

TEH-LI – Clinical Framework for Medicinal Plants
Personalized Herbal Infusion Formulation System
Clinical and Safety Framework Document

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PHASE 2

MILESTONE 2 – Clinical Logic and Safety System

3. Health questionnaire refinement:

- A. Question wording and structure
- B. Scoring and weighting logic
- C. Safety assessment questions

4. Definition of synergies and antagonisms:

Positive combinations (scoring bonuses)
Negative combinations (exclusion rules)
Classical traditional formulas

5. Definition of safety exclusion rules:

Absolute veto conditions
Score adjustment conditions

3. Health Questionnaire Refinement:

A. Question Wording and Structure

Questionnaire objective

Response time: 5–7 minutes

Accessible, friendly, and clear language

No unnecessary technical terms

Progressive flow (from general to specific)

Mobile-optimized

Automatic progress saving

PHASE 1 – BASIC PERSONAL INFORMATION

1. **Full name:** Short answer
2. **Email address:** Short answer
3. **Phone number:** Short answer
4. **Gender**
 - Male
 - FemaleIf “Female” is selected → activate hormonal block
5. **Age:** Select range
 - 18–29
 - 30–39
 - 40–49
 - 50–59
 - 60+

If female + age ≥ 40 → activate brief hormonal questions

How would you currently describe your menstrual cycle?

- Regular
- Irregular
- I no longer menstruate
- Prefer not to answer

In the past 12 months:

- I menstruated normally
- My cycle became irregular
- I stopped menstruating

Do you experience any of these symptoms?

(multiple selection, optional)

- Hot flashes / sudden heat
- Night sweats
- Mood changes
- Sleep disturbances
- None

HOW THE SYSTEM INTERPRETS THIS (NOT VISIBLE TO THE USER)

Automatic internal classification:

Premenopause

- Regular cycle
- Menstruation present

Perimenopause

- Irregular cycle
- Vasomotor/emotional symptoms
- Age usually 40–55

Postmenopause

- “I no longer menstruate”
 - Absence ≥12 months
 - Age usually >50
6. **Approximate height and weight:** Short answer (optional, clarify “approximate”)
7. **What is your usual schedule like?**
- Regular daytime schedule
 - Rotating shifts
 - Night shifts
 - Irregular schedules
8. **Usual sleep schedule**
- I go to bed early
 - I go to bed late
 - Variable schedules

PHASE 2 – GOALS

1. What motivated you to start this process? Free text
2. What would you mainly like to improve? Free text
3. How long have you been experiencing this issue or situation? Free text
4. Is it something you feel constantly or does it appear in periods?
 - Constant
 - Appears in periods

PHASE 3 – FUNCTIONAL CLINICAL MAPPING

Next, rate each area based on how you have felt over the last 2–4 weeks, where:

0 = not at all / 10 = very intense

Areas assessed with slider (0–10):

- Sleep
- Stress and anxiety
- Digestion
- Energy and fatigue
- Mental clarity and focus
- Immunity and recovery

1. SLEEP

Axis: quality, initiation, and maintenance of rest

Base questions (always visible):

- Do you have difficulty falling asleep? Yes / No
- Do you wake up during the night? Yes / No
- How do you feel upon waking?
 - Rested
 - Not rested

Sub-questions (if score ≥ 7):

- Which best describes your main issue?
 - Difficulty falling asleep
 - Night awakenings
 - Non-restorative sleep
- How often does it occur?
 - More than 3 days per week
 - Less than 3 days per week
- Do you notice a relationship with any of these factors?
 - Stress
 - Diet
 - Screen use
 - Irregular schedules

2. STRESS AND ANXIETY

Axis: nervous system and emotional regulation

Base questions:

- Your stress is mainly:
 - Mental
 - Physical
 - Both
- Do you experience associated physical symptoms?
 - Palpitations
 - Muscle tension
 - No
- Do you feel mental tension or a sense of overload? Yes / No

How would you describe your current emotional state?

- Anxiety
- Irritability
- Sadness
- Mental fatigue
- Lack of concentration
- I feel stable

Sub-questions (if score ≥ 7):

- Main source of stress:
 - Work-related
 - Emotional
 - Physical
- How often do you feel it?
 - Daily
 - Several times per week
 - Occasionally
- When does it appear most strongly?
 - Morning
 - Afternoon
 - Night
 - Specific situations

3. DIGESTION

Axis: digestive function and absorption

Base questions:

- Which discomfort predominates?
 - Heaviness
 - Gas
 - Acidity
 - Bloating
 - None
- Do you notice a relationship with specific meals or schedules? Free text
- Your bowel movements are usually:
 - Normal
 - Constipation
 - Diarrhea

Sub-questions (if score ≥ 7):

- When does the discomfort appear?
 - Before eating
 - After eating
 - At night
- What usually triggers it?
 - Foods: which ones?
 - Stress
 - Irregular schedules

