**Glossary of Terms ~ Herbal Actions**

**Analgesic**: relieves pain

**Anesthetic**: produces insensibility to pain

**Anodyne**: relieves pain

**Antibacterial**: kills or prevents growth of bacteria

**Antidote**: counteracts effect of poison

**Anti-fungal**: inhibits growth or multiplication of, or destroys fungi

**Anti-inflammatory:** reduces inflammation

**Anti-Neoplastic:** anti-tumour, anti-cancer

**Antimicrobial**: helps destroy or resist pathogenic micro-organisms

**Anti-rheumatic**: eases inflammation and pain in joints and muscles

**Antiseptic**: a topical antimicrobial

**Antispasmodic**: relieves cramps, prevents or relaxes muscle spasms

**Anti-thrombotic**: reduces the formation of blood clots

**Aperient**: gentle laxative

**Aromatic**: pleasant odour, stimulates digestive system function

**Astringent**: contractions and firms tissue, reduces secretions & discharges

**Bitters:** Support liver function; can help to relieve gas, bloating, nausea, occasional heartburn. Support better digestion.

**Cardiac Tonic**: beneficial supportive action on heart and circulatory system

**Carminative:** helps to encourage better digestion

**Cholagogue:** stimulates the flow of bile from the liver and causing the gallbladder to contract, squeezing the bile into the intestinal tract. They can act as a gentle laxative.

**Cholaretic:** increase bile secretion by the liver.

**Circulatory Stimulant**: improves blood flow throughout the body

**Decongestant**: reduces thick fluid build-up in nose, throat, sinus or chest

**Demulcent**: soothing to mucus membranes

**Diaphoretic**: induces perspiration, helps body to sweat, helps herbal medicine to reach the periphery of the body

**Emollient**: softening, soothing

**Expectorant**: promotes mucus discharge from respiratory passages

**Hemostatic**: arrests blood flow, stops bleeding

**Hepatic:** tones, strengthens liver. Sometimes, helps to increase bile flow.

**Hypolipidemic**: reduce the lipid level (triglyceride and cholesterol) in the blood

**Lymphatic**: assists detoxifying by effect on lymph tissue. Supports immune system

**Mucilage**: contains gelatinous or gummy constituents

**Nervine**: calms nerves + supports nervous system health

**Nutritive**: nourishes and sustains life

**Parturient**: hastens labour

**Relaxant**: relieves tension, relaxes

**Rubefacient**: increases superficial circulation, producing irritation

**Stimulant**: excites or increases vital action

**Styptic**: stops bleeding

**Stomachic:** strengthens and stimulates the stomach

**Sudorific**: produces perspiration

**Tonic**: produces permanent increase in functional tone of the system

**Trophorestorative**: healing + restorative action on specific organ or tissue

**Vulnerary**: stimulates healing of wounds