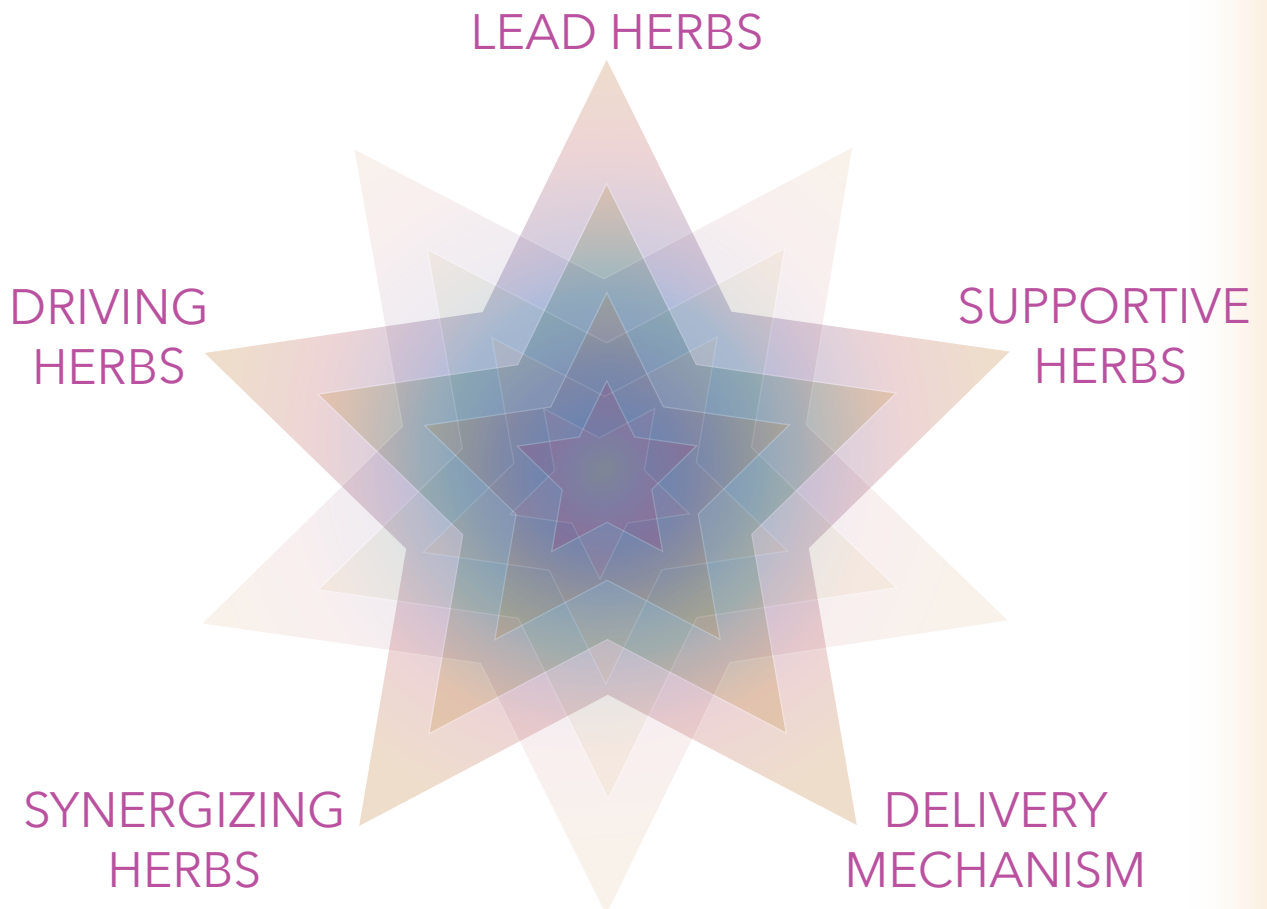


THE VITALIST HERBALIST MINI-COURSE



LESSON THREE: The Formulation Foundations Guide Part 3: The 5 Elements of a Formula

In order for an herbal compound to be strategic in its design, it's important to consider the various components of a formula. You want to think through what the purpose of those components is and the relative weight of importance (and concentration) those particular plants will have to achieve the desired result. I really like to use the pattern of the 5 elements to break down the different parts of a formula.



A FREE EDUCATIONAL SERIES
from *The School of Evolutionary Herbalism*

 www.evolutionaryherbalism.com 

© Copyright The School of Evolutionary Herbalism 2022

THE VITALIST HERBALIST MINI-COURSE



LESSON THREE: The Foundations of Formulation Guide Part 4: The 5 Elements of an Herbal Formula

- ETHER -

Lead or chief herb. This is the top of the formula and typically consists of a single, pair, or triplet of herbs. These herbs have the most specific property, action, and therapeutic principle you're going after. These are the focus of the formula and everything else is geared towards supporting the influence of the lead herbs.

- AIR -

Supportive herbs. 1-3 herbs that support the lead via any secondary herbal actions or organ affinities that would help the main herbs do their job more effectively.

- FIRE -

Drivers. These herbs help to deliver the plants to their desired site of action more efficiently and effectively. Many herbalists often use circulatory stimulants to help dilate the vasculature and stimulate the flow of blood so the other herbs get where they need to go. Typically 1 or 2 herbs are used as drivers in a formula.

- WATER -

Synergists / Corrigents. These are the remedies that help to synergize and bring the formula together. An old term for this is corrigent, which is usually thought of as something that makes the formula more palatable - but in truth what they do is correct the energetics of the formula. So if you look at your lead, supportives, and drivers and find that the formula is too far on one end of the energetic spectrum, you can use a synergist to either warm, cool, moisten, dry, relax, or tonify your formula.

- EARTH -

Delivery Mechanism. Lastly we come to the form the medicine will take. Is it a tincture, infusion, decoction, capsule, tablet, syrup, bath, powder, etc? I also like to think of the frequency and dosage of the formula here as well since the Earth element encompasses all of the practical considerations of the formulation process.

A FREE EDUCATIONAL SERIES
from *The School of Evolutionary Herbalism*

 www.evolutionaryherbalism.com 

© Copyright The School of Evolutionary Herbalism 2022