



The School of
Evolutionary Herbalism

LESSON 3:
HERBAL FORMULATION
WORKSHEET

THE VITALIST HERBALISM MINI-COURSE



HERBAL FORMULATION WORKSHEET

Client Name: _____

Date: _____

Primary Symptoms Being Treated: _____

Primary Tissue State Being Treated: _____

Pre-Formulation

Below, list out all of the herbal actions, organ affinities, and the net energetics you want your end formula to have. Once you have your formula drafts be sure to compare it to what you write out below to make sure it does everything you want it to.

Herbal Actions

1.) _____

2.) _____

3.) _____

4.) _____

5.) _____

6.) _____

7.) _____

Organ Affinities

1.) _____

2.) _____

3.) _____

4.) _____

5.) _____

6.) _____

7.) _____

Net Energetics

1.) _____

2.) _____

3.) _____

4.) _____

Herb Brainstorm

List out herbs with the broadest spectrum of the above actions, affinities, and energetics.

_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____

Assigning Roles

Of the herbs from the above brainstorm list, assign them into leads, supportives, drivers, and synergists.

<u>Leads</u>	<u>Supportives</u>	<u>Drivers</u>	<u>Synergists</u>
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____

Organizing Pairs and Triplets

From your list of leads, supportives, drivers, and synergists, lay out some possible pairs and triplets for each role. Use the space below to write out your ideas.

Formulation Drafts

With your pairs and triplets, begin to assemble a few draft formulas- ideally keeping the number of total herbs used under 7. List out the net actions, energetics, and affinities below each formula and compare it with what you wrote on page 1.

Herb Name	%	Herb Name	%	Herb Name	%

Actions:

Actions:

Actions:

Affinities:

Affinities:

Affinities:

Energetics:

Energetics:

Energetics:

Final Formula

Herb Name	%	mL

Net Actions:_____

Net Affinities:_____

Net Energetics:_____

Dosage & Frequency:_____

Amount to be Dispensed:_____