

# Herbal Actions Defined

## Medical Terminology / Herbal Actions

**abortifacient** - inducing abortion

**adjuvant** - aiding the action of a medicinal agent

**analeptic** - restorative or stimulating effect on central nervous system

**analgesic** - relieve pain

**anaphrodisiac** - reduces capacity for sexual arousal

**anesthetic** - induces loss of sensation or consciousness due to the depression of nerve function

**antianemic** - preventing or curing anemia

**antibacterial** - destroying or stopping the growth of bacteria

**antibilious** - easing stomach stress

**anticatarrh** - reduces inflamed mucous membranes of head and throat

**antidepressant** - therapy that acts to prevent, cure, or alleviate mental depression

**antidiabetic** - preventing or relieving diabetes

**antidiarrhetic**- substances use to prevent or treat diarrhea

**antiemetic** - stopping vomiting

**antifungal** - destroying or inhibiting the growth of fungus

**antihemorrhagic** - controlling hemorrhaging or bleeding

**anti-infectious** - counteracting infection

**anti-inflammatory** - controlling inflammation, a reaction to injury or infection

**antimalarial** - preventing or relieving malaria

**antimicrobial** - destructive to microbes

**antioxidant** - prevents or inhibits oxidation

**antipruritic** - preventing or relieving itching

**antipyretic** - agent that reduces fever (febrifuge)

**antirheumatic** - easing pain of rheumatism, inflammation of joints and muscles

**antiseptic** - agent used to produce asepsis and to remove pus, blood, etc.

**antispasmodic** - calming nervous and muscular spasms or convulsions

**antitussive** - controlling or preventing cough

**antiviral** - opposing the action of a virus

**aperient** - a very mild laxative

**aperitive** - stimulating the appetite for food

**aphrodisiac** - substance increasing capacity for sexual arousal

**asepsis** - sterile, a condition free of germs, infection, and any form of life

**astrigent** - agent that constricts and binds by coagulation of proteins a cell surface

**bitter** - stimulates appetite or digestive function

**cardiotonic** - increases strength and tone (normal tension or response to stimuli) of the heart

**carminative** - causing the release of stomach or intestinal gas

**catarrhal** - pertaining to the inflammation of mucous membranes of the head and throat

**cathartic** - an active purgative, producing bowel movements

**cholagogue** - an agent that increases flow of bile from gallbladder

**cicatrizant** - aiding formation of scar-tissue and healing wounds

**counterirritant** - agent producing an inflammatory response for affecting an adjacent area

**demulcent** - soothing action on inflammation, especially of mucous membranes

**dermatitis** - inflammation of the skin evidenced by itchiness, redness, and various lesions

**diaphoretic** - increases perspiration (syn: sudorific)

**diuretic** - increases urine flow

**dysmenorrhea** - painful menstruation

**dyspepsia** - imperfect or painful digestion

**ecbolic** - tends to increase contractions of uterus, facilitating childbirth

**emetic** - produces vomiting

**emmenagogue** - agent that regulates and induces normal menstruation

**emollient** - softens and soothes the skin

**errhine** - bringing on sneezing, increasing flow of mucus in nasal passages

**escharotic** - a caustic substance that destroys tissue and causes sloughing

**estrogenic** - causes the production of estrogen

**euphoriant** - produces a sense of bodily comfort; temporary effect and often addictive

**expectorant** - facilitates removal of secretions

**febrifuge** - an agent that reduces or relieves a fever

**flatulence** - excessive gas in the stomach or intestine

**galactagogue** - an agent that promotes the flow of milk (syn: galactogenic)

**hemagogue** - an agent that promotes the flow of blood

**hemostatic** - controls the flow or stops the flow of blood

**hepatic** - having to do with the liver

**herpetic** - treating skin eruptions relating to the herpes virus

**hypertensive** - raises blood pressure

**hypoglycemant** - agent that lowers blood sugar

**hypotensive** - lowers blood pressure

**lactifuge** - reduces the flow of milk

**laxative** - substance that acts to loosen the bowels contents

**masticatory** - increases flow of saliva upon chewing

**narcotic** - induces drowsiness, sleep, or stupor and lessens pain

**nervine** - a nerve tonic

**neuralgia** - severe sharp pain along the course of a nerve

**parturfaciant** - induces contractions of labor at childbirth

**purgative** - laxative, causes the evacuation of intestinal contents

**resorbent** - aids reabsorption of blood from bruises

**rheumatism** - a general term for acute or chronic conditions characterized by inflammation of the muscles and joints (includes arthritis, gout, bursitis, myositis, and fibromyositis).

