

Herbs for Modulating Immune Function

I. In this first section, we will look at herbs that are TH-1 and TH-2 stimulants. These herbs are those suggested for the TH-1, TH-2 challenge test.

To do this test, take a single herb or a mixture of these herbs that stimulate one pathway (TH-1 or TH-2 – don't mix them), I have them already prepared in capsule form, and take them 3 times per day for 3 days.

The object of this test is to get a reaction from your immune system. This usually looks like some sort of flare up of symptoms: joint pain, brain fog, digestive symptoms like diarrhea or bloating or discomfort, increased fatigue, moodiness, etc. It varies in severity and symptoms from person to person.

If you get a noticeable response, that's all you need, there is no reason to continue the test and prolong your misery. Note this in your journal, note the symptoms, the severity and what you took. Then wait 2 days and try herbs that stimulate the other pathway. Repeat this process.

3 things can happen, you can get a response from one, you can get a response from both or you can get a response from neither. All are diagnostic.

1. TH-1 Stimulants: astragalus, echinacea, glycyrrhiza (licorice), *Melissa officinalis*, maitake mushroom. (These herbs enhance T cell activity).

2. TH-2 Stimulants: pine bark extract, grape seed extract, green tea extract, resveratrol, flavanoids in coffee.

3. Stimulate both TH-1 and TH-2: probiotics, vitamin A, vitamin E, colostrum

II. In this section we look at herbs that can increase or decrease various interleukins that were discussed in Part 2 of the video. It is not recommended to take these herbs without the supervision of a skilled physician.

Due to the unpredictable nature of immune function, some herbs that may seem like a good idea may not be and those that may seem like a bad idea may actually be beneficial. Some will do both “good” and “bad”. Some herbs may also exert apparently contradictory effects and impact both TH-1 and TH-2 pathways. Welcome to the immune system. ;)

1. TH-1 family cytokines.

A. IL-12 increasing: celosia, cordyceps, ginseng, lentinus, herbal formula Xiao Chai Hu Tang

B. IL-12 decreasing: eleuthrococcus, garlic, inula, salvia, herbal formula Ba Wei Di Huang Wan

C. IL-15 increasing: Herbal formula Si Jun Zi Tang: Bai zhu, fu ling, ginseng, licorice

TNF alpha decreasing: acorus, asparagus root, amellia, capillaris, cordyceps, fagopyrum, ganoderma, polygala, cooked rehmannia, smilax

TNF alpha increasing: achyranthes, aloe, coix, cordyceps, ganoderma, ginseng, pseudostellaria

2. TH-2 family cytokines.

A. IL-4 increasing: agaricus, celosia, eleuthrococcus, fagopyrum, inula, perilla leaf, tripterygium

B. IL-4 decreasing: angelica sinensis, epimedium, garlic, polygala, pseudostellaria, herbal formula: Liu wei di hung wan

C. IL-10 increasing: coix, garlic, heolen, inula, lentinus, Liu wei di huang wan.

D. IL-10 decreasing: cordyceps, perilla leaf, Xiao qing long tang

3. IL-1 family cytokines: It is recommended to avoid herbs that stimulate IL-1 and highly recommended to take herbs and supplements that decrease IL-1.

A. IL-1 decreasing: asparagus, lentinus, picrorhiza, polygala, cooked rehmannia, rhubarb, siegesbeckia, smilax, tinospora, turmeric, quercetin, bosallia, Clearvite formula

B. IL-1 increasing: achyranthes, ganoderma, lentinus, American ginseng, tremella, typhonium

C. IL-18 increasing: lentinus, Ba wei di huang wan

III. Supplements for increasing TH-3, regulatory T cells: Vitamin D, EPA, DHA, glutathione, super oxide dismutase

IV. Supplements that decrease TH-17: According to Dr. Kharrazian the following substances reduce TH-17, largely due to their ability to increase healthy nitric oxide levels in the blood: Adenosine, Huperzine A, Vinpocetine, Alpha Glycerylphosphorylcholine (Alpha GPC), Xanthinol niacinate, L-Acetylcarnitine. These can all be found in a supplement called Nitric Balance.

V. Herbs for Clearing Pathogens: These herbs have broad spectrum antibiotic, antifungal and anti-viral properties: chrysanthemum, cinnamon twig, coptis, dandelion, forsythia, houttuynia, lonicera, magnolia bark, rhubarb, scute, siler, stemona, dermatrol

VI. Herbs for Clearing Circulating Immune Complexes: angelica sinensis, atracylodes, bupleurum, cordyceps, persica, rehmannia, rhubarb, schizandra, Herbal formula: Si Jun Zi Tang, Tao Hong Si Wu Tang

VII. Herbs for the Thyroid:

A. For thyroid enlargement: eleuthrococcus

B. Thyroid protective: dang gui, cnidium, curcuma longa, licorice, morinda

C. Thyroid hormone increasing: achyranthes, ginseng, morinda, rhodiola

D. Thyroid hormone reducing: aloe, garlic, lycopodium, ophiopogon, pseudostellaria, rehmannia, trigonella

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