

HERBAL SCRIPT

www.herbalwhisperer.com.au



Bhuvi P - Western Herbal Medicine Practitioner
Herbal Whisperer - Plant Wellness Clinic
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Initial consult: 07/06/2025

Client - Abhimanyu Sadanandan

To Whom It May Concern,

I'm Bhuvi, a Registered Western Herbalist in Australia and a professional member of the Australian Traditional Medicine Society (ATMS).

My client, Abhimanyu, recently attended a herbal medicine consultation for mild eczema and dry, itchy skin.

Kindly compound the prescribed herbal cream (100 grams) and herbal tincture (200 ml) as per the formulation below.

HERBAL CREAM – 100 GRAMS

Base:

- Mediherb Vitamin E Cream Base

Add the following herbal extracts (tinctures) to the cream base:

- *Hydrastis canadensis* (Goldenseal) – 4 ml
- *Calendula officinalis* (Low alcohol) – 4 ml
- *Avena sativa* (Oat seed) – 4 ml
- *Stellaria media* (Chickweed) – 4 ml
- *Althaea officinalis* (Marshmallow) – 4 ml
- Lavender essential oil – 4 drops only

Client Instructions:

Apply to affected areas as needed. Do **not** apply on broken skin.

HERBAL TINCTURE – 200 ML

- *Sambucus nigra* (Elderberry) – 90 ml
- *Stellaria media* (Chickweed) – 40 ml
- *Astragalus membranaceus* (Astragalus) – 30 ml
- *Matricaria chamomilla* (Chamomile) – 30 ml
- *Glycyrrhiza glabra* (Liquorice) – 10 ml

Dosage:

1.5 ml, three times a day – morning, noon, and night – with food.

For any questions, please feel free to contact me at:

 contact@herbalwhisperer.com.au

 www.herbalwhisperer.com.au

Thank you.

Warm regards,

Bhuvi P

Registered Western Herbalist

Herbal Whisperer

