

Herbal Pairing Chart

Use this chart to inspire herbal formulas by aligning herbs by function, energetics, and traditional synergy.

Primary Herb	Pairing Herbs	Purpose of Pairing	Common Uses	Energetic Profile
Mullein	Elecampane, Lobelia, Licorice	Deep lung support, expectorant synergy	Asthma, bronchitis, smoke exposure	Cooling, moistening
Nettle	Horsetail, Oatstraw, Red Clover	Mineral-rich tonics, inflammation	Joint health, skin, allergy season	Neutral to warming
Yarrow	Elderflower, Peppermint	Diaphoretic trio	Fever, flu, cold	Cooling, drying
Calendula	Burdock, Chickweed, Plantain	Lymphatic and skin healing	Eczema, gut healing	Slightly warming, drying
Rose	Hawthorn, Shatavari, Damiana	Heart healing, sensuality, hormone balance	Menopause, grief, libido	Cooling, moistening
Tulsi	Gotu Kola, Licorice, Ginger	Adaptogenic + cognitive blend	Focus, stress, immune	Warming, uplifting
Chamomile	Lemon Balm, Skullcap, Catnip	Nervine + digestive blend	Sleep, tension, teething	Cooling, relaxing
Ashwagandha	Reishi, Licorice, Shatavari	Adrenal and immune support	Burnout, post-illness, hormone support	Warming, building
Dandelion Root	Burdock, Yellow Dock, Milk Thistle	Liver detox and support	Skin, hormone balance, sluggish digestion	Cooling, drying
Elderberry	Ginger, Cinnamon, Astragalus	Immune-boosting syrup base	Cold/flu prevention, post-viral care	Neutral to warming
Ginger	Cinnamon, Cardamom,	Digestive fire, circulatory boost	Warming tonic, nausea, colds	Hot, stimulating

Primary Herb	Pairing Herbs	Purpose of Pairing	Common Uses	Energetic Profile
	Licorice			
Peppermint	Lemon Balm, Fennel, Yarrow	Cooling + antispasmodic	Tension headaches, gut upset, fever	Cooling, dispersing
Linden	Rose, Lemon Balm, Motherwort	Nervous system + heart support	Anxiety, grief, respiratory dryness	Cooling, moistening
Hawthorn	Motherwort, Rose, Linden	Cardiovascular and emotional heart blend	Blood pressure, grief, menopause	Neutral to warming
Reishi	Astragalus, Ashwagandha, Codonopsis	Deep immune and adaptogenic synergy	Recovery, chronic stress, autoimmunity	Neutral, stabilizing
Licorice	Ginger, Astragalus, Marshmallow	Harmonizing + adrenal support	Cough, gut, adaptogen blends	Sweet, moistening
Skullcap	Passionflower, Hops, Chamomile	Strong nervine sedative blends	Sleep, panic, nerve pain	Cooling, relaxing

Formulation Notes

- **Mother** = the core herb aligned with the primary goal (e.g., lung, heart, nervous system).
- **Support** = herbs that deepen or round out the Mother's action.
- **Grandmother** = nutritive or ancestral herbs that restore long-term vitality.
- **Catalyst** = herbs that activate the formula (often spicy, aromatic, or energetically moving).

Ritual or Spiritual Pairings (Optional)

- **Rose + Mugwort** — dreamwork, divination, sensual self-connection.
 - **Cedar + Sweetgrass** — spiritual cleansing and ancestral protection.
 - **Tulsi + Frankincense** — clarity and sacred space in meditation.
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Use this chart in alignment with seasonal needs, personal energetics, and ancestral insight.