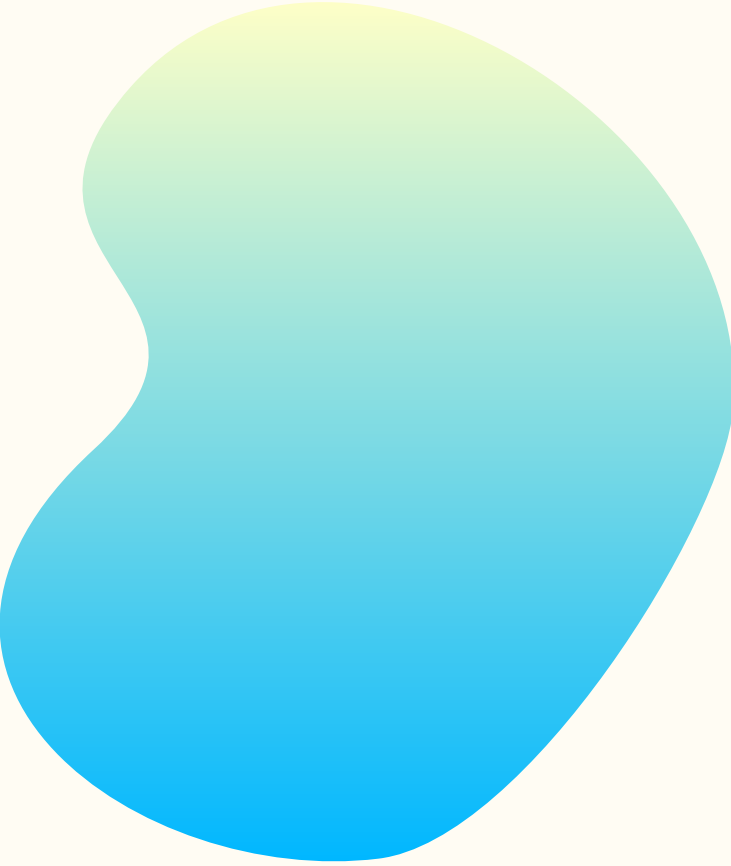
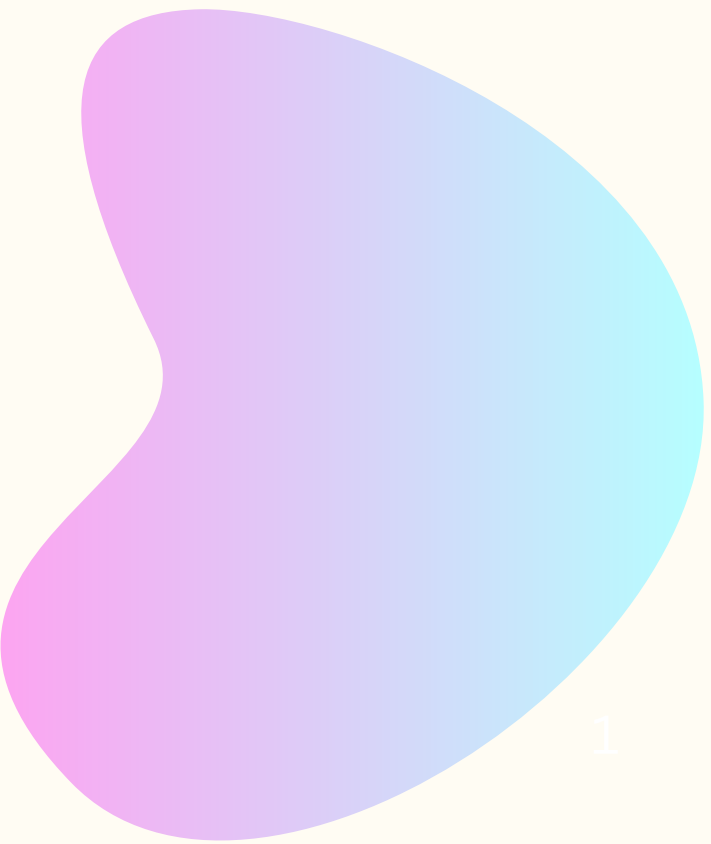