**rubefacient** - agent which reddens skin, dilates the vessels, and increases blood supply locally

**sedative** - exerts a soothing, tranquilizing effect on the body

**soporific** - inducing sleep

**stimulant** - temporarily increases body or organ function

**stomachic** - aids the stomach and digestion action

**sudorific** - acts to increase perspiration

**tonic** - a substance that increases strength and tone

Abortifacient – An herb that can cause a miscarriage and should be avoided in pregnancy. Examples include Wild Ginger

Adaptogen – Herbs that help balance, restore and protect the body. Examples: Reishi, Burdock, Maitake, Astragalus, Shatavari, Rhodiola, Schisandra, Eleuthero, Astragalus  
Adrenal tonic – Boosts the activity of the adrenal glands while toning and nourishing them. Examples include Astragalus

Alterative – Herbs that gradually restore healthy bodily functions. See also depurative. Examples: Elderberry & flower, Marshmallow, Burdock, Dandelion, Coriander, Feverfew, Gumweed, Saw Palmetto, Thuja, Saw Palmetto, Horsetail, Wood Betony

Analgesic – Herbs capable of reducing or eliminating pain without causing loss of consciousness. Examples: Reishi, California Poppy, Bay Laurel, Cinnamon, Clove, Usnea, Pine, Mulberry, Feverfew, Motherwort, Boneset, Black Pepper, Mugwort, Mustard, Wild Ginger, Ground Ivy, Wood Betony

Anesthetic – An herb that temporarily depresses neuronal function, producing total or partial loss of sensation. Examples include Bay Laurel, Fennel, Wild Ginger

Anodyne – Herbs that soothe or eliminate pain. Examples include Burdock (leaf), Rose, Dandelion, Coriander, Cumin, Skullcap, Valerian, Horsetail

Antacid – A substance which neutralizes stomach acidity. Examples include Marshmallow, Dandelion

Anthelmintic – Herbs that expel parasitic worms either by stunning or killing them. Also known as antihelminthic. Examples include Mugwort, Wormwood, Black Walnut, Valerian, Ground Ivy

Antianaphylactic – Herbs that work against allergic reactions (anaphylactic) to slow or stop them. Example: Reishi,

Antiandrogenic – A substance capable of inhibiting the biological effects of androgens. Examples include Saw Palmetto,

Antiangiogenic – Herbs that stop tumors from growing their own blood vessels. Examples include Maitake,

Antiasthmatic – Herbs that may be used either in the treatment or prevention of asthma attacks. Examples include Cacao, New England Aster, Gumweed, Wood Betony

Antiatheromatic – Herbs that may reverse or slow degeneration of the arteries. Examples include Ground Ivy

Antiatherosclerosis – Herbs that counter the effects of atherosclerosis. Examples include Mulberry

Antiallergic – Herbs which prevent or minimize an allergic reaction. Examples include Astragalus

Antibacterial – Herbs that inhibit bacterial growth or kill bacteria. Examples: Reishi, Bay Laurel, Calendula, Usnea, Honeysuckle, Burdock, Pine, Mulberry, Rose, Dandelion, Coriander, Motherwort, Boneset, Ragweed, Black Pepper, Cacao, Cumin, Cardamom, Forsythia, Eleuthero, Mugwort, Skullcap, Valerian, Gumweed, Ginkgo, Fennel, Mustard, Coltsfoot, Horsetail, Turkey Tail,

Antibiotic – Herbs that have the ability to destroy or inhibit the growth of other microorganisms. Examples: Usnea, Echinacea, Honeysuckle