4. ENERGY AND FATIGUE

Axis: physical and mental vitality during the day

Base questions:

- How would you describe your energy level?
 - Low all day
 - Low in the morning
 - Energy dips during the day
 - Stable energy
 - Excessive activation
- Your fatigue is mainly:
 - Physical
 - Mental
 - Both

Sub-questions (if score ≥ 7):

- When do you feel the most fatigue?
 - Morning
 - Afternoon
 - Night
- What usually relieves it?
 - Rest
 - Food
 - Movement

5. MENTAL CLARITY AND FOCUS

Axis: cognitive function, mental clarity, and neuro-emotional state

Base questions:

- How would you describe your mental clarity during the day?
 - Very low (foggy mind most of the day)
 - Low (difficulty thinking clearly)
 - Variable (moments of clarity and blockage)
 - Good
 - Very good (clear and focused mind)
- How is your ability to concentrate?
 - Very low
 - Low
 - Adequate
 - Good
 - Very good
- Do you have difficulty maintaining attention on prolonged tasks?
 - Yes
 - No
- Do you notice a relationship between your mental clarity and any of these factors?
 - Stress
 - Lack of sleep
 - Diet
 - Screen use
 - I don't identify a clear relationship

Sub-questions (if score ≥ 7):

- Which type of difficulty predominates?
 - Difficulty concentrating
 - Feeling of a slow mind
 - Mental dispersion

- Frequent forgetfulness
- At what time of day is it most evident?
 - Morning
 - Afternoon
 - Night
 - All day
- Is brain fog associated with your emotional state?
 - Yes, clearly
 - Sometimes
 - No

6. IMMUNITY AND RECOVERY

Axis: immune defense, inflammation, and physical recovery capacity

Base questions:

- How would you describe your physical recovery capacity in general?
 - Very low
 - Low
 - Adequate
 - Good
 - Very good
- Do you get sick easily (colds, mild infections)?
 - Frequently
 - Occasionally
 - Rarely
 - Almost never
- Do you usually feel mild body pain or recurrent physical discomfort?
 - Yes
 - No
- How is your recovery after physical effort or mild illness?
 - Very slow
 - Slow
 - Normal
 - Fast

Sub-questions (if score ≥ 7):

- Which situations recur most frequently?
 - Frequent colds
 - Slow recovery after exercise
 - Recurrent mild muscle or joint pain
 - General feeling of inflammation

- Do you notice a relationship with any of these factors?
 - Prolonged stress
 - Lack of sleep
 - Poor digestion
 - Seasonal changes

PHASE 4 – SENSORY PREFERENCES

Preferred flavors:

- Floral
- Citrus
- Earthy
- Spiced
- Mentholated
- Sweet

Tolerance to bitterness:

- High
- Medium
- Low

You prefer infusions:

- Mild
- Intense

PHASE 5 – PERSONALIZED IMAGE (OPTIONAL)

Image upload for personalized illustrated packaging

PHASE 6 – SAFETY AND CLINICAL HISTORY

Known allergies or sensitivities

Current medication

- Occasional use
- Chronic use

Pregnancy or breastfeeding

Tendency toward:

- Hypotension
- Hypertension

Current use of:

- Herbal supplements
- Synthetic supplements

Are you under medical supervision for any condition?

- Yes (open field)
- No

Informed consent declaration (legal)

B- Scoring and Weighting Logic

OBJECTIVE OF THE SCORING SYSTEM

The scoring logic has three main functions:

- Prioritize real clinical objectives (not just preferences)
- Determine system hierarchy (what to address first)
- Guide plant selection and weighting within the formula

The system does not diagnose; it evaluates functional states and guides safe, coherent formulation decisions.

GENERAL STRUCTURE OF THE SCORING SYSTEM

1. Base scale by category

Each category is scored using a 0–10 slider, where:

- 0–2 → no clinical relevance
- 3–4 → mild
- 5–6 → moderate
- 7–8 → high
- 9–10 → priority / primary axis

Categories evaluated:

- Sleep
- Stress / anxiety
- Digestion
- Energy / fatigue
- Mental clarity and focus
- Immunity and recovery

2. Relative weighting between categories

Not all categories carry the same clinical weight. The following base weighting is proposed:

- Sleep → ×1.3
- Stress / anxiety → ×1.3
- Digestion → ×1.3
- Energy / fatigue → ×1.1
- Mental clarity / focus → ×1.0

- Immunity / recovery → ×1.0

Clinical rationale: Sleep, stress, and digestion are primary regulatory systems that directly impact the others.

