



## טבלת צמחי מרפא מערביים

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|---|
| מקרא  |
| TR - מיצוי בטינקטורה בריכוז 1:3   |
| SP - מיצוי בטינקטורה מצמח טרי   |
| FE - מיצוי בטינקטורה בריכוז 1:2 (מיצוי מחוזק)   |
| DH - צמח יבש (לחליטה)   |
| DE - מיצוי יבש - תמצית יבשה סטנדרטית או תקנית (לכמוסות)                                   |
| צמחים שמופיעים ברשימה בתצורה של טינקטורה ולא מסומנים ב V - ניתן להשיג כצמח יבש בתאום מראש |
| אבקה טחונה - ניתן להוסיף לקפסולות   |

| שם הצמח                   | שם סיני        | חלק בשימוש     | TR | SP | FE | DH | DE |
|---------------------------|----------------|----------------|----|----|----|----|----|
| Achillea millefolium      |                | fls            | √  |    |    | √  |    |
| Aesculus chinensis        |                | cortex , seeds | √  |    |    |    | √  |
| Agrimonia repens          |                | herba          | √  |    |    | √  |    |
| Alchemilla vulgaris       |                | fol            | √  |    |    |    |    |
| Allium sativum            |                | bulb           |    | √  |    |    | √  |
| Althaea off               |                | fls            | √  |    |    | √  |    |
| Althaea off               |                | rad            | √  |    |    | √  |    |
| Andrographis paniculata   | Chuan Xin Lian | herba          | √  |    |    | √  | √  |
| Anemarrhena asphodeloides | Zhi Mu         | rad            | √  |    |    | √  | √  |
| Angelica archangelica     |                | rad            | √  |    |    |    |    |
| Angelica sinensis         | Dang Gui       | rad            | √  |    |    | √  | √  |
| Anthemus graveolens       |                | seeds          | √  |    |    | √  |    |
| Apium graveolens          |                | seeds          | √  |    |    | √  |    |
| Arctium lappa             |                | rad            | √  |    |    |    |    |
| Arctium lappa             | Niu Bang Zi    | seed           | √  |    |    | √  | √  |
| Artemisia arborescens     |                | fol            | √  |    |    | √  |    |
| Artemisia dracunculus     |                | herba          |    |    |    |    | √  |
| Artemisia judaica         |                | fol            | √  |    |    | √  |    |
| Asparagus racemose        |                | rad            | √  |    |    | √  | √  |

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|------------------------------|-----------------------|------------|----|----|----|---------------|----|
| Astragalus membranaceus      | Huang Qi              | rad        | ✓  |    | ✓  | ✓             | ✓  |
| Atractylodes macro.          | Bai Zhu               | rad        | ✓  |    |    | ✓             | ✓  |
| Avena sativa                 |                       | seeds      | ✓  |    |    | ✓             |    |
| Azadirachta indica (Neem)    |                       | fol        | ✓  |    |    | ✓             | ✓  |
| Bacopa monnieri              |                       | fol        | ✓  |    |    | ✓             | ✓  |
| Baptisia tinctoria           |                       | rad        | ✓  |    |    |               |    |
| Barosma betulina             |                       | fol        | ✓  |    |    |               |    |
| Boswellia thurifera          | Ru Xiang              | resin      | ✓  |    |    | ✓             | ✓  |
| Bupleurum chinensis          | Chai Hu               | rad        | ✓  |    |    | ✓             | ✓  |
| Calendula off 30%            |                       | fls        | ✓  |    | ✓  |               |    |
| Calendula off 90%            |                       | fls        | ✓  |    | ✓  |               |    |
| calendula DH                 |                       | fls        |    |    |    | ✓             |    |
| Camellia sinensis            | Lu Cha                | fol        | ✓  |    |    | ✓             | ✓  |
| Capsicum annum               |                       | fruit      | ✓  |    |    | אבקה<br>טחונה |    |