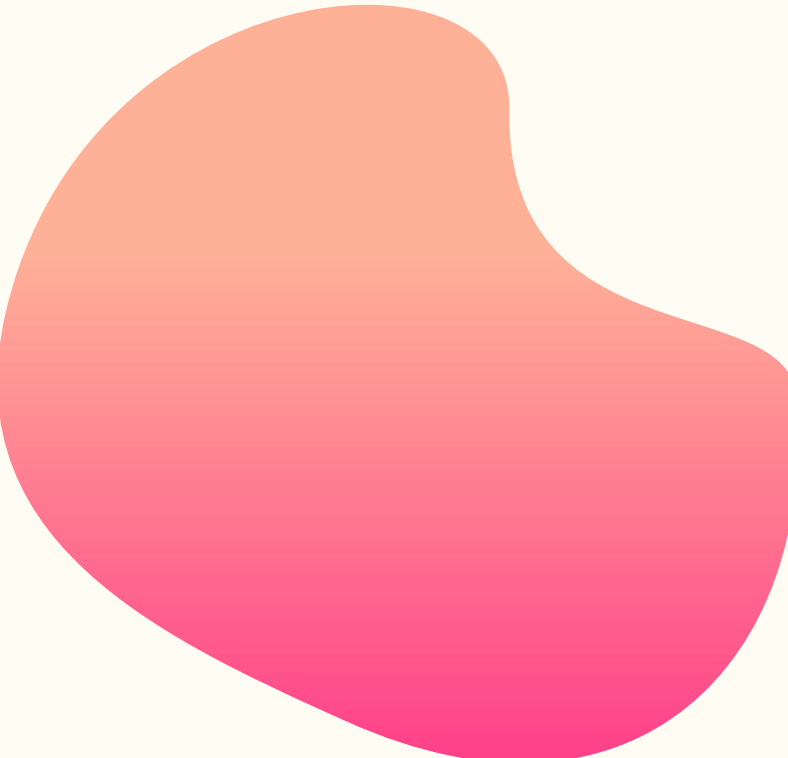




