

*The School of*  
Evolutionary  
Herbalism

PART II:  
THE HERBAL  
MONOGRAPH TEMPLATE

THE HERBAL MONOGRAPH MAP





# THE HERBAL MONOGRAPH TEMPLATE

## Primary Clinical Patterns

This section of the monograph is really laying out the primary ways this plant is used therapeutically, what we might consider what it's "good for." Though rather than just listing out the symptoms, look beyond the superficial symptom and get more specific by delineating the underlying constitutional and energetic/tissue state patterns behind the symptoms.

Also consider the core patterns the plant operates on, as there may be 1 pattern that addresses multiple symptoms. An example would be how Lobelia operates upon the pattern of smooth muscle spasm and tension. This would include symptoms like gall bladder colic, high blood pressure, tension headaches, urinary tract spasm, kidney stones, etc. You can further organize each clinical pattern by organ system to make these easier to reference.

I like to name each clinical pattern in a way that's easy to remember and something that you can actually see or experience. As you write out and describe how the plant addresses these clinical patterns, be sure to tie in the affinities, actions, and energetics to understand the mechanisms behind why it addresses these patterns.

Below is space for 5 clinical patterns, feel free to use additional pages as needed.

I. \_\_\_\_\_:

2. \_\_\_\_\_:

3. \_\_\_\_\_:

4. \_\_\_\_\_:

5. \_\_\_\_\_: