PERFECT HERBS

Herb Monograph Latin Name: Rauwolfia serpentina

Common Name: Rauwolfia

Primary Action	vascular tonic
Secondary Actions	cardiotonic, hypotensive
System Affinities	cardiac, vascular
Conditions Treated	CHF, hypertension
Constituents	indole alkaloids, reserpine, serpentine, yohimbine
Tincture Daily Dose	0.5 mL to 2 mL
Tea Daily Dose	N/A
Parts Used	root
Can Be Substituted With	Convallaria majalis (lily of the valley)
Pairs Well With	Cratageus oxycantha for hypertension



Disclaimer: This information is provided for educational purposes only.