Anticancer – Herbs that inhibit or kill cancer cells. Examples include Turkey Tail

Anticatarrhal – Herbs that help the body to remove excess mucous from the body. Examples include Elderberry & flower, Goldenrod, Plantain, Peppermint, Pine, Thuja, Saw Palmetto

Anticoagulant – Prevents coagulation of blood. Examples include Ginkgo

Anticonvulsant – A herb used in the treatment of epileptic seizures. Examples include Black Pepper

Antidepressant – Herbs used for the treatment of depression and other conditions. Examples include Rose, St. John's wort, Cacao

Antidermatitic – Having the ability to reduce or relieve skin irritation and inflammation.

Antidiabetic – Having the ability to lower blood glucose levels. Examples include Reishi, Maitake

Antidiarrheal – Provides symptomatic relief for diarrhea. Examples include Blackberry, Black Pepper, Cacao

Antiemetic – Herbs that are effective against vomiting and nausea. Examples include Forsythia, Fennel

Antiestrogenic – Suppresses or inhibits oestrogenic activity. Examples include Saw Palmetto

Antifungal – Herbs that inhibit fungal growth or kill fungi. Examples include Peppermint, Black Walnut, Bay Laurel, Oregon Grape Root, Usnea, Honeysuckle, Burdock, Rose, Dandelion, Coriander, Motherwort, Cardamom, Forsythia, Eleuthero, Mugwort, Ginkgo, Fennel, Mustard, Horsetail, Wild Ginger, Jewelweed, Turkey Tail

Antihistamine – Herbs used to block the histamine reaction. Examples: Stinging Nettle, Lemon Balm, Reishi, Osha, Cacao, Jewelweed

Anti-inflammatory – Reduces inflammation in the body. Examples: Reishi, Willow, Bay Laurel, Elderberry & flower, Usnea, Honeysuckle, Marshmallow, Burdock, Pine, Mulberry, Mugwort, Rose, Dandelion, Feverfew, Black Pepper, Cumin, Forsythia, Gumweed, Ginkgo, Fennel, Thuja, Saw Palmetto, Coltsfoot, Horsetail, Jewelweed, Ground Ivy, Turkey Tail, Astragalus

Antilithic – Herbs which work against the formation of calculi, such as kidney stones.

Antimalarial – Preventing or relieving the symptoms of malaria.

Antimicrobial – Herbs that kill microorganisms or inhibits their growth. Examples: Usnea, Honeysuckle, Mulberry leaf, Coriander, Feverfew, Black Pepper, Forsythia, Eleuthero, Turkey Tail

Antioxidant – Herbs that that may protect cells against the effects of free radicals. Examples: Lemon Balm, Reishi, Usnea, Honeysuckle, Pine, Mulberry, Dandelion, Coriander, Motherwort, Black Pepper, Cacao, Eleuthero, Ginkgo, Mustard, Wild Ginger, Ground Ivy, Turkey Tail, Astragalus

Antiparasitic -Herbs used for the treatment of parasitic diseases such as nematodes, cestodes, trematodes, and infectious protozoa. See also antiprotozoal. Examples: Usnea

Antiphlogistic – The capacity to reduce or prevent inflammation. Examples include Ragweed

Antiprotozoal – Herbs used in treatment of protozoan infection. See also antiparasitic. Examples: Usnea

Antipyretic – Reduces or lowers fever. Examples include Maitake, Black Pepper, Forsythia, Wild Ginger

Antirheumatic – Herbs that alleviate or prevent rheumatism. Examples: Elderberry & flower, Mulberry twig, Dandelion, Motherwort, Mugwort

Antiseptic – Herbs that prevent infection by inhibiting the growth of microorganisms. Examples include Bay Laurel, Usnea, Pine, Mulberry leaf, Rose, Feverfew, Ragweed, Black Pepper, Cumin, Cardamom, Eleuthero, Mugwort, Thuja, Saw Palmetto, Horsetail, Ground Ivy

