



Dosage Guidelines & Considerations

(See Dose / Duration chart on inside back page).

Dosage Factors

There are a number of factors to take into account when prescribing herbs. The proper dosage level varies according to patient sensitivity, practitioner dosing style, patient age, body size, weight and vitality. Other considerations include, direct sublingual or diluted administration, the external season or climate, time of day or evening (yin or yang), the acuteness or chronic nature of an imbalance, etc. Acute conditions tend to need higher doses for a shorter period of time, while chronic ailments typically need steady, long term prescriptions at lower doses. It is common to prescribe herbs be taken a half-hour before or after a meal. One school of thought suggests that for disorders below the diaphragm the medication be taken before meals and for those above the diaphragm, the medication be taken after meals. Formulas that target the digestive system can be taken with meals.

Absorption Factors

Dosage is also determined by the form of an herbal preparation and the method of ingestion. For example, a powdered herb requires a smaller dose than raw herb due to the reduced particle size and increased surface area for absorption. A liquid extract dose is even smaller than a powdered dose due to its pre-extracted and concentrated form, which enhances its bio-availability and absorption rate. The more concentrated an herb, the more easily large equivalent amount can be ingested without causing digestive irritation. The Physician's Desk Reference shows that supplements in pill and tablet forms have a low (10-20%) absorption rate compared to a 98% absorption rate of liquid extracts (P.D.R.pg. 1542).

General Dosage Guidelines

(For taste sensitive patients, herbs will be more palatable in juice, or tea with honey).

8 - 16 drops (1/4 tsp.) 2-3 x daily, away from food = mild, maintenance / tonic dose.

32 - 64 drops (1/2 tsp.) 2-3 x daily, = moderate dose, chronic conditions. Long term use.

1 - 2 tsp. 3 x daily, = Chinese style, tea cup dose. Acute physical conditions. Strong dose, short term use.

Children's Dosage Guidelines *(Follow Clark's Rule)*

For children 5-10 years old, give 1/2 the adult dose. Children between 2-5 years, give 1/3 dose. Infants 1/16th dose.

To evaporate alcohol, place extract in a cup of very hot water. The alcohol should evaporate within a few minutes.

Additional Notes on Dosage

The "standard" dosage for Chinese herbs in powder form for a physical ailment, is roughly 2 grams (4 x 500 mg. tabs or caps) of raw herbs 2-3 times a day. Classical texts usually put the dosage in terms of thirty firmiana seed size pills prepared in honey. The dosage is limited mainly by digestive irritation rather than biochemical constituents. According to Dr. Kapchuck, O.M.D., author of The Web That Has No Weaver, "When a problem or need manifests primarily on the physical level, the herbs push and pull, move and remain, adjust and harmonize, in an almost automatic, mechanical fashion. Dosage should reflect this more physical process and be large enough to perform the task." In modern China, herbs are typically prescribed in this fashion of large critical doses. However; Dr. Kapchuck further states, "When the change we want to precipitate is more psychological, existential or spiritual and concerned with growth and transformation, the herbs no longer work in such a simple manner. They need the activating power of intention, will, concentration and thought." The Chinese speak of these primary human forces as spirit (Shen), non-corporeal soul (Hun), corporeal soul (Po), intention (Yi) and will (Zhi).

Therapeutic Intent

For energetic dosing the required interaction of the herbs with the therapeutic intentions of both practitioner and patient is a delicate process. The change can not be forced with high critical doses. The dosage for working on these levels is consistent with homeopathy and correspondingly less. As such, the herbs' "spirit" or vital force, not its bio-chemical constituents, become the activating catalysts to affect deep healing on all associated levels. A substantial amount of clinical support and ongoing research from Germany on Tibetan remedies has raised much interest in this approach and principle to therapeutic "energetic dosing".

Energetic Dosing Guidelines

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| Acute physical level: | 2 x Standard dosage: | 1-2 tsp. (80 - 160 drops) 2 - 4 x day. (monitor for overdosing) |
| Physical level : | Standard dosage: | 1/2 - 1 tsp. (40 - 80 drops) 2 - 3 times per day. |
| Psychological level: | 2/3 Standard dosage: | 2/3 tsp. (26 - 53 drops) 2 - 3 x day. |
| Constitutional level: | 1/2 Standard dosage: | 1/4-1/2 tsp (20 - 40 drops) 2 - 3 x day. |
| Spiritual level: | 1/3 Standard dosage: | 1/3 tsp. (13 - 26 drops) 2 - 3 x day. |