| Carum carvi                  |                       | seeds      | ✓  |    |    | ✓             |    |
| Cassia Fistula               |                       | fruit      | ✓  |    |    |               | ✓  |
| Centella asiatica            |                       | fol        | ✓  |    |    | ✓             | ✓  |
| Cimicifuga (actaea) racemosa |                       | rad        | ✓  |    |    |               | ✓  |
| Cinnamomum aromaticum        | Rou Gui               | rad        | ✓  |    |    | ✓             | ✓  |
| Cinnamomum verum             |                       | cortex     |    |    |    |               | ✓  |
| Codonopsis pilosula          | Dang Shen             | rad        | ✓  |    |    | ✓             | ✓  |
| Coffea Arabica               |                       | fruit      |    |    |    |               | ✓  |
| Cola nitida                  |                       | fruit      | ✓  |    |    | אבקה<br>טחונה |    |
| Commiphora myrrha            | Mo Yao                | resin      | ✓  |    |    | ✓             | ✓  |
| Coptis chinensis             | Huang Lian            | rad        | ✓  |    |    | ✓             | ✓  |
| Cordyceps sinensis           | Dong Chong<br>Xia Cao | mushroom   | ✓  |    |    |               | ✓  |
| Coriandrum sativum           |                       | seeds      | ✓  |    |    | ✓             |    |
| Coridothymus capitatus       |                       | herba      |    |    |    |               |    |
| Corydalis turtchaninovii     | Yan Hu Suo            | rad        | ✓  |    |    | ✓             | ✓  |
| Crataegus monogyna           |                       | fls.       | ✓  | ✓  |    | ✓             |    |
| crataegus monogyna           | Shan Zha              | fruit      | ✓  |    | ✓  | ✓             | ✓  |
| Cuminum cyminum              |                       | seeds      | ✓  |    |    | ✓             |    |
| Curcuma longa                | Jiang Huang           | rad        | ✓  |    |    | ✓             | ✓  |
| Curcumin 95%                 |                       | rad        |    |    |    |               | ✓  |
| Cymbopogon citratus          |                       | herba      | ✓  |    |    | ✓             |    |

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|---------------------------------|----------------|------------|----|----|----|----|----|
| Cynara cardunculus              |                | fol        | ✓  |    | ✓  | ✓  | ✓  |
| Dioscorea villosa               |                | rad        | ✓  |    |    | ✓  | ✓  |
| Drosera Rotundifolia            |                | herba      | ✓  |    |    |    |    |
| Echinacea ang.                  |                | rad        | ✓  |    |    | ✓  | ✓  |
| Echinacea pur.                  |                | fol        | ✓  | ✓  |    | ✓  |    |
| Echinacea pur.                  |                | rad        | ✓  |    |    |    |    |
| Elettaria cardamomum            |                | fruit      | ✓  |    |    | ✓  |    |
| Eleutherococcus senticosus      | Ci Wu Jia      | rad        | ✓  |    | ✓  | ✓  | ✓  |
| Epilobium parviflorum           |                | herba      | ✓  |    |    |    |    |
| Epimedium grandiflorum          | Yin Yang Huo   | herba      | ✓  |    |    | ✓  | ✓  |
| Equisetum arvense               |                | herba      | ✓  |    |    | ✓  | ✓  |
| Eupatorium pupureum             |                | herba      | ✓  |    |    |    |    |
| Euphrasia off.                  |                | herba      | ✓  |    |    | ✓  |    |
| Fallopia (polygonum) Multiflora | He Shou Wu     | rad        | ✓  |    |    | ✓  | ✓  |
| Filipendula ulmaria             |                | fol        | ✓  |    |    | ✓  |    |
| Foeniculum vulgare              | Xiao Hui Xiang | seeds      | ✓  |    |    | ✓  | ✓  |
| Galium aparine                  |                | herba      |    | ✓  |    | ✓  |    |
| Ganoderma lucidum               | Ling Zhi       | mushroom   | ✓  |    |    | ✓  | ✓  |
| Garcinia cambogia               |                | fruit      | ✓  |    |    | ✓  | ✓  |