Antispasmodic – Relieves spasms in the body. Examples include Wild Cherry, Crampbark, Bay Laurel, Elderberry & flower, Usnea, Honeysuckle, Marshmallow, Pine, Mulberry twig, Rose, Coriander, Feverfew, Motherwort, Boneset, Black Pepper, Cacao, Cumin, Cardamom, Mugwort, Skullcap, Valerian, Gumweed, Fennel, Vitex, Saw Palmetto, Coltsfoot

Antithrombotic – Herbs that reduce the formation of blood clots (thrombi). Examples include Red Clover, Mulberry leaf

Antitumor – Preventing or inhibiting the formation or growth of tumors. Examples: Reishi, Turkey Tail, Chaga, Usnea, Honeysuckle, Mulberry leaf, Maitake, Thuja, Turkey Tail, Astragalus

Antitussive – Herbs that have the ability to suppress a cough. Examples: Reishi, Marshmallow, Burdock, Forsythia, Fennel, Coltsfoot, Wild Ginger

Antivenomous – Having the ability to neutralize venom in the body. Examples include Mulberry leaf, Mugwort, Skullcap

Antiviral – Herbs that inhibit viral growth or kill viruses. Examples: Prunella, Lemon Balm, Spilanthes, Reishi, Bay Laurel, Elderberry, Usnea, Honeysuckle, Pine, Mulberry leaf, Rose, Ragweed, Maitake, Cacao, Cardamom, Forsythia, Eleuthero, Thuja, Turkey Tail, Astragalus

Anxiolytic – Herbs that inhibit anxiety. Examples include Valerian

Aphrodisiac – Herbs that elevate, nourish and/or sustain intimacy and sensual desire. Examples include Marshmallow, Burdock, Rose, Coriander

Appetite stimulant – Stimulates the appetite.

Aromatic – Plants with high volatile oil levels which smell strongly, stimulating the digestive system. Examples include Peppermint, Lavender, Lemon Balm, Bay Laurel, Rosemary, Rose, Coriander, Feverfew, Black Pepper, Cardamom, Mugwort, Valerian, Gumweed, Fennel, Vitex

Astringent – Herbs that tend to shrink or constrict body tissues. Examples include Bay Laurel, Elderflower, Usnea, Honeysuckle, Rose, Dandelion, Motherwort, Boneset,



Ragweed, Cacao, Cardamom, Forsythia, Mugwort, Skullcap, Valerian, Vitex, Thuja, Coltsfoot, Horsetail, Jewelweed, Ground Ivy

**Bitter** – Having or being a taste that is sharp, acrid, and unpleasant; not sweet, salty or sour. Examples include Bay Laurel, Orange Peel, Wormwood, Mugwort, Motherwort, Dandelion, Gentian, Reishi, Jamaican Dogwood, Feverfew, Motherwort, Boneset, Eleuthero, Mugwort, Skullcap, Valerian, Coltsfoot

**Bitter tonic** – Herbs that support the digestive system, boost immunity and promote overall vitality.

**Blood tonic** – Herbs that invigorate and nourish blood, while reinforcing the effects of iron and other nutrients. These herbs may reduce fatigue, enhance stamina and vitality, improve digestive function, ease nausea, relieve abdominal pain and cramps, improve nutrient uptake, promote healthy liver function and strengthen the immune system. Examples include Rose, Burdock, Astragalus

**Bronchodilator** – Herbs that dilate the bronchi and bronchioles, decreasing resistance in the respiratory airway and increasing airflow to the lungs. Also referred to as bronchial dilators. Examples: Usnea, New England Aster, Cacao, Coltsfoot

**Bronchospasmolytic** – Relieves bronchospasms. Examples include Gumweed

**Calmative** – Having a soothing effect. Examples include Fennel

**Cardioprotective** – Herbs serving to protect the heart especially from heart disease. Examples include Astragalus

**Cardiotonic** – Herbs that act as tonics to the heart, toning the muscle and the heart's action. Examples: Reishi, Motherwort, Hawthorn, Rose, Tilia, Dandelion, Cacao, Skullcap, Ginkgo

