

Herb	Benefits	Chakra	Competes	Enhances
Anise (Pimpinella anisum)	Digestive aid, carminative	Sacral	Hormone meds	Honey
Arnica (Arnica montana)	Topical anti-inflammatory	Sacral	NSAIDs	Aloe gel
Ashwagandha (Withania somnifera)	Adaptogen, stress relief, thyroid support	Root, Third Eye	Sedatives, thyroid meds	Healthy fats, black pepper
Astragalus (Astragalus membranaceus)	Immune booster, energy	Solar Plexus, Heart	Immunosuppressants	Ginger, licorice
Basil (Ocimum basilicum)	Stress relief, antibacterial, antioxidant	Heart	None	Tomatoes, olive oil
Bay Leaf (Laurus nobilis)	Digestive support, antioxidant	Solar Plexus	None	Olive oil
Black Pepper (Piper nigrum)	Enhances absorption, digestion	Solar Plexus	None	Turmeric, fats
Blue Lotus (Nymphaea caerulea)	Relaxation, meditation enhancer	Third Eye, Crown	Sedatives	Warm tea
Burdock (Arctium lappa)	Blood purifier, diuretic	Root	Diuretics	Lemon
Calendula (Calendula officinalis)	Wound healing	Root, Solar Plexus	Steroids	Olive oil
Caraway (Carum carvi)	Digestive support	Solar Plexus	None	Yogurt
Cardamom (Elettaria cardamomum)	Digestive aid, antioxidant	Solar Plexus	None	Coffee
Cayenne (Capsicum annuum)	Circulation, metabolism	Root, Solar Plexus	Ulcer meds	Garlic, lemon juice
Chamomile (Matricaria chamomilla)	Calming, anti-inflammatory	Crown, Third Eye	Sedatives	Honey
Chicory Root (Cichorium intybus)	Digestive tonic, prebiotic	Solar Plexus	None	Coffee
Cilantro (Coriandrum sativum)	Detox, heavy metal chelation	Heart, Third Eye	Mercury	Chlorella, lemon
Cinnamon (Cinnamomum verum)	Blood sugar control, brain function	Solar Plexus, Third Eye	Blood sugar meds	Chromium, warm liquids
Cloves (Syzygium aromaticum)	Antioxidant, anti-inflammatory, oral health	Throat, Solar Plexus	Blood thinners	Ginger, honey
Cordyceps (Cordyceps sinensis)	Energy, respiratory	Sacral, Solar Plexus	Immunosuppressants	Warm water
Cumin (Cuminum cyminum)	Digestion, iron absorption	Solar Plexus	None	Vitamin C
Dandelion (Taraxacum officinale)	Liver detox, diuretic	Solar Plexus, Root	Diuretics	Lemon water
Echinacea (Echinacea purpurea)	Immune-stimulating	Heart, Throat	Immunosuppressants	Vitamin C
Fennel (Foeniculum vulgare)	Digestive support, galactagogue	Sacral, Solar Plexus	None	Honey
Fenugreek (Trigonella foenum-graecum)	Lactation aid, blood sugar balance	Sacral, Solar Plexus	Diabetes meds	Warm water
Garlic (Allium sativum)	Immune boost, heart health	Root, Heart	Anticoagulants	Vitamin C, fats
Ginger (Zingiber officinale)	Digestion, circulation, anti-nausea	Root, Solar Plexus	Antacids	Lemon, honey
Ginkgo (Ginkgo biloba)	Memory, circulation	Third Eye, Crown	Blood thinners	Piperine
Ginseng (Panax spp.)	Energy, immune boost, stress support	Solar Plexus, Crown	Stimulants	Green tea
Goldenseal (Hydrastis canadensis)	Antibacterial, digestive	Solar Plexus, Heart	Antibiotics	Probiotics
Gotu Kola (Centella asiatica)	Brain health, skin healing	Crown, Third Eye	Sedatives	Ghee, sesame oil
Guava Leaf (Psidium guajava)	Digestive support, antidiarrheal	Solar Plexus	None	Honey
Hawthorn (Crataegus monogyna)	Cardio support, antioxidant	Heart	BP meds	Vitamin C



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Holy Basil / Tulsi (<i>Ocimum sanctum</i>)	Immune support, anti-stress	Heart, Crown	Blood thinners	Ginger, lemon