| Gentiana lutea                  |                | rad        | ✓  |    |    | ✓  | ✓  |
| Ginkgo biloba                   |                | fol        | ✓  |    |    | ✓  | ✓  |
| Glycyrrhiza glabra              |                | rad        | ✓  |    | ✓  | ✓  | ✓  |
| Glycyrrhiza glabra DGL          |                | rad        | ✓  |    |    |    | ✓  |
| Grifola frondosa (Maitake)      |                | mushroom   | ✓  |    |    |    | ✓  |
| Gymnema sylvestre               |                | fol        | ✓  |    |    | ✓  | ✓  |
| Harpagophytum procumbens        |                | rad        | ✓  |    |    |    | ✓  |
| Hemidesmus indicus - Sariva     |                | rad        | ✓  |    |    | ✓  | ✓  |
| Humulus lupulus                 |                | fol        | ✓  |    |    | ✓  | ✓  |
| Hyssopus off.                   |                | fol        | ✓  |    |    | ✓  |    |
| Inula helenium                  |                | rad        | ✓  | ✓  |    | ✓  |    |
| Iris versicolor                 |                | rad        | ✓  |    |    | ✓  |    |
| Isatis tinc.                    | Ban Lan Gen    | rad        | ✓  |    |    | ✓  | ✓  |
| Isatis tinc.                    | Da Qing Ye     | fol        | ✓  |    |    | ✓  | ✓  |
| Juglans nigra                   |                | fruit      | ✓  |    |    |    | ✓  |
| Juniperus communis              |                | fruit      | ✓  |    |    | ✓  |    |
| Lactuca virosa                  |                | herba      |    |    |    |    |    |

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|-----------------------------|--------------|------------|----|----|----|---------------|----|
| Laminaria japonica          | Kun Bu       | alga       | ✓  |    |    | ✓             | ✓  |
| Lavendula angustifolia      |              | fls        | ✓  |    |    | ✓             |    |
| Lentinula edodes - shitake  |              | mushroom   | ✓  |    |    |               | ✓  |
| Leonurus heterophyllus      | Yi Mu Cao    | rad        | ✓  |    |    | ✓             | ✓  |
| Lepidium meyenii (maca)     |              | bulb       | ✓  |    |    | אבקה<br>טחונה |    |
| Linum usitatissimum         |              | seeds      |    |    |    | ✓             |    |
| Lippia citriodora           |              | fol        |    | ✓  |    | ✓             |    |
| Lycopus europeus            |              | herba      |    | ✓  |    |               |    |
| Majorana (oreganum) syriaca |              | fol        | ✓  |    |    | ✓             |    |
| Marrubium vulgare           |              | herba      | ✓  |    |    | ✓             |    |
| Matricaria recutita         |              | fls        | ✓  |    |    | ✓             | ✓  |
| Medicago sativa             |              | herba      | ✓  |    |    | ✓             |    |
| Melissa off                 |              | fol        | ✓  | ✓  |    | ✓             |    |
| Mentha piperita             |              | fol        | ✓  |    |    | ✓             |    |
| Mentha spicata              |              | fol        | ✓  |    |    | ✓             |    |
| Micromeria fruticosa        |              | fol        | ✓  |    |    | ✓             |    |
| Momordica charantia         |              | fruit      | ✓  |    |    | ✓             | ✓  |
| Moringa oleifera            |              | fol        | ✓  |    |    | ✓             |    |
| Myrtus communis             |              | fol        | ✓  |    |    | ✓             |    |
| Nasturtium off              |              | herba      |    | ✓  |    | ✓             |    |
| Nepeta cataria              |              | fol        | ✓  |    |    | ✓             |    |
| Nigella sativa              |              | seeds      | ✓  |    |    | ✓             |    |
| Ocimum basilicum            |              | fol        | ✓  |    |    | ✓             |    |
| Ocimum tenuiflorum          |              | fol        | ✓  |    |    | ✓             |    |