3. Sub-question activation (conditional logic)

General system rule

If a category score is < 7:

- the value is recorded
- sub-questions are not activated
- it does not influence primary plant selection

If a category score is ≥ 7:

- specific sub-questions are activated
- the type of dysfunction within the axis is refined
- plant selection is adjusted
- micro-points (+0.5 / +1) may be added to or subtracted from secondary axes

Category example:

SLEEP: Conditional activation (score ≥ 7)

Predominant type of difficulty:

- Difficulty falling asleep
 - +1 point to the sedative nervous axis
 - prioritizes GABA-like, mild anxiolytic plants
- Frequent night awakenings
 - +1 point to the GABA / nocturnal digestive axis
 - possible overlap with digestion or nocturnal cortisol
- Non-restorative sleep
 - +1 point to the adaptogenic / recovery axis
 - excludes strong sedatives as the sole strategy

Additional micro-adjustments:

- Clear association with stress → +0.5 stress axis
- Worsens after heavy dinners → +0.5 digestive axis
- Nighttime screen use → +0.5 nervous axis

STRESS AND ANXIETY: Conditional activation (score ≥ 7)

Predominant type of stress:

- Mental / cognitive
 - +1 point to the cognitive anxiolytic axis
 - avoids stimulants
- Physical / somatic (tension, palpitations)
 - +1 point to the muscular / nervous relaxant axis
- Mixed
 - +0.5 nervous +0.5 adaptogenic

Micro-adjustments:

- Sustained chronic stress → +0.5 adaptogenic axis
- Marked irritability → +0.5 mood-regulating axis
- Associated with poor sleep → reinforces the sleep axis

DIGESTION: Conditional activation (score ≥ 7)

Type of dysfunction:

- Heaviness / slow digestion
 - +1 point to the bitter–aromatic digestive axis
- Gas / bloating
 - +1 point to the carminative axis
- Acidity / burning
 - +1 point to the mucilaginous / protective axis
- Constipation or diarrhea
 - +1 point to the intestinal regulatory axis

Micro-adjustments:

- Clear relationship with stress → +0.5 stress axis
- Nighttime symptoms → +0.5 sleep axis
- Poor digestion + low energy → +0.5 energy axis

ENERGY AND FATIGUE

Conditional activation (score ≥ 7)

Type of fatigue:

- Predominantly physical fatigue
 - +1 point to the tonic / mild adaptogenic axis

- Predominantly mental fatigue
→ +1 point to the cognitive / focus axis
- Mixed
→ +0.5 adaptogenic +0.5 cognitive

Micro-adjustments:

- Morning fatigue → review the sleep axis
- Post-meal energy crashes → +0.5 digestive axis
- Excessive activation → reduce stimulants

MENTAL CLARITY AND FOCUS: Conditional activation (score ≥ 7)

Type of alteration:

- Brain fog
→ +1 point to the neuroprotective / cognitive axis
- Distraction / difficulty focusing
→ +1 point to the focus and clarity axis
- Mental slowness associated with fatigue
→ +0.5 energy axis +0.5 cognitive axis

Micro-adjustments:

- Associated with stress → +0.5 stress axis
- Associated with poor sleep → +0.5 sleep axis
- Associated with digestion → +0.5 digestive axis

IMMUNITY AND RECOVERY

Base axis: defense, inflammation, and repair

Conditional activation (score ≥ 7)

Type of impairment:

- Frequent infections
→ +1 point to the immunomodulatory axis
- Slow recovery
→ +1 point to the adaptogenic / recovery axis
- Recurrent mild body pain
→ +1 point to the mild anti-inflammatory axis

Micro-adjustments:

- Association with stress → +0.5 adaptogenic axis
- Association with poor digestion → +0.5 digestive axis
- Association with fatigue → reinforces the energy axis

4. Detection of dominant axes

Once scores are weighted, the system identifies:

- 1 primary axis (highest final score)
- 1–2 secondary axes (close scores)

Rule:

- No more than 3 active axes per formula
- Prevents diffuse or overly complex formulations

Example:

- Sleep (8.5 weighted) → primary axis
- Stress (7.9 weighted) → secondary axis
- Digestion (6.8 weighted) → functional support

5. Transversal modulators (fine adjustments)

Modulators do not create a new axis, but modify the formulation.

Typical modulators:

- low-grade inflammation
- brain fog
- muscle tension
- nighttime digestion
- mental hyperactivation

Rule:

Each modulator may:

- adjust proportions
- activate or exclude specific plants
- modify timing of use (day/night)

6. Bonus and penalty logic

Bonuses (+0.5 / +1):

- symptom coherence (e.g., high stress + insomnia)
- persistent symptoms (>3 months)
- daily functional impact

Penalties (-1 / veto):

- clinical contradictions
- risk of overstimulation
- potential interactions

7. Output of the scoring system

The algorithm internally delivers:

- axis ranking (primary / secondary)
- type of dysfunction within each axis
- recommended intensity (low / medium)
- active safety warnings

This feeds into:

- plant selection
- primary vs. secondary proportions
- recommended duration (6–8 weeks)
- Formula A or B of the cycle

C. Safety Assessment Questions

PHASE 6 – SAFETY AND CLINICAL HISTORY

Objective: Detect risks, prevent interactions, and activate automatic vetoes or formulation adjustments before any therapeutic decision.

