**The Fine Art of Tea Formulation**

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**Basic Preparations**

*\*Keep in mind the measurements and dosage I offer below are an approximation. Tailor to fit you and your clients needs.*

Hot Herbal Infusions:

* Generally reserved for aromatic delicate parts of the herb: flower, leaves, stems, finely ground powder
* Short or long steep
* Directions:
  + Pour boiling water (8-12 oz.) over 1-2 Tbsp. (5-10g) bulk herbs
  + Cover, and let steep for 3-10 minutes before straining for the short infusion, or up to overnight for the long infusion

Cold Herbal Infusions:

* Often reserved to pull out mucilaginous or demulcent polysaccharides in leaves, barks
* Directions:
  + Place 1-2 Tbsp. (5-10g) bulk herbs in cool water (8-12 oz.) and infuse a few hours to overnight

Decoction:

* Useful for seeds, fungus, fruits, barks, and tough woody roots.
* Process of boiling and simmering an herb
* Directions:
  + Place 1-3 Tbsp. (or dose by weight) of herbs in a pot, cover with 1-quart cold water, and gently bring to just a boil.
  + Cover and simmer for anywhere from 15 minutes, to several hours, generally reducing by half, keeping an eye on the water level as it becomes concentrated

**Flavors, Actions, and Energy**

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| --- | --- | --- | --- | --- | --- |
| **Flavor** | **Action** | **Energy** | **Constituents** | **Examples** | **Plays well With** |
| Sweet | Tone, build, moisten, soothe, modulate | Cool to warm | Sugars, polysaccharides | Astragalus, Licorice, Anise hyssop, fenugreek | Pungents, bitters |
| Salty | Nourish, build | Cooling, sometimes drying | Minerals | Nettle, Raspberry leaf, Oatstraw | Demulcents, Aromatics |
| Sour | Astringe, Tone | Cool to warm | Plant acids, minerals | Schisandra, citrus peel, Rosehips | Sweet, aromatics, Pungents |
| Bitter | Stimulate, cleanse | Cool to warm | Alkaloids, sesquiterpenes, volatile oils | Dandelion, skullcap, chamomile | Sweet, Salty |
| Pungent | Stimulate | Warm to hot | Volatile oils, allyl sulfides | Pepper, ginger, garlic | Sour |

Primary

**Formulation Theories**

**Triangle Theory:**

**1**

**1= Primary Herb=**70-80% Formula

* Addresses primary goal

70-80%

**2=Supports and Builders=** 10-20% Formula

* Tone/nourish body system affected

**3=Catalysts/Activators =**10-20% Formula

* Support overall action, balance flavor, direct other herbs

10-20%

10-20%

**3**

**2**

Supporting

Activating

**TCM Formulation:**

|  |  |  |
| --- | --- | --- |
| Classification | Role | Action |
| Rulers | Main Herbs (35-50%) | Support primary goal |
| Ministers | Auxiliary Herbs (35-50%) | Support, supervise, help develop action of main herb |
| Adjuvants | Assisting Herbs (15-25%) | Support associated symptoms. Support effect of main and supporting herbs |
| Emissaries | Conducting Herbs (5-10%) | Direct herb to body location, alter taste, harmonize |
| Anti-Assistant | Anti-assisting Herbs (0-10%) | Balance out formula (ex: demulcent to dry, cold to hot) |

\**Note that one herb can serve several of these roles*

**Ayurveda**

|  |  |  |
| --- | --- | --- |
| **Classification** | **Ratio** | **Action** |
| Primary Herbs | up to 50% | Target specific health concern |
| Supporting Herbs | 20-30% | Strengthen action of primary herbs, work with secondary symptoms |
| Assimilation Herbs | 10-15% | Increase bioavailability/assimilation |
| Detox and Repair | 10% | Used to support the mind/body purification & self repair mechanism so primary herbs are more effective |
| Balancing | 5% | Mitigate any discomforts/ side effects (i.e.; demulcent to drying herb) |

**Tea Lab**

Intention:

|  |  |  |  |
| --- | --- | --- | --- |
| **Herb** | **Ratio** | **Flavor/Action** | **Color/Texture** |
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