



HERBAL EXTRACT  
COMPANY

# THE ART AND SCIENCE OF HERBAL MEDICINE DOSING

“Use what you need to use for the patient.”

*Liquid herbal medicines offer versatility in treatment, allowing for personalised medicine tailored to individual needs. This makes them a crucial part of Western Herbal Medicine and naturopathy.*

*The key though is dosage!*

The subject of appropriate dosing (or posology) is perhaps the most controversial aspect of Western Herbal Medicine. **Herbal dosing can be complex due to variations in plant constituents, extraction methods, and individual patient factors.** This can lead to confusion and disparities in what is considered a therapeutic dose. Factors like dosage form, strength, quality of preparations, and formulation methods all influence the effectiveness of herbal treatments.

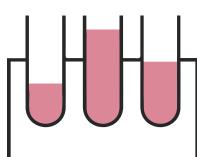
So how then do you determine the correct dose and prescription for your patient?

There's no single "best" herbal dosing philosophy. Different approaches emphasise high or low dosages, few or many herbs. The effectiveness of each approach depends on the practitioner, patient, and condition. It's important to be open-minded, critical, and flexible in your approach, recognising that no philosophy is universally superior.



## Spectrum of Dosing Philosophies

- **Pharmacological (or Heroic) Dosing**
  - High doses to produce a strong physiological effect, often to suppress symptoms.
  - Typical dosage of liquid herbal extract 5mL three times daily.
- **Physiological Dosing**
  - Minimum dose to produce a physiological effect, rooted in the vitalist herbal tradition.
  - Typical dosage: 30-60 drops of liquid herbal extract.
- **"Wise Woman" Dosing**
  - Pioneered by North American Herbalist Susun Weed, this involves consuming larger quantities of milder, more common herbs in food form.
  - Example: A strong nettle infusion or a plate of dandelion greens with lemon and olive oil.
- **Drop Dosing**
  - A preferred method for some herbalists, especially those influenced by Dorothy Hall or the Eclectic tradition.
  - Works on a more subtle level than pharmacological dosing, focusing on the plant's energetics.
  - Dosage: 5-30 drops three times daily, depending on patient sensitivity.
  - Offers increased compliance and affordability.
- **Homeopathic Dosing**
  - Based on the law of similars, regardless of dose amount or dilution.
  - Typically involves potentized remedies in small doses.



**Herbal dosing can be challenging due to inconsistencies between different approaches.** Rather than focusing on an absolute "correct" dose, it's more effective to consider various dosing strategies. Choosing the right strategy is crucial for successful patient outcomes.

