

BACK MY NATURE

Astrobotanical & Hippocratic Elemental Correspondences

HERB / РАСТЕНИЕ	PLANETARY RULER	FIRST QUALITIES (HIPPOCRATES)	ACTION & TEMPERAMENT IMPACT
Peppermint Мята перечная	Venus	Cooling (2°), Dry (2°)	Clears excess heat, refreshes the mind, relieves stomach spasms.
Lavender Лаванда	Mercury	Cooling (2°), Dry (2°)	Calms overactive thoughts, reduces nervous tension, cools dry heat.
Nettle Leaf Крапива	Mars	Hot (1°), Dry (2°)	Warms and purifies blood, eliminates phlegm, nourishes vital energy.
Hawthorn Berry Боярышник	Mars	Warm (1°), Moist (1°)	Strengthens & warms the heart, resolves blood stagnation, opens vessels.
Ginger Root Имбирь	Sun	Hot (3°), Dry (3°)	Kindles digestive fire, strongly warms cold states, disperses dampness.
Dandelion Root Одуванчик	Jupiter	Cool (1°), Dry (2°)	Bitter tonic, detoxifies liver & bile, clears damp heat and opens vessels.
Rose Hips Шиповник	Venus	Cool (1°), Astringent (2°)	Cools blood inflammation, strengthens tissues, restores depleted vitality.
Cinnamon Chips Корица	Sun	Hot (3°), Dry (2°)	Potent internal heater, stimulates circulation, clears cold sluggishness.
Lemon Balm Мелисса	Jupiter	Cool (1°), Dry (2°)	Gladdens the heart, cools emotional heat, soothes nervous spasms.
St. John's Wort Зверобой	Sun	Hot (2°), Dry (2°)	Disperses melancholic darkness, warms nervous system & liver stagnation.
Ashwagandha Root Ашваганда	Saturn	Warming & Grounding	Grounds erratic energy, nourishes dry tissues, restores physical strength.
Mugwort Полынь обыкновенная	Moon	Hot (2°), Dry (3°)	Moves stagnant moisture, breaks cold congestion, enhances inner vision.
Blue Lotus Голубой лотос	Neptune/Moon	Cool (2°), Moist (2°)	Cools excessive passion, quiets the mind, deepens meditative states.
Damiana Дамиана	Mars	Hot (2°), Dry (2°)	Ignites vital energy, uplifts mood, warms cold reproductive weakness.
Chamomile Ромашка	Sun	Mild Warm (1°), Dry (1°)	Harmonizes digestive heat, eases acute irritability and tension.
Linden Flowers Цветы липы	Venus	Cool (1°), Moist (2°)	Softens dry internal heat, opens blood vessels, relaxes tight nerves.
Sage Шалфей	Jupiter	Hot (2°), Dry (3°)	Strongly dries excess fluid/sweat, warms cold stomach, sharpens mind.
Holy Basil (Tulsi) Священный базилик	Sun	Hot (2°), Dry (2°)	Promotes mental clarity, clears upper respiratory dampness, boosts aura.
Skullcap Шлемник	Saturn	Cool (2°), Dry (2°)	Soothes severe nervous exhaustion, suppresses erratic thermal spikes.
Wild Bergamot Дикий бергамот	Mars	Hot (2°), Dry (2°)	Disperses wind-cold, relieves chest congestion, stimulates circulation.
Chocolate Mint Шоколадная мята	Venus	Cool (2°), Soothing	Gently refreshes, soothes gastrointestinal heat, pleases the senses.
Motherwort Пустырник	Venus	Cool (1°), Dry (2°)	Cools emotional heat, calms rapid palpitations, grounds anxious heart.

NOTE ON CLASSICAL DEGREES OF INTENSITY (1° – 3°):

1° (Mild) = Gentle daily balancing effect; 2° (Therapeutic) = Active state-shifting quality for noticeable symptoms; 3° (Potent) = Strong internal heat/drying action, used for acute or deep imbalances.

HANDCRAFTED IN OHIO • WILDCRAFTED ORGANIC HERBS • CUSTOMIZED TO ORDER