1. KNOWN ALLERGIES OR SENSITIVITIES

Question:

Do you have any known allergies or sensitivities to plants, foods, or natural substances?

Options:

- No
- Yes → (mandatory open field)

Clinical logic:

- If the user mentions a specific plant → absolute exclusion of that plant and its botanical family.
- If a botanical family is mentioned (e.g., Asteraceae) → exclusion of the ENTIRE family.
- If the sensitivity is nonspecific → conservative dose adjustment or optional exclusion.

System impact:

- Direct exclusion of plants
- No point deduction; selection is blocked

2. CURRENT MEDICATION

2.1 Chronic use

Question:

Do you currently take any medication on a regular basis (daily or weekly)?

Options:

- No
- Yes → select categories + open field

Categories:

- Antidepressants / anxiolytics

- Antihypertensives
- Anticoagulants
- Hypoglycemics
- Hormones
- Others (specify)

Clinical logic:

- Chronic medication = high-priority alert
- Activates rules for:
 - exclusion of plants with known interactions
 - limitation of stimulating / sedative plants
 - reduced formula complexity

System impact:

- Possible absolute vetoes
- Intensity adjustment: low doses only
- May restrict access to certain categories (e.g., stimulating adaptogens)

2.2 Occasional use

Question:

Do you use any medication occasionally?

Options:

- No
- Yes → (open field)

Clinical logic:

- Lower weight than chronic use
- Only activates:
 - warnings
 - soft exclusions
 - educational messages

Impact:

- No veto
- Reduces intensity score (-0.5 / -1)

3. PREGNANCY OR BREASTFEEDING

Clear and direct question:

Are you currently pregnant or breastfeeding?

Options:

- No
- Pregnant
- Breastfeeding

Clinical logic:

- Pregnancy / breastfeeding = maximum safety mode

System impact:

Automatic exclusion of:

- adaptogens
- hormonal plants
- stimulants
- emmenagogic plants

Only allowed:

- traditionally safe plants
- simple formulas

Automatic message: "Consult your physician before use."

4. TENDENCY TOWARD HYPOTENSION / HYPERTENSION

Question:

Do you have a tendency toward low or high blood pressure?

Options:

- None
- Hypotension
- Hypertension
- I don't know

Clinical logic:

- Hypotension: exclude vasodilatory / sedative plants
- Hypertension: exclude stimulants, licorice, etc.

Impact:

- Selective exclusion
- Dose adjustment
- Does not change axes; modifies selection

5. CURRENT USE OF SUPPLEMENTS

5.1 Herbal supplements

Question:

Are you currently taking herbal supplements or natural products?

Options:

- No
- Yes → (open field)

Clinical logic:

- Avoid functional duplication
- Avoid excessive synergy

Impact:

- Dose reduction
- Exclusion of equivalent plants
- Score adjustment (-0.5)

5.2 Synthetic supplements

Question:

Do you take synthetic supplements (vitamins, minerals, etc.)?

Options:

- No
- Yes → (open field)

Impact:

- Generally informational
- Adjusts only if there is a risk of overstimulation (e.g., magnesium + sedatives)

6. MEDICAL SUPERVISION

Question:

Are you under medical supervision for any health condition?

Options:

- No
- Yes → (mandatory open field)

Clinical logic:

- Does not automatically exclude
- Activates:
 - conservative mode
 - clear warning
 - simple formulas

Impact:

- Limits intensity
- Reduces number of plants
- Medical accompaniment message

7. INFORMED CONSENT (LEGAL)

Mandatory statement:

I declare that the information provided is accurate and that I understand this product does not replace medical treatment or professional diagnosis.

Options:

- I accept and continue
 I do not accept → system blocked

4. DEFINITION OF SYNERGIES AND ANTAGONISMS

4.1 POSITIVE COMBINATIONS (SCORING BONUSES)

The following combinations add micro-points when:

- the category score is $\geq 6-7$
- there are no conflicts in Phase 6 (safety)

A. SLEEP / NERVOUS SYSTEM

Valerian + Passionflower

→ +1 deep sleep axis

Classic sedative + anxiolytic.

Linden + Chamomile

→ +0.5 gentle nervous regulation

Ideal for sensitive or older profiles.

Blue Lotus + Magnolia

→ +1 deep mental relaxation

Useful for nocturnal rumination.

Lemon Balm + Lavender

→ +0.5 anxiety reduction + sleep onset

Albizia + Linden

→ +0.5 nocturnal emotional regulation

Osmanthus + Rose

→ +0.5 sensory and emotional relaxation

Supports rest in tension-prone profiles.