Kava (<i>Piper methysticum</i>)	Anxiolytic, muscle relaxant	Sacral, Root	Alcohol	Coconut milk
Lavender (<i>Lavandula angustifolia</i>)	Anxiolytic, analgesic	Crown, Third Eye	Sedatives	Honey
Lemon Balm (<i>Melissa officinalis</i>)	Anxiolytic, antiviral	Heart, Throat	Thyroid meds	Lemon
Lemongrass (<i>Cymbopogon citratus</i>)	Anti-inflammatory, antimicrobial	Heart, Solar Plexus	None	Lime, ginger
Licorice Root (<i>Glycyrrhiza glabra</i>)	Adrenal support, throat soother	Throat, Solar Plexus	BP meds	Honey, ginger
Lion's Mane (<i>Hericium erinaceus</i>)	Cognitive support	Third Eye	Anticholinergics	Fats
Meadowsweet (<i>Filipendula ulmaria</i>)	Anti-inflammatory, digestive aid	Solar Plexus	NSAIDs	Water
Milk Thistle (<i>Silybum marianum</i>)	Liver detox, antioxidant	Solar Plexus, Heart	CYP450 drugs	Fats
Mint (<i>Mentha</i> spp.)	Digestive aid, cooling	Throat, Heart	Antacids	Warm water
Moringa (<i>Moringa oleifera</i>)	Nutrient-dense, anti-inflammatory	Solar Plexus	Mineral absorption blockers	Lemon juice
Mullein (<i>Verbascum thapsus</i>)	Respiratory support	Throat	Steroids	Honey
Neem (<i>Azadirachta indica</i>)	Antimicrobial, liver support	Heart, Solar Plexus	None	Healthy fats
Nettle (<i>Urtica dioica</i>)	Iron-rich, anti-allergy	Root, Heart	Iron blockers	Vitamin C
Oregano (<i>Origanum vulgare</i>)	Antibacterial, antifungal	Throat	None	Vitamin C
Papaya Leaf (<i>Carica papaya</i>)	Digestive enzyme support	Solar Plexus	None	Pineapple
Paprika (<i>Capsicum annuum</i>)	Antioxidant, circulation support	Root, Solar Plexus	None	Fats, vitamin E
Parsley (<i>Petroselinum crispum</i>)	Kidney support, vitamin K	Heart	Warfarin	Lemon juice
Passionflower (<i>Passiflora incarnata</i>)	Anxiolytic, sedative	Third Eye, Crown	Sedatives	Lemon balm
Peppermint (<i>Mentha piperita</i>)	Antispasmodic, digestion	Throat	Antacids	Warm water
Reishi Mushroom (<i>Ganoderma lucidum</i>)	Immunity, sleep, longevity	Crown, Third Eye	Immunosuppressants	Vitamin C
Rosemary (<i>Rosmarinus officinalis</i>)	Memory, cognitive clarity	Third Eye, Crown	Iron absorption blockers	Olive oil
Sage (<i>Salvia officinalis</i>)	Memory, hormone balance	Throat, Third Eye	Hormone therapy	Fats
Schisandra (<i>Schisandra chinensis</i>)	Liver protection, endurance	Heart, Sacral	Liver-metabolized meds	Goji berry
Shatavari (<i>Asparagus racemosus</i>)	Female hormone balance	Sacral, Heart	Estrogen meds	Ghee, milk
St. John's Wort (<i>Hypericum perforatum</i>)	Mood-elevating	Solar Plexus, Heart	SSRIs, birth control	Fatty meals
Tarragon (<i>Artemisia dracunculus</i>)	Appetite stimulant, digestion	Sacral	None	Vinegar
Thyme (<i>Thymus vulgaris</i>)	Respiratory support, antimicrobial	Throat, Heart	Antibiotics	Steam inhalation
Tribulus (<i>Tribulus terrestris</i>)	Libido, hormonal support	Sacral	BP meds	Milk
Turmeric (<i>Curcuma longa</i>)	Anti-inflammatory, liver support	Solar Plexus, Third Eye	Antacids	Black pepper, fats
Valerian (<i>Valeriana officinalis</i>)	Sedative, sleep aid	Third Eye, Crown	Sedatives	Magnesium
Witch Hazel (<i>Hamamelis virginiana</i>)	Astringent, anti-inflammatory	Throat	Topical steroids	Water
Yarrow (<i>Achillea millefolium</i>)	Wound healing	Solar Plexus, Heart	Diuretics	Vinegar infusions