The Nervous System - Part 1
Kristine Brown - Traditional Community Herbalist

What Does the Nervous System Consist of?
• Brain
• Nerves
• Spinal Cord

What is the Function of the Nervous System?
The main function of the nervous system is to direct immediate responses to stimuli, generally through coordinating the activities of other organ systems.

The nervous system is divided into two parts: the central nervous system and the peripheral nervous system. The central nervous system includes the brain and spinal cord while the peripheral nervous system contains the nerve cells that control voluntary and involuntary movements.

The brain performs complex integrative functions and controls voluntary activities.

The spinal cord relays information to and from the brain and also directs many involuntary activities that are simple and also performs less complex integrative functions.

There peripheral nervous system links our central nervous system with other organs and systems.

Common Acute and Chronic Problems for Nervous System:
Neuropathy / Neuralgia
Post traumatic stress disorder (PTSD)
Psychosis
Parkinson’s disease
Amyotrophic lateral sclerosis (ALS)
Huntington’s disease
Meningitis
Stroke
Pinched nerve
Brain trauma
Aphasia
Bipolar disorder
Epilepsy
Anxiety
Depression
Spinal Cord Injuries
Multiple sclerosis
Alzheimer’s disease
Encephalitis
Drug/Alcohol Withdrawal
Transient Ischemic Attack (TIA)
Tumors
Lyme disease
Attention Deficit Disorder (ADD)
Dementia
Dyslexia

herbalist@lunaherbco.com
© 2015 Luna Herb Co.
Herbal Applications for the Nervous System:

Extracts
Infusions
Salves
Bath teas
Food
Teas
Ointments

Herbs for the Nervous System:

Adaptagenic Nervines
Ashwagandha (*Withania somnifera*)
Eleuthero (*Eleutherococcus senticosus*)
Reishi (*Ganoderma lucidum, G. tsugae*)
Tulsi (*Ocimum tenuiflorum*)

Nourishing Nervines
Ashwagandha (*Withania somnifera*)
Linden (*Tilia spp.*)
Nettles (*Urtica dioica*)
Oat (*Avena sativa*)
Tulsi (*Ocimum tenuiflorum*)

Relaxant Nervines
California Poppy (*Eschscholzia californica*)
Cannabis (*Cannabis indica*)
Catnip (*Nepeta cataria*)
Chamomile (*Matricaria chamomila*)
Hops (*Humulus lupulus*)
Kava Kava (*Piper methysticum*)
Lavender (*Lavandula angustifolia*)
Lemon Balm (*Melissa officinalis*)
Mimosa (*Albizia julibrissin*)
Motherwort (*Leonurus cardiaca*)
Passionflower (*Passiflora spp.*)
Sage (*Salvia officinalis*)
Skullcap (*Scutellaria lateriflora*)
Valerian (*Valerian officinalis*)
Vervain (*Verbena hastata*)
Wild Lettuce (*Lactuca virosa*)

Restorative Nervines
Castor oil (*Ricinus communis*)
Oat (*Avena sativa*)
St. John’s Wort (*Hypericum perforatum*)

Stimulant Nervines
Cacao (*Theobroma cacao*)
Coffee (*Coffea arabica*)
Sage (*Salvia officinalis*)
Yerba Mate (*Ilex paraguariensis*)

Tonic / Trophorestorative Nervines
Oat (*Avena sativa*)
Skullcap (*Scutellaria lateriflora*)
Tulsi (*Verbena hastata, V. spp.*)

Brain Specific Herbs:

Ginger (*Zingiber officinale*)
Ginkgo (*Ginkgo biloba*)
Gotu Kola (*Centella asiatica, Hydrocotyle asiatica*)
Lemon Balm (*Melissa officinalis*)
Lion’s Mane (*Hericium erinaceus*)
Rhodiola (*Rhodiola rosea*)
Rosemary (*Rosmarinus officinalis*)
Sage (*Salvia officinalis*)
Ways to Maintain Nervous System Health:
~ Practice meditation, yoga or other body centering activities
~ Embrace your sensuality
~ Take relaxing baths with herbal bath herbs
~ Consume nourishing herbs that support, calm and strengthen such as Milky Oats
~ Enjoy your meals
~ Create a relaxing environment when you are stressed
~ Spend time in nature
~ Get adequate sleep
~ Use mantras such as Robin Rose Bennett’s “It is enough just to be.”
~ Get plenty of Omega-3’s, high in EPA to DHA ratio

Recommended Herbal Books (*indicates available through library loan system):
- General Nervous System Information
  ~ The Gift of Healing Herbs : Plant Medicines and Home Remedies for a Vibrantly Healthy Life by Robin Rose Bennett*
  ~ Herbal Medicine From the Heart of the Earth by Sharon Tilgner, N.D.
  ~ The Authentic Herbal Healer by Holly Bellebuono
  ~ Holistic Anatomy by Pip Waller
  ~ The Encyclopedia of Medicinal Plants by Andrew Chevallier*
  ~ The Complete Medicinal Herbal by Penelope Ody*
  ~ The Holistic Herbal by David Hoffmann*

- Nervous System
  ~ Rogers’ School of Herbal Medicine Volume 9 - The Brain by Robert Dale Rogers
  ~ Rogers’ School of Herbal Medicine Volume 10 - Nervous System by Robert Dale Rogers

Online Resources
Melanie Flach of Rose Bear Medicinals on Nervines:
http://www.rosebearmedicinals.com/blog/nervines-herbs-nervous-system

Kiva Rose on Nervines:
http://bearmedicineherbals.com/terms-of-the-trade-nervine.html

Christopher Hobbs on Herbal Nervines:
http://www.healthy.net/Health/Article/Herbal_Nervines/950

Christa Sinadinos, Stress Relief with Nervine Herbs:
http://www.starwest-botanicals.com/content/stress_relief.html

Mountain Rose Herbs on adaptogens and nervines:
http://mountainroseblog.com/understanding-nervines-adaptogens/
herbalist@lunaherbco.com

© 2015 Luna Herb Co.