

Glossary of Therapeutic Properties

- Analgesic: reduces pain sensation
- Anthelmintic: repels intestinal parasites
- Antibacterial: prevents bacterial growth
- Anticatatarrhal: effective against catarrh
- Anticholagogue: reduces the flow of bile
- Anticoagulant: reduces blood clotting
- Antidepressant: alleviates depression
- Antifungal: prevents fungal growth
- Antihistaminic: acts against symptoms of allergies
- Anti-infectious: prevents uptake of infection
- Anti-inflammatory: alleviates inflammation
- Antimicrobial: prevents microorganism growth
- Antineuralgic: counteracts nerve pain and throbbing
- Antioxidant: inhibits oxidation
- Antiparasitic: acts against parasites
- Antiphlogistic: acts against inflammation and fever
- Antiputrescent: acts against putrefaction
- Antirheumatic: relieves symptoms associated with rheumatic conditions
- Antisclerotic: prevents hardening of cells and tissues
- Antiseborrheic: relieves excessive secretion of sebum
- Antiseptic: destroys microbes and prevents their development
- Antispasmodic: prevents or relieves spasms, convulsions, or contractions
- Antisudorific: prevents sweating
- Antitoxic: able to neutralize toxins
- Antitussive: relieves coughs
- Antivenomous: used against the effects of venom
- Antiviral: prevents viral growth
- Aphrodisiac: increases sexual desire
- Astringent: contracts or tightens tissues
- Balsamic: soothes sore throats, coughs, etc.
- Calmative: sedative, calming agent
- Carminative: relieves flatulence, easing abdominal pain and bloating
- Cholagogue: promotes the evacuation of bile from gall bladder and ducts
- Cicatrizing: promotes the formation of scar tissue, thus healing
- Circulatory: promotes flow of blood and lymph
- Cytophylactic: promotes cell turnover, thus healing
- Decongestant: reduces congestion such as mucus
- Deodorant: masks or removes unpleasant smell
- Depurative: cleanser, detoxifier
- Diaphoretic: promotes perspiration
- Digestive: helps in the digestion of food
- Disinfectant: helps fight the spread of germs
- Diuretic: promotes the removal of excess water from the body
- Emmenagogue: induces or regularizes menstruation
- Emollient: soothes and softens skin
- Expectorant: promotes removal of mucus from the body
- Febrifuge: an antifebrile (antifever) agent
- Fortifying: strengthening, invigorating
- Galactagogue: induces the flow of breastmilk
- Hemostatic: arrests blood flow
- Hepatic: acts on the liver
- Hypertensive: raises blood pressure
- Hypnotic: sedative effect
- Hypotensive: lowers blood pressure
- Immunostimulant: stimulates the action of the immune system
- Insect Deterrent: discourages insect activity
- Laxative: assists in bowel elimination
- Mucolytic: breaks down mucus
- Nervine: acts on nerves; relieves nervous disorders
- Pectoral: beneficial for diseases or conditions of the chest and respiratory system
- Regenerative: tends to regenerate
- Relaxant: causing relaxation; reducing muscular tension
- Restorative: strengthens and revives the body's systems
- Rubefacient: a counterirritant producing redness of the skin
- Sedative: relaxes psychological and physical activity
- Soporific: induces, or tends to induce, sleep
- Spasmolytic: eases smooth muscle spasm
- Spasmodic: can cause muscle spasms
- Stimulant: increases overall function of the body
- Stomachic: good for the stomach; gastric tonic, digestive aid
- Sudorific: promotes perspiration
- Thermogenic: stimulates heat production
- Tonic: invigorates, refreshes, restores the body and bodily functions
- Vasodilatory: promotes dilation of blood vessels
- Vermifuge: expels intestinal worms
- Vulnerary: heals wounds and sores by external application