B. CHRONIC STRESS / ADAPTATION

Ashwagandha + Bacopa

→ +1 stress resilience

HPA axis + cognition.

Asiatic Centella + Albizia

→ +0.5 emotional stress with somatic component

Ashwagandha + Magnolia

→ +0.5 stress + non-restorative sleep

Lemon Balm + Passionflower

→ +0.5 anxiety with mental hyperactivation

Blue Lotus + Albizia

→ +0.5 stress with emotional irritability

C. MENTAL CLARITY / FOCUS

Bacopa + Ginkgo Biloba

→ +1 memory and concentration

Rosemary + Ginkgo Biloba

→ +0.5 cerebral circulation

Green Tea + Rosemary

→ +0.5 active focus

Only if anxiety < 6.

Chrysanthemum + Ginkgo Biloba

→ +0.5 mental clarity + headache relief

Osmanthus + Lemongrass

→ +0.5 light mental clarity and cognitive freshness

D. DIGESTION / INTESTINAL COMFORT

Anise + Fennel

→ +1 classic carminative

Chamomile + Peppermint

→ +0.5 antispasmodic

Dandelion + Boldo

→ +1 hepato-biliary function

Malva sylvestris + Calendula

→ +0.5 mucosal protection

Licorice + Malva sylvestris

→ +0.5 digestive and gastric repair

Micromeria fruticosa + Peppermint

→ +0.5 digestion + postprandial relief

E. ENERGY / VITALITY**Korean Ginseng + Asiatic Centella**

→ +1 sustained functional energy

Ginger + Cinnamon

→ +0.5 thermogenesis and digestion

Green Tea + Ginger

→ +0.5 gentle metabolic activation

Rosemary + Lemongrass

→ +0.5 clean energy without overstimulation

F. IMMUNITY / RECOVERY**Echinacea + Cistus creticus**

→ +1 immune defense

Turmeric + Ginger

→ +1 classic anti-inflammatory

Hibiscus + Rose

→ +0.5 antioxidant support

Salvia fruticosa + Cistus creticus

→ +0.5 respiratory and immune support

Raspberry + Hibiscus

→ +0.5 gentle tissue recovery

G. METABOLIC REGULATION / APPETITE CONTROL

(Integration of missing plants)

Garcinia + Green Tea

→ +0.5 metabolism and appetite control
Only if anxiety is not high.

Garcinia + Cinnamon

→ +0.5 glycemic regulation

4.2 NEGATIVE COMBINATIONS

(ANTAGONISMS / EXCLUSION RULES)

These combinations subtract points (-0.5 / -1) or block the formula when they appear together and the clinical context indicates it.

A. EXCESS STIMULATION / HYPERACTIVATION

Combination	Rule	Action
Green Tea + Korean Ginseng	Excessive stimulation	-1 if anxiety \geq 6
Green Tea + Korean Ginseng	Active anxiety or insomnia	Exclude if anxiety \geq 7
Green Tea + Bitter Orange Peel	Stimulation + blood pressure	Exclude in hypertension
Bitter Orange Peel + Korean Ginseng	Sympathomimetic	-1 energy / exclude in anxiety
Green Tea + Garcinia	Excess metabolic activation	-0.5 if nervousness
Rosemary + Green Tea	Focus vs. anxiety	-0.5 if stress \geq 6

B. NERVOUS SYSTEM CONFLICTS (SEDATIVES VS. STIMULANTS)

Combination	Rule	Action
Valerian + Green Tea	Functional antagonism	-1 sleep axis
Valerian + Korean Ginseng	Sedation vs. stimulation	-1 coherence
Blue Lotus + Green Tea	Induction vs. activation	-0.5
Passionflower + Green Tea	GABA-axis interference	-0.5
Magnolia + Korean Ginseng	Sleep vs. activation	-0.5
Linden + Green Tea	Regulation vs. stimulus	-0.5

C. DIGESTIVE / METABOLIC CONFLICTS

Combination	Rule	Action
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Senna + Dandelion	Excessive evacuant effect	Exclude
Senna + Boldo	Hepatic stress	Exclude
Senna + Garcinia	Digestive risk	Exclude
Cinnamon + Active gastritis	Mucosal irritation	-1 digestion
Ginger + Severe gastritis	Irritation	-0.5
Boldo + Green Tea	Hepatic load	-0.5
Fennel + Anise (high doses)	Paradoxical flatulence	-0.5 if distension

D. BLOOD PRESSURE / CARDIOVASCULAR

Combination	Rule	Action
Licorice + Korean Ginseng	Blood pressure increase	Exclude in hypertension
Licorice + Bitter Orange Peel	Retention + pressure	Exclude in hypertension
Licorice + Green Tea	Blood pressure risk	-0.5
Ginkgo Biloba + chronic medication	Interaction risk	Exclude
Hibiscus + Hypotension	Hypotensive effect	-1