| Olea europaea               |              | fol        | ✓  |    |    | ✓             | ✓  |
| Opuntia ficus-indica        |              | fls        | ✓  |    |    |               |    |
| Origanum vulgare            |              | fol        | ✓  |    |    | ✓             |    |
| paeonia lactiflora          | Bai Shao     | rad        | ✓  |    |    | ✓             | ✓  |
| Panax ginseng               | Ren Shen     | rad        | ✓  |    |    | ✓             | ✓  |
| Panax quinquefolius         | Xi Yang Shen | rad        | ✓  |    |    | ✓             | ✓  |
| Parietaria judaica          |              | herba      | ✓  |    |    | ✓             |    |
| Passiflora incarnata        |              | fol        | ✓  |    |    | ✓             | ✓  |
| Paullinia cupana (Guarana)  |              | seeds      | ✓  |    |    | ✓             | ✓  |
| pelargonium graveolens      |              | fol        |    | ✓  |    | ✓             |    |
| Petroselinum crispum        |              | rad        |    | ✓  |    |               |    |
| Phellodendron amurense      | Huang Bai    | rad        | ✓  |    |    | ✓             | ✓  |

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|------------------------------------|----------------|------------|------|----|----|------------|----|
| Phyllanthus emblica (Emblica off.) |                | fruit      | ✓    |    |    |            | ✓  |
| Pimpinella anisum                  |                | seeds      | ✓    |    |    | ✓          |    |
| Piper nigrum                       |                | fruit      | ✓    |    |    |            | ✓  |
| Piscidia piscipula                 |                | cortex     | ✓    |    |    |            |    |
| Pistacia lentiscus                 |                | resin      | ✓    |    |    |            |    |
| Plantago lanceolata                |                | herba      | ✓    |    |    | ✓          |    |
| Plantago major                     | Che Qian Cao   | herba      | ✓    |    |    | ✓          | ✓  |
| Primula veris                      |                | herba      | ✓    |    |    |            |    |
| Propolis block                     |                | resin      | 1:10 |    |    | אבקה טחונה |    |
| Prunus serrotina                   |                | cortex     | ✓    |    |    |            |    |
| psyllium husks                     |                | seeds      |      |    |    | אבקה טחונה |    |
| Rehmannia glutinosa גולמית         | Sheng Di Huang | rad        | ✓    |    |    | ✓          | ✓  |
| Rehmannia glutinosa מבושלת         | Shu Di Huang   | rad        | ✓    |    |    | ✓          | ✓  |
| Rhodiola rosea                     |                | rad        | ✓    |    |    |            | ✓  |
| Rhus glabra                        |                | fruit      | ✓    |    |    | אבקה טחונה |    |
| Rosmarinus off                     |                | fol        | ✓    | ✓  |    | ✓          | ✓  |
| Rubia cordiflora                   |                | rad        | ✓    |    |    | ✓          | ✓  |
| Rubus idaeus                       |                | fol        | ✓    |    |    | ✓          | ✓  |
| Rumex crispus                      |                | rad        | ✓    |    |    |            | ✓  |
| Salvia fruticosa                   |                | fol        | ✓    | ✓  |    | ✓          |    |
| Salvia miltiorrhiza                | Dan Shen       | rad        | ✓    |    |    | ✓          | ✓  |
| Salvia off                         |                | fol        | ✓    |    | ✓  | ✓          |    |
| Sambucus nigra                     |                | fls        | ✓    |    | ✓  | ✓          |    |
| Sambucus nigra                     |                | fruit      | ✓    |    |    | ✓          |    |
| Satureja thymbra                   |                | fol        | ✓    |    |    | ✓          |    |
| Schisandra chinensis               | Wu Wei Zi      | fruit      | ✓    |    |    | ✓          | ✓  |
| Scutellaria baicalensis            | Huang Qin      | rad        | ✓    |    |    | ✓          | ✓  |
