

PRACTICAL TINCTURE DOSES AND MEASUREMENTS

1 ounce =	592 drops
2 ounces =	1184 drops
Average daily dose of tincture is 30 drops TID	One ounce of tincture at 30 drops per day would come to approximately one week Or two weeks if it was two ounces of tincture
Metric system (European)	Metric system
1 ounce = approximately	About 0 ml to one ounce (actually it is 29.5735 etc)
(1 drop = 0.05 mL) or 1 mL = 20 drops Average dose is 5 mL or 10 mL TID	At 5 mL TID equals 15 mL per day. This would mean that at that rate one ounce of tincture would last approximately 10 days. Most of the doses of average strength tinctures 5:1 offered in David Hoffmann's Medical Herbalism (based on the National Institute of Medical Herbalism – UK) is 5 mL TID

TID means “ter in die” or 3 times daily
 BID means “Bis in die) or 2 times daily
 QID means “quarter in die” or 4 times daily.
 OD means “omne in die” or once a day.
 PRN means “pro re nata” of ‘as needed’
 q1h means “quaque hora” or every hour
 q2h means “quaque secunda” or every second hour

see:

http://en.wikipedia.org/wiki/List_of_medical_abbreviations:_Latin_abbreviations

PRINCIPLES OF CREATING A TINCTURE FORMULA (APPROXIMATE)

WESTERN PRINCIPLES OF FORMULATION

1. Prime moving herbs: Those herb (s) that are given dosage emphasis because they are the one (s) most indicated. Such as sedatives for sleep. In general and depending on the strength of the herbs selected, the prime mover herb (s) should occupy that largest dosage in the formula – a minimum of 30% to 60% providing all the other herbs are significantly less. For instance the Ayurvedic formula Chyavanprash consists of 50% amla fruit – the remaining 3 to 48 herb all comprise the remainder of the formula and serve to enhance the effect of the primary herb which is amla.

2. Adjuvant herbs: are those that are indicated but are included more for their supportive or tonifying actions and would work over a longer period of time. These are often immune tonics, adaptogens or other tonics. These would be at least half of the prime mover and would be divided between the remaining percentage of the entire formula.

Further subgroups of adjuvant herbs are described as follows:

- **Helper herbs:** help the prime mover work. They are not always necessary for example – cayenne pepper, black pepper, lobelia, or marrubium vulgare (horehound) to loosen phlegm in a cough.
- **Assistant herbs:** are those that are included for secondary health problems. One example is matricaria regatta in a digestive formula to strengthen the digestive system and improve relaxation and sleep.
- **Moderator Herbs:** reduce any overly strong effects in the prescription. These are not always necessary. An example is a warm herb like ginger, cayenne or black pepper to reduce the cooling effect of the other herbs.
- **Messenger Herbs:** these are added only to insure that the energy of the prescription goes to the organ or systems most affected. For example one might combine goldenseal and elecampane to direct herbal medicines to reduce mucus in the lungs. (this would have an enhancing effect).
- **Harmonizing Herbs:** only included to harmonise and integrate a prescription. An example is licorice and/or jujube dates.

When making simpler formulas it may be more difficult to determine prime movers from adjuvants.

Synergy

Synergy is used to describe how the overall result of the formula is greater than its constituent parts.