



Herbal Properties

Alteratives - herbs which purify the blood. Promoting cleansing of the spleen, liver, kidneys and bowels.

Analgesic – herbs that relieve pain when administered orally.

Anodynes - herbs that relieve pain when applied externally, by lessening the excitability of the nerves and nerve centers.

Anthelminitics - herbs which destroy intestinal worms and parasites.

There are two types of anthelmintics.

a. Vermicides - herbs which destroy intestinal worms without causing their elimination from the bowels.

b. Vermifuges - herbs which expel worms from the bowels.

Antacids - herbs which correct acid conditions in the stomach, blood and bowels.

Antibiotics - herbs which inhibit the growth of and destroy viruses and bacteria.

Antipyretics - herbs that are cooling to the system and are used to reduce fevers, also called refrigerants.

Antispasmodic – herbs used to relieve nervous irritability and reduce or prevent excessive involuntary muscular contractions (spasms), convulsions and cramps.

Astringent - herbs which increase the tone and firmness of the tissues and lessen mucus discharge from the nose, intestines, vaginal tract and draining sores.

Bitters – herbs having a bitter taste, which stimulate the gastrointestinal mucous membranes.

Cardiac Depressants – herbs that lessen and are sedative to the heart's action.

Cardiac Stimulants - herbs which increase the power of the heart.

Carminative – herbs containing a volatile oil that excites peristalsis, and relieves and promotes the expulsion of flatus or gas from the gastrointestinal tract. Carminatives also increase the tone of the musculature and stimulate peristalsis. Aromatic herbs are also carminatives.

Cathartics – herbs which are purgatives to the intestinal tract, exciting peristalsis and stimulating glandular secretions, producing a semi-fluid bowel movement with some irritation and griping. (Adding ginger to the herbal tea will prevent the irritation and griping).

Demulcents - herbs which soften and relieve irritation of the mucus membranes.

Diaphoretics - herbs which increase perspiration and increase elimination through the skin. They stimulate the entire circulatory system. There are three categories of diaphoretics. Stimulating, Neutral and Relaxing.

Diuretic – herbs that increase the secretion and flow of urine. They are usually combined with demulcents to soothe any irritation from acids or gravel.

Hepatics - herbs which strengthen, tone and stimulate the secretive functions of the liver. Used primarily in the treatment of jaundice and hepatitis.

Discutients - herbs that dissolve and remove tumors and abnormal growths. These herbs are usually used in poultices, fomentations and taken internally as teas.

Lithotriptics - herbs that dissolve and discharge urinary and gall bladder stones and gravel.

Local Anesthetics – herbs that produce anesthesia (loss of sensation) where applied locally to a surface. Caraway oil, Coca (powerful), Eugenol (feeble), Eucalyptol, Honey locust (twigs and leaves), Kava kava, Soap tree, Thymol.

Lymphatics - herbs used to stimulate and cleanse the lymphatic system.

Nervine - herbs which act as a tonic to the nerves, to relieve pain and

regulate the nervous system.

Parasiticides - herbs which kill and remove parasites from the skin.

Sedatives - herbs which allay excitement of functional activities of an organ or body part. They influence the circulation, reducing nervous expenditure.

Tonics - herbs that stimulate nutrition and permanently increase systemic tone, energy, vigor and strength.

Emetics - herbs used to induce vomiting.

Emmenagogues - herbs which promote the menstrual flow.

Emollient – herbs applied externally to soften or soothe the skin.

Expectorant – herbs which facilitate discharge of mucus secretions from the throat and broncho-pulmonary passages.

Hemostatics – herbs that arrest internal bleeding and hemorrhaging



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