**Cardiovascular stimulant** – Stimulating to the cardiovascular system. Examples include Coltsfoot

**Carminative** – Inducing the expulsion of gas from the stomach and intestines. Examples include Peppermint, Lemon Balm, Bay Laurel, Rose, Coriander, Feverfew, Boneset, Black Pepper, Cumin, Cardamom, Mugwort, Valerian, Fennel, Mustard, Wild Ginger

**Chemoprotective** – In the treatment of cancer, chemoprotective herbs are herbs which protect healthy tissue from the toxic effects of anticancer drugs. Examples include Eleuthero

Cholagogue – Herbs that support the gall bladder and liver by promoting the flow of bile from the gall bladder into the intestines. Examples include Burdock, Dandelion, Cardamom, Mugwort

Circulatory stimulant – Promotes better circulation of blood from the trunk of the body to the periphery, thus warming the tissue, especially the hands and feet. Examples include Cayenne, Ginger, Bay Laurel, Motherwort, Ragweed, Ginkgo

Circulatory tonic – Restores and/or increases tone to the circulatory system. Examples include Ginkgo

Decongestant – Helps to relieve nasal congestion in the upper respiratory tract. Examples: Elderberry & flower, Rose, Dandelion, Ginkgo, Saw Palmetto

Decumbent – Plants which lie along the ground or along a surface, with the extremities curving upward.

Deodorant – A substance applied to the body to prevent body odor caused by the bacterial breakdown of perspiration in the armpits, feet, and other areas of the body.

Detoxifying – Counteracts or destroys toxic properties.

Diaphoretic – Promotes sweating, helpful for relieving a fever through perspiration. Examples include Bay Laurel, Elderberry & flower, Honeysuckle, Burdock, Mulberry leaf, Coriander, Feverfew, Motherwort, Boneset, Black Pepper, Cardamom, Forsythia, Mugwort, Valerian, Vitex, Mustard, Coltsfoot, Horsetail, Wild Ginger

Digestive – Aids in digestion. Examples include Peppermint, Elderberry & flower, Dandelion, Mugwort, Fennel, Turkey Tail, Astragalus

Disinfectant – A chemical liquid that destroys bacteria. Examples include Mugwort

Diuretic – Stimulates the flow of urine. Examples include Bay Laurel, Dandelion, Jamaican Dogwood, Elderberry & flower, Honeysuckle, Marshmallow, Nettle, Burdock, Pine, Mulberry rt bark & leaf, Rose, Coriander, Feverfew, Motherwort, Maitake, Cacao, Cumin, Cardamom, Forsythia, Mugwort, Skullcap, Valerian, Gumweed, Fennel, Vitex, Saw Palmetto, Mustard, Horsetail, Wild Ginger, Jewelweed, Ground Ivy, Astragalus

Emetic – Herbs that cause vomiting. Examples include: Honeysuckle, Boneset, Mustard, Wild Ginger, Jewelweed

Emmenagogue – Stimulates blood flow in the pelvic area; can bring on menstruation. Examples include Bay Laurel, Rose, Feverfew, Motherwort, Cumin, Forsythia, Mugwort, Skullcap, Vitex, Thuja

Emollient – Herbs that soothe and protect the skin when applied externally. They help heal inflamed or irritated mucous membranes when taken internally. Examples include Aloe, Burdock, Comfrey, Marshmallow, Mullein, Slippery Elm, Violet, Elderflower, Marshmallow, Dandelion, Cacao, Coltsfoot, Jewelweed

Expectorant – Promotes and facilitates the discharge of mucus and fluids from the respiratory tract. Examples: Reishi, Elderberry & flower, Usnea, Honeysuckle, Marshmallow, Burdock, Pine, Mulberry rt. bark, leaf, Rose, Boneset, Black Pepper, Cacao, Cardamom, Mugwort, Gumweed, Fennel, Vitex, Thuja, Saw Palmetto, Mustard, Coltsfoot, Wild Ginger, Ground Ivy, Wood Betony

