation.
58. The release of carbon dioxide, along with the release of uric acid by the kidneys, maintains the acid/alkaline balance of the blood, so acidosis can be caused by respiratory _____.
59. Herbalist Dorothy Hall used the iron in nettles (*Urtica*) to stimulate _____ production, which in turn stimulates oxygen uptake and lung capacity.
60. Lobelia is particularly good for relaxing muscles that depend on tobacco addiction and also releasing nicotine from the tissues... It will also release _____ and other drugs and cause "flashbacks."
61. The wide/thick and narrow/thin pulses are major indicators of the _____ state of the body.
62. The pulse of _____ allergic reaction, occurring during pulse-taking, feels like the finger is on a bee's wing.

63. The “rare” pulse (with a long interval between beats) is the pulse of the best cardiac health – it is found in athletes and _____.
64. Conditions in the esophagus usually originate in the _____.
65. Dr. Christopher used to say that Lobelia “had brains” – a statement that is virtually a proverb in herbalism today. It knows what needs to be done, and where, and it sends other herbs there; so it functions as probably the best _____ in herbal medicine.
66. True or False? Blue Flag (Iris) is an excellent remedy for the overgrowth of unhealthy bacteria experienced in the gut (SIBO) caused by the overuse of antibiotics.
67. True or False? The colon is not an organ of detoxification unlike the kidneys, liver, and lungs.
68. The Liver is usually thought of as the center of detoxification, but it is also the center for _____ cell food.
69. The symptoms of a sluggish liver are like those of a hangover, but are _____. The unresolved metabolic waste products and free radicals produce toxic heat symptoms, such as skin conditions including eczema and acne.
70. Migraine headaches follow the “gall bladder meridian” of TCM from the gall bladder up over the scapula to the occiput, across the right (sometimes left side of the head, to the eye, and sometimes down an inch below the eye. The suffering person sometimes notes _____ or even pain in the gall bladder before the advent of the headache.
71. In order to cure the _____ problems of the gall bladder and related system, we need to correct the tissue imbalance by cooling or warming, toning or relaxing, drying or moistening.
72. Because lymphatic and spleen problems are frequently localized, remedies can be used _____. Mix with castor oil for best effect.

73. Disease conditions of the kidneys:

1. Lack of filtration
2. Insufficient diuresis (inadequate water elimination)
3. Insufficient reabsorption (excessive urination)
4. _____ blood and urine (which can result in kidney stones)
5. Renal anemia
6. Excess sodium not being removed from the blood (resulting in high blood pressure)
7. Inflammation from high rate of function
8. _____ Infection

74. Another problem causing kidney distress is _____.

75. True or False? The infected root of a tooth can cause pus to circulate which inflames the kidneys.

76. Raspberry (*Rubus canadensis*) has been used for hundreds of years as a pregnancy tonic... *rubus* is not an emmenagogue but a _____ astringent.

77. Like the female's, the males sexual system is certainly influenced by hormonal imbalances. However, it too is composed of structures and tissues, and therefore responds to _____ treatment.

78. True or False? An active sex life is also good for the prostate.

79. The liver, cellular matrix, and lymph must all be _____ for proper endocrine function to occur.

80. The major symptoms of hypothalamo-pituitary imbalance are over-sensitivity to _____, stress in general, emotional lability, and (in women) irregular menstrual cycles.

81. If there is an overbuilding of bone, we usually use the "anti-lithics" or _____, which act on kidneys such as gravel root (*Eupatorium purpureum*), hydrangea (*H. arborescens*), and celery seed (*Apium graveolens*).

82. Our deepest _____ use the same pathways [of the skin] to express themselves – sweating, blushing, turning pale, hair standing on end, etc.

PART II: THE REPERTORY

Chronic Conditions

83. Treating blood stagnation and circulation, of course, is of utmost importance in _____ [aging].
84. The herbs used to “detoxify” the blood are called “_____” or “blood purifiers.” They are assisted by laxatives.
85. Cancer thrives where blood is poorly _____.
86. Give lymphatics, hepatics, and laxatives after chemo and radiation, to _____ the system of toxins.

PART II: THE REPERTORY

Acute Conditions

87. True or False? When using bacterial (antibacterial remedies) that cause fever it is appropriate to use “Fire Cider”-type formulas to bring blood to the head and expel microbes.
88. Viruses have a sedative or depressing effect on the organism so they produce _____, while bacteria have a stimulating effect and produce heat.
89. There are two categories of diaphoretics.
 - a. The first category are the _____ diaphoretics that open the pores and release chill.
 - b. The second category are the _____ diaphoretics that warm the center and open the pores from increased internal heat.

PART II: THE REPERTORY

Therapeutic Index of Clinical Conditions & Diseases

90. According to the index, what page number would have herbal remedies for Macular Degeneration? _____