| Scutellaria laterifolia            |                | fol        | ✓    | ✓  |    | ✓          |    |
| Serenoa repens                     |                | fruit      | ✓    |    | ✓  | ✓          | ✓  |
| Silybum marianum                   |                | seeds      | ✓    |    |    | ✓          | ✓  |
| Smilax glabra                      | Tu Fu Ling     | rad        | ✓    |    |    | ✓          | ✓  |
| Solidago virgaurea                 |                | herba      | ✓    |    |    | ✓          |    |
| Sophora flavescens                 | Ku Shen        | rad        | ✓    |    |    | ✓          | ✓  |
| Stachys off.                       |                | herba      | ✓    |    |    |            |    |

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|---------------------------|------------|------------|----|----|----|---------------|----|
| Stellaria media           |            | herba      | ✓  |    |    | ✓             |    |
| Syzygium aromaticum       | Ding Xiang | fls        | ✓  |    |    | ✓             |    |
| Syzygium cumini           |            | fruit      | ✓  |    |    |               | ✓  |
| Tabebuia impetiginosa     |            | cortex     | ✓  |    |    | ✓             | ✓  |
| Tanacetum parthenium      |            | herba      |    | ✓  |    |               | ✓  |
| Taraxacum off             |            | rad        | ✓  |    | ✓  | ✓             | ✓  |
| Taraxacum off             |            | fol        | ✓  |    |    | ✓             |    |
| Thuja occidentalis        |            | twigs      | ✓  |    |    |               |    |
| Thymus vulgar             |            | fol        | ✓  |    |    | ✓             |    |
| Tilia europea             |            | fol        | ✓  |    |    | ✓             |    |
| Tribulus terrestris       |            | fol        | ✓  |    |    |               | ✓  |
| Tribulus terrestris       | Bai Ji Li  | fruit      | ✓  |    |    | ✓             |    |
| Trifolium pratense        |            | herba      | ✓  |    |    | ✓             | ✓  |
| Trigonella foenum-graecum | Hu Lu Ba   | seeds      | ✓  |    |    | ✓             | ✓  |
| Trillium erectum          |            | rad        | ✓  |    |    |               |    |
| Turnera diffusa           |            | fol        | ✓  |    |    | ✓             | ✓  |
| Ulmus rubra               |            | cortex     |    |    |    | אבקה<br>טחונה |    |
| Uncaria tomentosa         |            | rad        | ✓  |    |    | ✓             | ✓  |
| Urtica dioica             |            | fol        | ✓  |    |    | ✓             |    |
| Urtica dioica             |            | rad        | ✓  |    |    |               | ✓  |
| Vaccinium macrocarpon     |            | fruit      | ✓  |    |    |               | ✓  |
| Valeriana edulis          |            | rad        | ✓  |    |    | ✓             | ✓  |
| Verbascum thapsus         |            | herba      | ✓  |    |    | ✓             |    |
| Verbena off               |            | herba      | ✓  |    |    | ✓             |    |
| Viburnum opulus           |            | rad        | ✓  |    |    |               |    |
| Viola tricolor            |            | rad        | ✓  |    |    |               |    |
| Viscum album              |            | twigs      | ✓  |    |    |               |    |
| Vitex agnus castus        |            | fruit      |    |    | ✓  | ✓             | ✓  |
| Vitis vinifera            |            | fruit      |    |    |    |               | ✓  |
| Withania somnifera        |            | rad        | ✓  |    | ✓  | ✓             | ✓  |
| Wolfiporia extensa        | Fu Ling    | mushroom   | ✓  |    |    | ✓             | ✓  |
| Zanthoxylum americanum    |            | cortex     | ✓  |    |    |               |    |
| Zea mays                  | Yu Mi Xu   | stigmas    | ✓  |    |    | ✓             | ✓  |
| zingiber off.             |            | rad        | ✓  | ✓  |    | ✓             | ✓  |