E. HORMONAL / SPECIFIC SENSITIVITY

Plant / Combination	Rule	Action
Licorice + hormonal imbalance	Interference	-0.5
Raspberry + early pregnancy	Uterine precaution	Exclude
Salvia fruticosa + pregnancy	Hormonal risk	Exclude
Senna + pregnancy	Stimulant laxative	Absolute exclusion
Boldo + pregnancy	Hepatic risk	Absolute exclusion

F. IMMUNITY / INFLAMMATION

Combination	Rule	Action
Echinacea + autoimmunity	Immune stimulation	-1 / exclude
Cistus + active autoimmunity	Immune activation	-0.5
Turmeric + anticoagulants	Risk	Exclude
Ginkgo + anticoagulants	Risk	Exclude

G. SENSORY / PROFILE COHERENCE

Combination	Rule	Action
Peppermint + Valerian	Sensory clash vs. sedation	-0.5
Osmanthus + Bitter herbs (Boldo, Senna)	Profile incoherence	-0.5
Rose + Senna	Sensory vs. evacuant	-0.5

CLINICAL NOTE FOR THE ALGORITHM

- **Absolute exclusion** → the plant cannot appear in the formula
- **Penalty (-0.5 / -1)** → reduces selection probability

Rules are evaluated **after synergies**, to prioritize safety.

4.3 CLASSICAL TRADITIONAL FORMULAS (REFERENCE)

1. SLEEP

Axis: sleep induction, maintenance, and quality

Classic Sleep Formula (sedative–anxiolytic)

- Valerian
- Passionflower
- Linden
- Chamomile

Mental Sleep / Rumination Variant

- Blue Lotus
- Magnolia
- Lemon Balm
- Lavender

Sensitive Sleep Variant (delicate profile)

- Linden
- Chamomile
- Osmanthus
- Rose

Plants covered:

Valerian, Passionflower, Linden, Chamomile, Blue Lotus, Magnolia, Lemon Balm, Lavender, Osmanthus, Rose

2. STRESS AND ANXIETY

Axis: HPA axis regulation, nervous and emotional systems

Cognitive Stress Formula

- Ashwagandha
- Bacopa
- Magnolia

Emotional–Somatic Stress Variant

- Albizia
- Asiatic Centella
- Lemon Balm

Stress with Physical Tension Variant

- Lavender
- Linden
- Micromeria fruticosa

Plants covered:

Ashwagandha, Bacopa, Magnolia, Albizia, Asiatic Centella, Lemon Balm, Lavender, Linden, Micromeria fruticosa

3. DIGESTION

Axis: digestion, absorption, liver, and intestine

Carminative Digestive Formula

- Anise
- Fennel
- Peppermint
- Chamomile

Hepato-Biliary Digestive Variant

- Dandelion
- Boldo
- Turmeric

Sensitive Digestion / Mucosal Variant

- *Malva sylvestris*
- Calendula
- Licorice

Light / Post-Meal Digestive Variant

- Lemongrass
- Ginger
- Cinnamon

Plants covered:

Anise, Fennel, Peppermint, Chamomile, Dandelion, Boldo, Turmeric, *Malva sylvestris*, Calendula, Licorice, Lemongrass, Ginger, Cinnamon

4. ENERGY AND FATIGUE

Axis: sustained vitality without overstimulation

Gentle Energy Formula

- Asiatic Centella
- Rosemary
- Ginger

Adaptogenic Energy Variant

- Korean Ginseng
- Bacopa
- Cinnamon

Energy with Slow Digestion Variant

- Ginger
- Dandelion
- Rosemary

Light Energy / Mental Activation Variant

- Green Tea
- Lemongrass
- Rosemary

Plants covered:

Asiatic Centella, Rosemary, Ginger, Korean Ginseng, Bacopa, Cinnamon, Dandelion, Green Tea, Lemongrass

5. MENTAL CLARITY AND FOCUS

Axis: cognition, memory, cerebral circulation

Classic Mental Clarity Formula

- Bacopa
- *Ginkgo biloba*
- Rosemary

Active Focus Variant

- Green Tea
- Rosemary

- Chrysanthemum

Brain Fog + Stress Variant

- Bacopa
- Asiatic Centella
- Lemon Balm

Plants covered:

Bacopa, *Ginkgo biloba*, Rosemary, Green Tea, Chrysanthemum, Asiatic Centella, Lemon Balm

6. IMMUNITY AND RECOVERY

Axis: defense, inflammation, tissue recovery

Classic Immunity Formula

- Echinacea
- *Cistus creticus*
- Hibiscus

Immunity + Inflammation Variant

- Turmeric
- Ginger
- Rose

Respiratory / Throat Variant

- *Salvia fruticosa*
- *Cistus creticus*
- Licorice

Gentle Recovery Variant

- Raspberry
- Rose
- Calendula

Plants covered:

Echinacea, *Cistus creticus*, Hibiscus, Turmeric, Ginger, Rose, *Salvia fruticosa*, Licorice, Raspberry, Calendula

5. DEFINITION OF SAFETY EXCLUSION RULES

5.1 CONDITIONS FOR ABSOLUTE VETO (TOTAL EXCLUSION)

If any of the following conditions are met, the plant is automatically excluded from any formula.

