

HERBAL CROSSWORD ANSWERS

ACROSS

4. The humoral quality associated with coldness and dampness (10)
5. Describes herbs which are moving, stimulating, warming, and drying (7)
7. Number of elements in a theory of Chinese medicine (4)
8. Herbal action which describes supporting specific elimination pathways of the body (10)
10. Excess Bile colour associated with the melancholic state (5)
14. The driest flavour, often due to tannins. Indicates predominance of earth and air elements (10)
15. Energetically, Meadowsweet is considered to be drying, and also (7)
16. Simply translated as "life force" or "vital energy" (2)

DOWN

1. Author of The English Physician first printed in 1652 (8)
2. Latin name for plant important for menstrual pain in TCM as it both moves and tonifies blood (7,8)
3. Dosha composed of fire and water elements (5)
6. Philosopher, physicist and poet who first categorised the theory of the four classical elements (10)
9. Common name for tree ruled by the hot planet Mars, but which possesses a cooling action (8)
11. An approach to healing and herbalism which focuses on living in harmony with the nature, the innate life-force in all beings and the self (8)
12. Represents the energy that is responsible for moistening and cooling bodily functions in Traditional Chinese Medicine (3)
13. This taste aggravates 3 Down, and in TCM prevents leakage of fluids and qi (4)