

## Adaptogens Materia Medica

American ginseng	<i>Panax quinquefolius</i> (sustainably wildcrafted only, please)
Amla	<i>Emblica officinalis/Phyllanthus emblica</i>
Ashwagandha	<i>Withania somnifera</i>
Asian ginseng	<i>Panax ginseng</i>
Astragalus	<i>Astragalus membranaceus</i>
Chaga mushroom	<i>Inonotus obliquus</i> (sustainably wildcrafted only, please)
Codonopsis	<i>Codonopsis pilosula, C. tangshen</i>
Cordyceps	<i>Cordyceps sinensis</i>
Eleuthero	<i>Eleutherococcus senticosus</i>
Guduchi	<i>Tinospora cordifolia</i>
He shou wu	<i>Polygonum multiflorum</i>
Holy basil (tulsi)	<i>Ocimum sanctum/O. tenuiflorum,</i>
Jiaogulan	<i>Gynostemma pentaphyllum</i>
Licorice	<i>Glycyrrhiza glabra, G. uralensis</i>
Lycium (goji)	<i>Lycium chinensis, L. barbarum</i>
Maitake mushroom	<i>Grifola frondosa</i>
Reishi mushroom	<i>Ganoderma lucidum, G. tsugae</i>
Rhaponticum	<i>Rhaponticum carthamoides</i>
Rhodiola	<i>Rhodiola rosea</i>
Schisandra	<i>Schisandra chinensis</i>
Shatavari	<i>Asparagus racemosus</i>
Shilajit	asphaltum, Bitumen (not a plant, a sticky tar-like substance from rocks, used medicinally)
Shiitake mushroom	<i>Lentinula edodes</i>
Solomon's seal	<i>Polygonatum multiflorum</i> (sustainably wildcrafted only, please)
Turkey tail mushroom	<i>Trametes versicolor</i>

### Antioxidants

American ginseng, amla, ashwagandha, Asian ginseng, astragalus, chaga, cordyceps, guduchi, he shou wu, holy basil, jiaogulan, licorice, lycium, maitake, reishi, rhaponticum, rhodiola, schisandra, shiitake, shilajit, turkey tail

### Antitumor (inhibits and prevents growth of tumors)

Ashwagandha, chaga, cordyceps, he shou wu, licorice, maitake, reishi, rhaponticum shiitake, turkey tail

### Immune modulators (also called immune amphoteric)

American ginseng, ashwagandha, Asian ginseng, chaga, cordyceps, guduchi, holy basil, licorice, maitake, reishi, shilajit, shiitake, turkey tail

### Immune tonics

Astragalus, codonopsis, jiaogulan, lycium, schisandra, shatavari

**Immune stimulants**

Cordyceps, rhaponticum, rhodiola.

**Anti-inflammatories**

Amla, ashwagandha, Asian ginseng, guduchi, licorice, lycium, reishi, schisandra, shilajit

**Hypoglycemics**

American ginseng, codonopsis, lycium, shilajit

**Hepatoprotectives**

Astragalus, chaga, cordyceps, guduchi, he shou wu, jiaogulan, licorice, lycium, reishi, rhaponticum, schisandra

**Central nervous system stimulants**

American ginseng (mild), Asian ginseng, eleuthero, rhodiola (mild)

**Calmatives**

Ashwagandha, cordyceps

**Cholesterol lowering**

He shou wu, jiaogulan, reishi

**Antidepressants**

Holy basil, rhodiola

Notes:

I couldn't cover all the possible herbal actions that these herbs can have. Remember that while adaptogens share many overarching themes, they also have their own unique gifts. Shatavari, for example, appears under only one category above, but it is an amazing herb for the female reproductive system, helping to restore hormonal balance, support postpartum depression, encourage milk flow, and more. So please, do not just go by the list!

Nervines can be important complementary support alongside adaptogens. Nervines help modulate stress and reduce the pull that an emotionally stressful life can have on someone. Use nervines alongside adaptogens both preventively and for regeneration and recuperation after periods of physical, emotional, or chemical stress.