SENSORY HERBALISM

*Sensory Herbal Medicine: Taste,
Chemistry, and Energetics in Western
Herbalism*



With Ruth Weaver BSc. (Hons) Medical Herbalist

Introduction

Ruthie Weaver

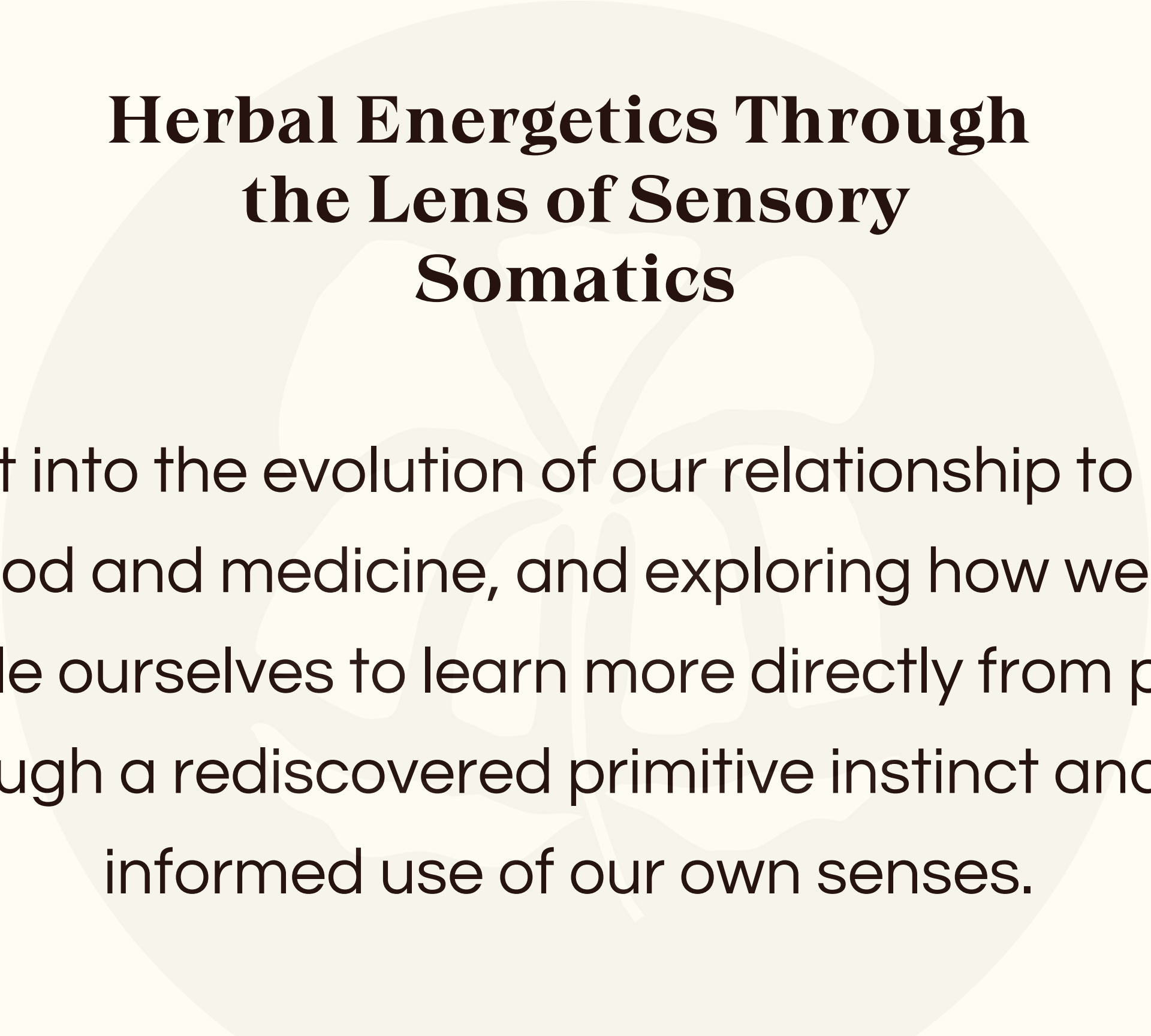
Scottish School of Herbal Medicine
and Lincoln University.

Herbal practice based in Cornwall.

Articles and monographs.

Teaching; workshops, talks and walks.





Herbal Energetics Through the Lens of Sensory Somatics

Insight into the evolution of our relationship to plants as food and medicine, and exploring how we may enable ourselves to learn more directly from plants through a rediscovered primitive instinct and the informed use of our own senses.



Sensory development



01

Intuition -unconscious mind rapidly sifting through past experience and cumulative knowledge

02

Transferred sensory knowledge in utero/ lactation.

SENSES



Senses



Sight (Vision) – Perception of light, color, shape, and depth through the eyes.

Hearing (Audition) – Perception of sound through the ears.