PREGNANCY / LACTATION

Automatically exclude:

Ashwagandha

Senna

Boldo

Korean Ginseng

Bitter Orange peel

Blue Lotus

Magnolia

Licorice (especially at medium to high doses)

Garcinia

Valerian (especially in the first trimester)

Clinical rationale:

Risk of uterotonic effects, hormonal activity, active alkaloids, or lack of safety data.

HYPERTENSION (diagnosed or marked tendency)

Automatically exclude:

Licorice

Korean Ginseng

Bitter Orange peel

Green Tea (if anxiety ≥ 6 or prior high daily consumption)

Rosemary (in sensitive profiles)

Clinical rationale:

Potential hypertensive, stimulant, or cardiovascular axis effects.

CHRONIC MEDICATION USE (UNSPECIFIED OR POLYPHARMACY)

Automatically exclude:

Ginkgo biloba

Korean Ginseng

Senna

Licorice

Clinical rationale:

Risk of drug interactions (anticoagulants, antihypertensives, corticosteroids, etc.).

CHRONIC / PROLONGED USE

Automatically exclude:

Senna

Echinacea (prolonged use > 6–8 weeks)

Boldo (continuous use)

Clinical rationale:

Risk of dependency, hepatic disturbance, or immune dysregulation.

KNOWN ASTERACEAE ALLERGY

Automatically exclude:

Chamomile

Calendula

Chrysanthemum

Dandelion

Echinacea

Clinical rationale:

Frequent cross-reactivity within the botanical family.

5.2 SCORE ADJUSTMENT CONDITIONS

(No total exclusion – these modulate the plant's weight, role, or priority)

These conditions do not automatically block a plant, but they:

- reduce its base score
- relegate it to a secondary role
- limit its relative dosage
- or condition its combination with other plants

HIGH ANXIETY / HYPERACTIVATION (≥ 7)

Reduce score (-0.5 to -1) or limit to a secondary role:

- Green Tea
- Ginkgo biloba
- Rosemary
- Bitter Orange peel
- Korean Ginseng
- Garcinia

Algorithmic rule:

No more than one stimulant in the formula

Avoid if coexisting insomnia ≥ 7

MARKED INSOMNIA / DIFFICULTY FALLING ASLEEP

Reduce or exclude as a primary axis:

- Green Tea
- Korean Ginseng
- Rosemary
- Bitter Orange peel
- Garcinia

Prioritize (cross-bonus):

- Valerian
- Passionflower
- Linden
- Chamomile
- Lemon Balm
- Lavender
- Blue Lotus
- Magnolia

MILD HYPERTENSION / TENDENCY (NOT severe)

Reduce score (-0.5 to -1):

Licorice
Rosemary
Green Tea
Bitter Orange peel
Korean Ginseng

Rule:

Use only at low doses
Never combine more than one of these together

HYPOTENSION / FATIGUE WITH LOW BLOOD PRESSURE

Reduce score or avoid as a primary axis:

Hibiscus
Valerian
Linden
Blue Lotus

Positive compensatory adjustment:

Ginger
Cinnamon
Rosemary (if anxiety < 6)

SENSITIVE DIGESTION / GASTRITIS / ACIDITY

Use with caution (-0.5):

Ginger
Cinnamon
Peppermint
Turmeric
Bitter Orange peel

Prioritize as a protective base:

Malva sylvestris
Calendula
Chamomile
Lemon Balm

MENTAL FOG WITH FATIGUE (WITHOUT ANXIETY)

Moderate positive adjustment (+0.5):

Bacopa
Asiatic Centella
Ginkgo biloba
Rosemary
Green Tea (only if anxiety < 6)

EMOTIONAL STRESS / SOMATIZATION

Positive adjustment:

Albizia
Asiatic Centella
Linden
Rose
Osmanthus
Magnolia
Blue Lotus

SENSITIVE IMMUNITY / AUTOIMMUNITY

Reduce score or limit duration:

Echinacea
Cistus creticus

Rule:

No continuous use
Do not combine with other strong immunostimulants

FREQUENT USE / DAILY FORMULAS

Reduce score or limit to occasional use:

Senna
Boldo
Licorice
Garcinia

BOTANICAL FAMILIES – TRANSVERSAL ADJUSTMENT

If there are 2 plants from the same family:

