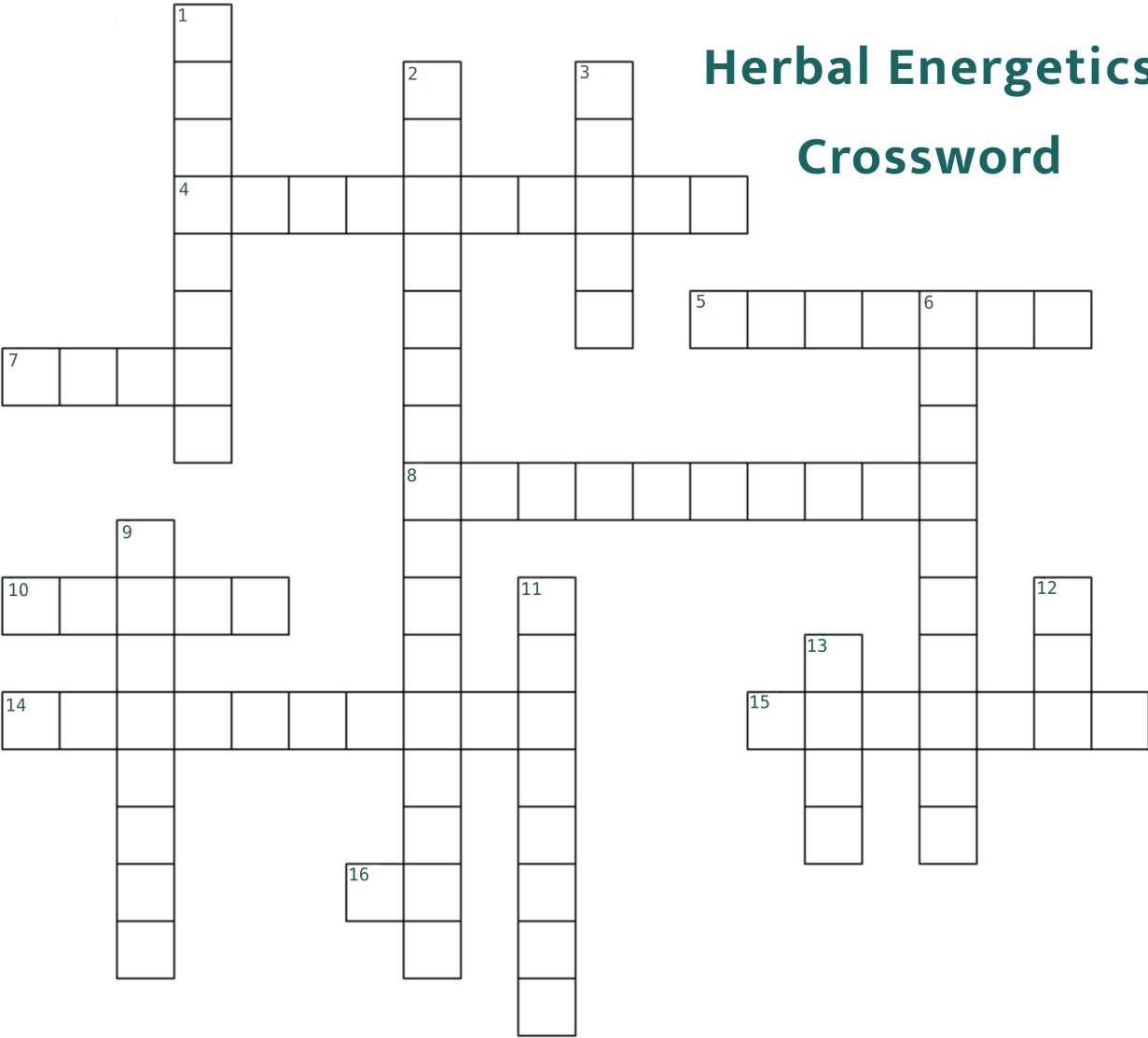


Herbal Energetics

Crossword



Created by Jenny Carden-Porrett

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)