Febrifuge – Herbs that reduce fever. Examples include Willow, Elderflower, Usnea, Honeysuckle, Burdock, Dandelion, Feverfew, Boneset, Ragweed, Forsythia, Skullcap, Valerian, Vitex, Wild Ginger

Galactagogue – Increases the milk supply in a lactating woman. Examples include Fenugreek, Elderflower, Marshmallow, Burdock, Dandelion, Cumin, Fennel, Vitex, Saw Palmetto

Hemostatic – Works to slow or stop bleeding or hemorrhaging. Examples include Marshmallow, Plantain, Yarrow, Shepherd's Purse, Cayenne, Rose, Motherwort, Ragweed, Mugwort, Thuja, Horsetail

Hepatoprotective – Herbs that protect and prevent damage to the liver. Examples: Reishi, Maitake, Black Pepper, Cacao, Forsythia, Milk Thistle, Forsythia, Ground Ivy, Turkey Tail, Astragalus

Hepatic – Acts on the liver. Examples include Dandelion, Rose, Burdock, Oregon Grape Root

Hepatonic – Herbs that cleanse, build and restore the liver.

Hypnotic – Calming to the point of inducing sleep. Examples include Dandelion, Valerian

Hypocholesterolemic – Herbs that facilitate the lowering of cholesterol in the body. Examples include Eleuthero

Immune tonic – Herbs that help to nourish, tone and support the immune system. Examples include Marshmallow

Immunomodulator – Herbs that balance the immune system, stimulating a suppressed immune system and suppressing an over-stimulated immune system. Examples: Elderberry, Reishi, Eleuthero, Turkey Tail, Astragalus

Immunostimulant – Stimulates the immune system. Also known as immune stimulant. Examples: Echinacea, Spilanthes, Reishi, Bay Laurel, Usnea, Dandelion, Motherwort, Boneset, Maitake, Black Pepper, Forsythia, Coltsfoot, Astragalus

Laxative – Herbs used to produce bowel movements. See also aperient. Examples include Green Tea, Elderberry & flower, Honeysuckle, Marshmallow, Burdock, Mulberry, Rose, Dandelion, Motherwort, Boneset, Forsythia, Fennel, Mustard

Leaf Axil – The angle between the upper side of a leaf or stem and the stem or branch that supports it.

Lymphatic – Herbs that deep clean and improve the flow of lymph through the body system.

Mucilaginous – Herbs which contain polysaccharides which give them a slippery texture and mild taste, are soothing and cooling and are often used topically. Examples include Slippery Elm, Marshmallow, Plantain

Nephroprotective – Herbs that help to preserve kidney function, esp. when the kidneys are exposed to unusual or unique stresses. Examples include Astragalus, Nettles (seeds)

Nervine – Having a beneficial effect on the nervous system. Examples include Skullcap, Oats, St. John's Wort, Passionflower, Rose, Coriander, Feverfew, Motherwort, Mugwort, Skullcap, Valerian

Nervous system tonic – Herbs that support, strengthen and tonify the nervous system. Examples include Skullcap, Valerian

Neuroprotective – Protects neurons from injury or degeneration. Examples include Eleuthero, Ginkgo

Nutritive – Herbs that nourish the body. Examples include Chickweed, Comfrey, Dandelion, Kelp, Marshmallow, Nettles, Oatstraw, Red Clover, Slippery Elm, Yellow Dock, Violet, Burdock, Mulberry, Cacao, Saw Palmetto, Horsetail

Ointment – A remedy that is rubbed on the skin to help heal a wound or to reduce pain or discomfort.

