



An Herbalist's View- Men's Health

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Anatomy and Physiology

- 5a-reductase
- Ampulla deferens
- Androgens
- Bulbourethral (Cowper's) gland
- Cremaster muscle
- Dihydrotestosterone (DHT)
- Ejaculatory duct
- Epididymus
- Estrogens
- Follicle-stimulating hormone (FSH)
- Foreskin (Prepuce)
- Gonadotropin releasing hormone (GnRH)
- Hypothalamus
- Inhibin
- Leydig cells (Interstitial endocrinocytes)
- Luteinizing hormone (LH)
- Penis
- Perineum
- Pituitary - anterior & posterior
- Prostate
- Rete testis
- Scrotum
- Seminal vesicle
- Seminiferous tubules
- Sertoli (Sustentacular) cells
- Sperm, Spermatozoa
- Spermatogenesis
- Testes
- Testosterone
- Urethra
- Urinary bladder

Constitutional Polarities

1. Hot vs. Cold
2. Wet vs. Dry
3. Windy vs. Stagnant
4. Acute vs. Chronic
5. Sudden onset vs. Long time onset
6. Exogenous vs. Endogenous
7. Anabolic vs. Catabolic
8. Hypertonic vs. Hypotonic
9. Sthenic vs. Asthenic
10. Active vs. Lethargic
11. Surface vs. Deep
12. Excess vs. Deficiency
13. Is energy flowing smoothly

Health Issues

- Acne
- Benign prostatic hypertrophy or hyperplasia (BPH)
- Candida albicans
- Cardiac disharmonies
- Chlamydia (Chlamydia trachomatis)
- Circumcision
- Condyloma (warts)
- Congestive heart failure (CHF)
- Cryptorchidism
- Ejaculation bleeding
- Epididymitis
- Gonorrhea (Neisseria gonorrhoeae)
- Hair loss
- Herpes- Genital
- Herpes- Oral
- Human papilloma virus (HPV)
- Hydrocele
- Hypertension
- Impotence
- Incontinence
- Infertility
- Low sperm count
- Myocardial infarction (Heart attack)
- Orchitis
- Penis cancer
- Premature ejaculation
- Prostate cancer
- Prostatitis
- Sexually transmitted diseases (STDs)
- Syphilis (Treponema pallidum)
- Stress
- Testicular cancer
- Trauma
- Trichomoniasis (Trichomonas vaginalis)
- Urinary tract infection (UTI)
- Urethral stricture
- Vitality issues

Categories of Therapeutics

- | | | |
|----------------------|---------------------------|------------------|
| 1) Adaptogen | 10) Aphrodisiac | 19) Liver Tonics |
| 2) Alterative | 11) Astringent | 20) Nervines |
| 3) Anaphrodisiac | 12) Bitter | 21) Nutritive |
| 4) Anodyne | 13) Cardiac tonic | 22) Preventative |
| 5) Antibacterial | 14) Circulatory stimulant | 23) Sedative |
| 6) Anti-hypertensive | 15) Demulcent | 24) Stimulant |
| 7) Anti-inflammatory | 16) Detoxifying | 25) Tonic |
| 8) Antimicrobial | 17) Diuretics | 26) Vulnerary |
| 9) Anti-stress | 18) Hepatic | |

Applications

- | | | |
|------------------|---------------|-------------|
| • Aromatherapy | • Oils | • Soaks |
| • Capsules | • Penis soaks | • Syrups |
| • Compresses | • Poultices | • Teas |
| • Essential Oils | • Salves | • Tinctures |
| • Glycerites | • Scrubs | • Vinegars |
| • Hair Rinses | • Sitz-bath | |

Formulas

Tincture Combinations

- **Prostate Tonic**~ Saw palmetto, Nettles root, Echinacea, Oregon grape root, Corn silk, Couchgrass, Marshmallow root
- **Male Tonic**~ Saw palmetto, American ginseng, Licorice, He-shou-wu, Vegetable glycerin
- **Urinary Tract Infection**~ Cleavers, Usnea, Marshmallow, Uva-ursi, Horsetail, Corn silk, Yarrow
- **Heart Tonic**~ Hawthorne, Oatstraw, Motherwort
- **Nervine Tonic**~ Passionflower, Skullcap, St. Johnswort, Vervain, Oatstraw, Chamomile

Tea Blends

- **Nervine Tea**~ Oatstraw, Motherwort, Lemon balm, Catnip, Nettles, Marshmallow, Skullcap, Blue vervain, German chamomile
- **Acute Prostate Formula (Root & Fruit)**~ Couchgrass, Dandelion, Saw palmetto, Echinacea, Gravelroot, Licorice, Oregon grape root, Marshmallow, Stoneroot
- **Prostate Tonic (Leaf & Flower)**~ Raspberry, Nettles, Oatstraw, Echinacea, Marshmallow, Parsley, Yarrow, Dandelion
- **Diuretic Formula**~ Dandelion, Marshmallow, Nettles leaf and root, Goldenrod, Chickweed, Cleavers, Parsley