-0.5 to the second

If there are 3 or more:

automatically exclude the third

Critical examples:

Asteraceae (Chamomile, Calendula, Dandelion, Echinacea, Chrysanthemum)

Lamiaceae (Lavender, Lemon Balm, Peppermint, Rosemary, *Salvia fruticosa*)

Apiaceae (Anise, Fennel)

AUTOMATIC BALANCE RULES

Maximum 1 strong stimulant

Maximum 2 deep sedatives

Maximum 1 laxative / purgative

Always at least 1 plant that is:

regulatory

digestive

or nervine modulating

Botanical family (taxonomic) classification of all TEH-LI plants

Grouped when they belong to the same family, with notes on coexistence or botanical-chemical antagonism only when relevant (not all families generate antagonisms).

FABACEAE (LEGUMINOSAE) FAMILY

Albizia (*Albizia julibrissin*)

Licorice (*Glycyrrhiza glabra*)

Notes:

Family rich in flavonoids and saponins.

Use caution when combined in hypertension (especially due to licorice).

APIACEAE (UMBELLIFERAE) FAMILY

Anise (*Pimpinella anisum*)

Fennel (*Foeniculum vulgare*)

Notes:

Classic carminative family.

No internal antagonisms.

Highly compatible with each other.

SOLANACEAE FAMILY

Ashwagandha (*Withania somnifera*)

Notes:

Contains alkaloids and withanolides.

Use caution during pregnancy.

APIACEAE FAMILY

Asiatic Centella (*Centella asiatica*)

(Botanically Apiaceae, although functionally adaptogenic)

PLANTAGINACEAE FAMILY

Bacopa (*Bacopa monnieri*)

RUTACEAE FAMILY

Bitter Orange peel (*Citrus aurantium* – peel)

Bitter Orange flower (*Citrus aurantium* – flower)

Notes:

Rich in essential oils and flavonoids.
The peel may be stimulating; the flower is more sedative.

NYMPHAEACEAE FAMILY

Blue Lotus (*Nymphaea caerulea*)

MONIMIACEAE FAMILY

Boldo (*Peumus boldus*)

ASTERACEAE (COMPOSITAE) FAMILY (VERY IMPORTANT)

Calendula (*Calendula officinalis*)
Chamomile (*Matricaria chamomilla*)
Chrysanthemum (*Chrysanthemum morifolium*)
Dandelion (*Taraxacum officinale*)
Echinacea (*Echinacea purpurea*)

Notes:

Family rich in sesquiterpene lactones.

Possible cross-reactions in individuals allergic to Asteraceae.

Algorithm: limit the number of plants from this family if there is an allergic history.

LAURACEAE FAMILY

Cinnamon (*Cinnamomum verum*)

CISTACEAE FAMILY

Cistus creticus (Rockrose)

CLUSIACEAE FAMILY

Garcinia (*Garcinia cambogia*)

ZINGIBERACEAE FAMILY

Ginger (*Zingiber officinale*)
Turmeric (*Curcuma longa*)
Notes:
Classic anti-inflammatory family.
Highly synergistic with each other.

GINKGOACEAE FAMILY

Ginkgo biloba
(Own botanical family, gymnosperm)

THEACEAE FAMILY

Green Tea (*Camellia sinensis*)

MALVACEAE FAMILY

Hibiscus (*Hibiscus sabdariffa*)

Malva sylvestris (*Malva sylvestris*)

ARALIACEAE FAMILY

Korean Ginseng (*Panax ginseng*)

LAMIACEAE (LABIATAE) FAMILY (VERY IMPORTANT)

Lavender (*Lavandula officinalis*)

Lemon Balm (*Melissa officinalis*)

Peppermint (*Mentha × piperita*)

Rosemary (*Rosmarinus officinalis*)

Salvia fruticosa

Micromeria fruticosa

Notes:

Aromatic family rich in essential oils.

In very sensitive individuals, avoid overloading with many Lamiaceae at once.

POACEAE FAMILY

Lemongrass (*Cymbopogon citratus*)

TILIACEAE / MALVACEAE FAMILY (modern classification)

Linden (*Tilia cordata*)

MAGNOLIACEAE FAMILY

Magnolia (*Magnolia officinalis*)

OLEACEAE FAMILY

Osmanthus (*Osmanthus fragrans*)

PASSIFLORACEAE FAMILY

Passionflower (*Passiflora incarnata*)

ROSACEAE FAMILY

Raspberry (*Rubus idaeus*)

Rose (*Rosa* spp.)

FABACEAE FAMILY

Senna (*Senna alexandrina*)

Note:

Stimulant laxative, for occasional use only, not continuous.

VALERIANACEAE / CAPRIFOLIACEAE FAMILY

Valerian (*Valeriana officinalis*)