Parturient – Brings on labor, assists with birth. Examples include Motherwort

Purgative – A strong laxative. Examples include Elderflower, Dandelion, Aloe, Feverfew, Mugwort

Refrigerant – Herbs that cool the body from the inside out, reducing heat in the body. Examples include Peppermint, Honeysuckle, Mulberry, Rose

Regenerative – Herbs that have the ability to regenerate, restore or renew tissue in the body. Examples include Comfrey, Turkey Tail

Rejuvenative – Restore to youthful vigor, appearance, etc. Examples: Reishi, Elderberry & flower, Marshmallow, Burdock, Ginkgo, Saw Palmetto, Horsetail

Relaxant – Calming and soothing without being sedating; the act of relaxing contracted tissues. Examples include Feverfew, Boneset

Reproductive amphoteric – Normalizes reproductive function. Examples include Saw Palmetto

Restorative – Herbs that restore the body to health. Examples include Alfalfa, Astragalus, Nettles, Violet, Elderberry & flower, Dandelion, Eleuthero, Skullcap, Valerian, Vitex, Saw Palmetto

Respiratory stimulant – Herbs that are stimulating to the respiratory system. Examples include Coltsfoot

Rubefacient – Herbs for topical application that produces redness of the skin e.g. by causing dilation of the capillaries and an increase in blood circulation. Examples include Pine, Ginger, Cayenne, Black Pepper, Mustard

Sedative – Herbs that tend to calm, moderate, or tranquilize nervousness or excitement. Examples include Bay Laurel, California Poppy, Mulberry rt. bark, Rose, Dandelion, Motherwort, Skullcap, Valerian, Gumweed, Vitex, Saw Palmetto, Coltsfoot  
Sepals – Part of a flower that encloses the flower and supports the petals while blooming.

Smooth muscle relaxant – Herbs that relax smooth muscles of the body such as the heart, stomach, intestinal, blood vessels, and bladder. Examples include Valerian

Stimulant – Energizes a system of the body. Examples include Peppermint, Bay Laurel, Elderflower (mild), Pine, Coriander, Feverfew, Boneset, Ragweed, Black Pepper, Cacao, Cumin, Cardamom, Eleuthero, Thuja, Saw Palmetto, Mustard, Ground Ivy  
Stipules – One of the usually small, paired appendages at the base of a leafstalk in certain plants. Examples include Rose and Passionflower.

Stomachic – Herbs that tone the stomach, improving its function and increasing appetite. Examples include Bay Laurel, Dandelion, Coriander, Motherwort, Cardamom, Mugwort, Skullcap, Valerian, Gumweed, Fennel, Vitex, Ground Ivy

Styptic – Stops bleeding by constricting tissue and blood vessels. Examples include Plantain, Yarrow, Mulberry leaf, Ragweed, Horsetail

Superior ovary – An ovary attached to the receptacle above the attachment of other floral parts.

Tonic – Herbs that restore or increase body tone. Examples include Nettles, Oats, Comfrey, Raspberry, Bay Laurel, Elderberry & flower, Pine, Mulberry, Coriander,

Feverfew, Motherwort, Boneset, Ragweed, Maitake, Cardamom, Valerian, Coltsfoot, Horsetail, Astragalus

Urinary tonic – Restores or increases tone in the urinary system. Examples include Ground Ivy

Uterine Stimulant – Energizes the uterus. Examples include Mugwort, Wild Ginger

Uterine tonic – Herbs that tone the uterus or increase uterine function. Examples include Motherwort, Black Haw, Raspberry, Crampbark, Rose, Wild Yam, Saw Palmetto

Vasodilator – Herbs that widen blood vessels and help prevent high blood pressure. Examples include Hawthorn, Bay Laurel, Yarrow, Elderberry & flower, Usnea, Feverfew, Motherwort, Black Pepper, Ginkgo, Astragalus

Vasorelaxant – Causing a decrease in vascular pressure resulting in the reduction in tension of the blood vessel walls.

Vermifuge – Herbs that expel parasitic worms and other internal parasites from the body by either stunning or killing them and without causing significant damage to the host. Also known as anthelmintic. Examples include Feverfew, Cumin, Mugwort, Wormwood

Vulnerary – Has wound healing properties. Examples include Bay Laurel, Prunella, Calendula, Plantain, Elderflower, Usnea, Honeysuckle, Marshmallow, Dandelion, Gumweed, Vitex, Thuja, Horsetail, Jewelweed, Ground Ivy

**Resources:**

American Botanical Council & Herbal Roots Zine