Considerations

1. Know your body type and which herbs and foods increase your constitutional strengths and vigor. Avoid fads.
2. Relax when urinating or defecating, avoid straining
3. Exercise, nutrition, eating habits, lifestyle, job, breathing, sleep, personal relationships, communication and other daily activities are fundamental aspects of healthcare. Consider preventative medicine.
4. Find a healthcare provider that suits your needs, be it an Herbalist, Naturopath, Acupuncturist, M.D., Counselor, etc.
5. Shake your booty: dance, walk, exercise, climb a tree. Use your body in ways that get blood circulating and vitality flowing.
6. Stress management: Know how to release daily pressures and avoid their accumulation.
7. Defy convention occasionally.
8. Have male friends to share with.
9. Learn male anatomy and physiology; gain an understanding of how your body works.

Common Name	Taxonomic Name	Common Name	Taxonomic Name
Black cohosh	<i>Actaea racemosa</i>	Mullein root	<i>Verbascum thapsus</i>
Black root	<i>Veronicastrum virginicum</i>	Nettles root and leaf	<i>Urtica</i> spp.
Blue cohosh	<i>Caulophyllum thalictroides</i>	Oatstraw	<i>Avena</i> spp.
Burdock	<i>Arctium</i> spp.	Oregon grape root	<i>Berberis</i> spp.
Cactus	<i>Selenicereus grandiflorus</i>	Osha	<i>Ligusticum porteri</i>
Calamus	<i>Acorus calamus</i>	Parsley	<i>Petroselinum</i> spp.
Chaparral	<i>Larrea</i> spp.	Partridgeberry	<i>Mitchella repens</i>
Cinnamon	<i>Cinnamomum</i> spp.	Poke	<i>Phytolacca americana</i>
Cleavers	<i>Galium aparine</i>	Prickly ash	<i>Zanthoxylum</i> spp.
Corn silk	<i>Zea mays</i>	Pumpkin seeds	<i>Cucurbita pepo</i>
Cotton root	<i>Gossypium</i> spp.	Pygeum	<i>Pygeum africanum</i>
Couchgrass	<i>Agropyron repens</i>	Raspberry	<i>Rubus</i> spp.
Damiana	<i>Turnera</i> spp.	Redroot	<i>Ceanothus americanus</i>
Dandelion	<i>Taraxacum officinale</i>	Reishi mushroom	<i>Ganoderma</i> spp.
Devil's club	<i>Oplopanax horridum</i>	Sarsaparilla	<i>Smilax</i> spp.
Echinacea	<i>Echinacea</i> spp.	Sassafras	<i>Sassafras albidum</i>
Figwort	<i>Linaria vulgaris</i>	Siberian ginseng	<i>Eleutherococcus senticosus</i>
Fringe tree	<i>Chionanthus virginicus</i>	Saw palmetto	<i>Serenoa repens</i>
Garlic	<i>Allium sativum</i>	Silk tassel	<i>Garrya</i> spp.
Ginger	<i>Zingiber officinale</i>	Skullcap	<i>Scutellaria lateriflora</i>
Ginseng, Chinese	<i>Panax ginseng</i>	Slippery elm	<i>Ulmus rubra</i>
Ginseng, American	<i>Panax quinquefolius</i>	Spikenard	<i>Aralia</i> spp.
Goldenrod	<i>Solidago</i> spp.	St. Johnswort	<i>Hypericum perforatum</i>
Goldenseal	<i>Hydrastis canadensis</i>	Stoneroot	<i>Collinsonia canadensis</i>
Gotu kola	<i>Centella asiatica</i>	Turkey rhubarb	<i>Rheum palmatum</i>
Gravelroot	<i>Eupatorium</i> spp.	Turmeric	<i>Curcuma longa</i>
Hawthorne	<i>Crataegus</i> spp.	White pond lily	<i>Nymphaea odorata</i>
Horse chestnut	<i>Aesculus hippocastanum</i>	Uva ursi	<i>Arctostaphylos uva-ursi</i>
Horseradish	<i>Armoracia rusticana</i>	White sage	<i>Salvia apiana</i>
Horsetail	<i>Equisetum</i> spp.	Wild ginger	<i>Asarum canadense</i>
Ho-shou-wu	<i>Polygonum multiflorum</i>	Wild yam	<i>Dioscorea villosa</i>
Hydrangea	<i>Hydrangea arborescens</i>	Yellow dock	<i>Rumex crispus</i>
Juniper	<i>Juniperus</i> spp.	Yellow pond lily	<i>Nuphar polysepala</i>
Kava kava	<i>Piper methysticum</i>	Yerba mansa	<i>Anemopsis californica</i>
Licorice	<i>Glycyrrhiza</i> spp.	Yohimbe	<i>Corynanthe yohimbe</i>
Lomatium	<i>Lomatium dissectum</i>		
Mallow	<i>Malva</i> spp.		
Marshmallow	<i>Althaea officinalis</i>		
Meadowsweet	<i>Filipendula ulmaria</i>		