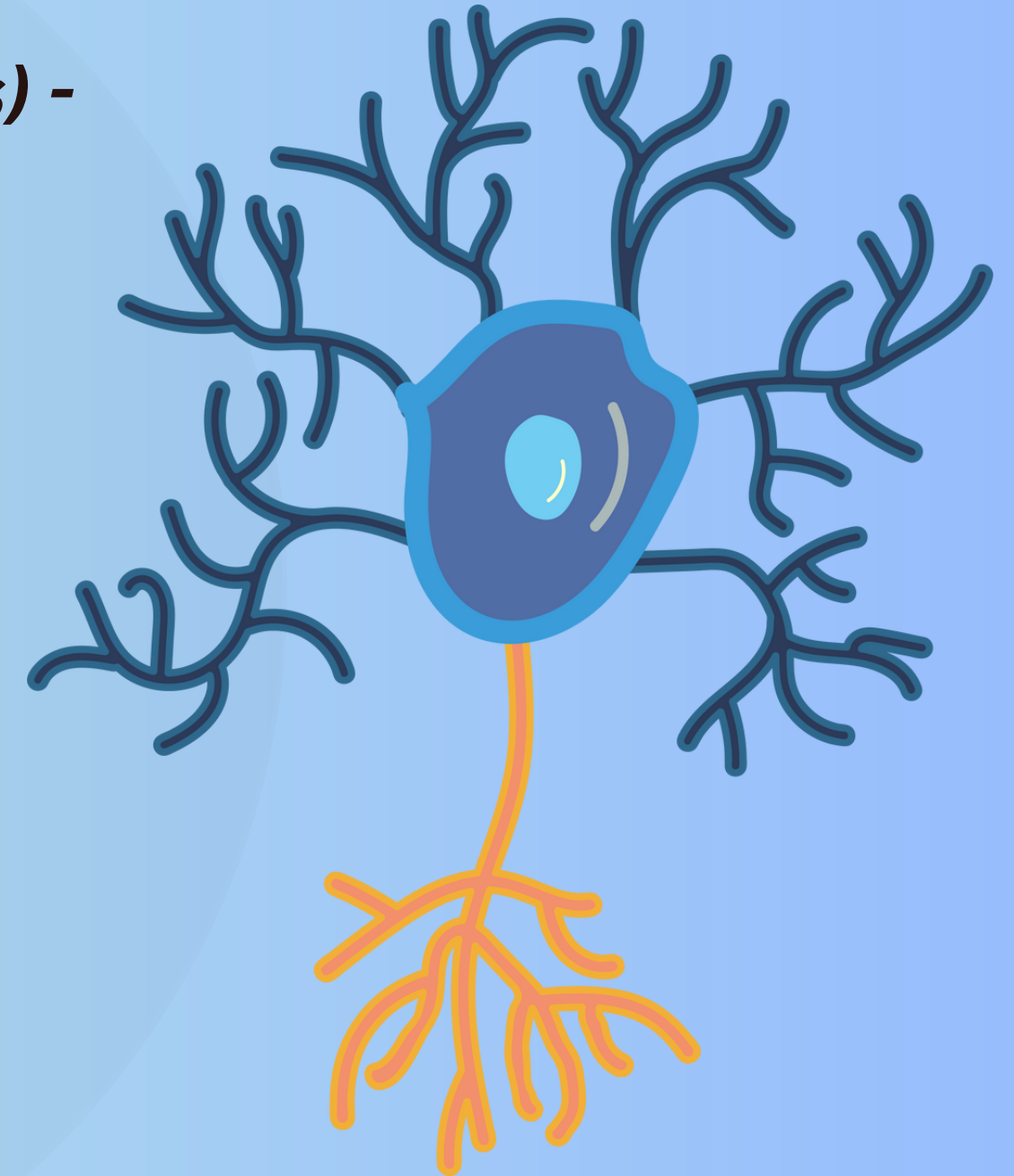
Smell (Olfaction) – Detection of airborne chemicals by the nose.

Taste (Gustation) – Detection of flavors (sweet, salty, sour, bitter, umami) by the tongue.

Touch (Tactile) – Perception of pressure, temperature, pain, and texture via skin and nerves.

Senses.. cont'd

- ***Proprioception (Body Position and Movement Awareness)*** - Senses the position and movement of the body.
- ***Interoception (Internal State Awareness)***
- How an herb makes the body: warmth, coolness, digestive stimulation, relaxation, etc.
- Helps track subtle shifts like heart rate changes, digestive movement, or emotional responses.
- **Equilibrioception (Balance)** - Detects changes in head position and motion - vestibular system in inner ear.



Senses.. cont'd

- **Nociception (Pain Perception)** - contributes to the perception of pain.
- **Chronoception (Time Perception)**
suprachiasmatic nucleus (for circadian rhythm).
- **Chemoception (Chemical Sensing Beyond Smell and Taste)**

Function: Includes detection of carbon dioxide levels, blood pH, etc.

