The School of
Evolutionary Herbalism

PART 1:
THE HERBAL MONOGRAPH TEMPLATE

THE HERBAL MONOGRAPH MAP

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When developing your own herbal monograph that is focused on the therapeutic use of an herb, it should always start off with the Five Keys of Medicinal Plants. Below is an example of how you would fill out the table for the Five Keys of a specific plant. On the next page is a blank version of the template you can use when you're researching and experiencing your herbs, along with some guiding questions to help you bring together these properties to understand the plant holistically.

The Five Keys of Marshmallow

Tastes	Affinities	Actions	Energetics
Sweet	Mucosa	Demulcent	Cooling
	Respiratory tract	Emollient	Moistening
	Lungs	Expectorant	
	Bronchioles	Diuretic	Effect on Doshas
	Urinary Tract	Mild Laxative	Increases kapha
	Bladder		Decreases pitta, vata
	Ureters/Urethra		
	Digestive System		Indicated Tissue States
	Esophagus		Dry/Atrophy
	Stomach		Heat/Excitation
	Intestines		

Psychological, Emotional, Esoteric, or other Specific Indications: Systemic dryness (eyes, nose, bowel, lungs, skin, etc.), mental rigidity, inflexibility, dry or harsh sense of humor or interactions with others, lack of emotional maturity, compassion, or empathy.

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The Five Keys of_____

Tastes	Affinities	Actions	Energetics

Psychological, Emotional, Esoteric, or other Specific Indications:

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Guiding Questions Towards Synergistic Understanding

- How is the taste of the herb associated with any of the actions, affinities, and energetics?
- What are the primary affinities of the herb? Which ones are more secondary or the result of its primary affinity?
- What are the primary actions of the herb? What other actions might be the result of its primary action?
- How do the actions come together to produce a total global effect on the body? (IE a diaphoretic and expectorant could be useful for a cough accompanied by fever)
- How does the energetic profile of the plant further refine your understanding of its actions? (Example: Marshmallow is specifically a moistening expectorant)
- Taking into consideration the total global actions, affinities, and energetics of the herb, what constellation of symptoms or patterns might you consider it for? (This will be further elucidated in Part II of The Herbal Monograph Map with Clinical Patterns.

Take the time to write out a page or two of content answering these questions so you really think the plant through all the way. It's an incredibly helpful exercise!!

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