Example: The body's ability to sense rising CO₂ and trigger the urge to breathe.





• Sweet



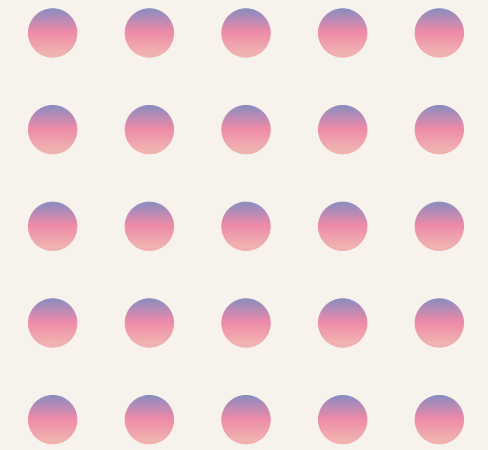
- Carbohydrates
- Polysaccharides
- Glycocides
- Mucilage
(contains
multiple sugars.

- Energising
- Immunomodulating
- Stimulating
- Hepatoprotective
- Energy Rich
- Demulcent.

- Licorice
- Fennel
- Marshmallow
- Slippery Elm.



• Sour



- Detects Acidity
- Citric acid
- Malic acid
- Vitamin C
- Antioxidants.

- Cell repair/
regeneration
- Immunity
- Metabolism
- Liver stimulant
- Hepatoprotective

- Hibiscus
- Sorrel
- Rosehips,
- Elderberries
- Lemons
- Citrus fruit
- Schisandra



Salty



- *Minerals;*
- Sodium, Iron, Zinc.
- Potassium, Calcium etc.

- Fluid balance
- Adrenal regeneration
- Blood tonification
- Kidney tonification
- Nerve conduction
- Metabolism

- Kelp,
- Seaweeds
- Nettle
- Horsetail
- Shilajit.



Bitter

- Bitter principles;
- Alkaloids
- Terpenoids; sesquiterpene lactones
- Phenolic Compounds
- Flavonoids
- Glycocides.

- Detoxifying
- Liver stimulant
- Alterative (blood purifying)
- Digestive stimulant
- Enzymatic
- Sometimes antiparasitic, cytotoxic.

- Dandelion
- Burdock
- Raw Cacao,
- Chicory
- Gentian
- Berberry
- Artichoke.



• Pungent

- *Volatile oils.*
- Some alkaloids, amides or phenolic lipids
- Capsaicinoids
- Gingerols/Shogaols

- Circulatory stimulant
- Anti-infective
- Diaphoretic
- Vermicide
- Expectorant
- Analgesic
- Decongestant
- Metabolism

- Pepper
- Chillies
- Horseradish
- Garlic
- Mustard.



• Aromatic

- *Volatile oils;*
- *Monoterpenes*
- Phenolic compounds
- Sesquiterpenes
- Alcohols

- Antimicrobial,
- Nervine
- Anti-infective.

- Lavender
- Rose
- Geranium.
- Orange flower



• Umami

- Detects glutamates
- *Nutritive substances*
- *B Vitamins*
- *Amino Acids.*

- Tissue regeneration
- Building blocks.

- Mushrooms
- Roots
- Nuts
- Grains.



• Sensations

- Astringent

Tannins

- Lady's Mantle
- Sage
- Rose
- Rhodeola

Tonifying to mucous membranes; reduces secretions; hemostatic.

- Warming

Multiple

- Cinnamon
- Ginger
- Cardamom
- Nutmeg
- Clove

Similar to pungency

- Numbing

- Echinacea, Spilanthes (alkalamides)
- Peppermint (menthol)
- Clove (eugenol).

Buzzing, tingling, mild anesthesia

- Cooling

- Peppermint
- Spearmint
- Cleavers
- Cucumber

Reduces inflammation, irritation and heat



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