



# HERBAL TERMINOLOGY SHEET

*This document outlines herbal terms and their meaning so you may familiarize with them.  
This is intended for herbal practitioners and related fields of modality*

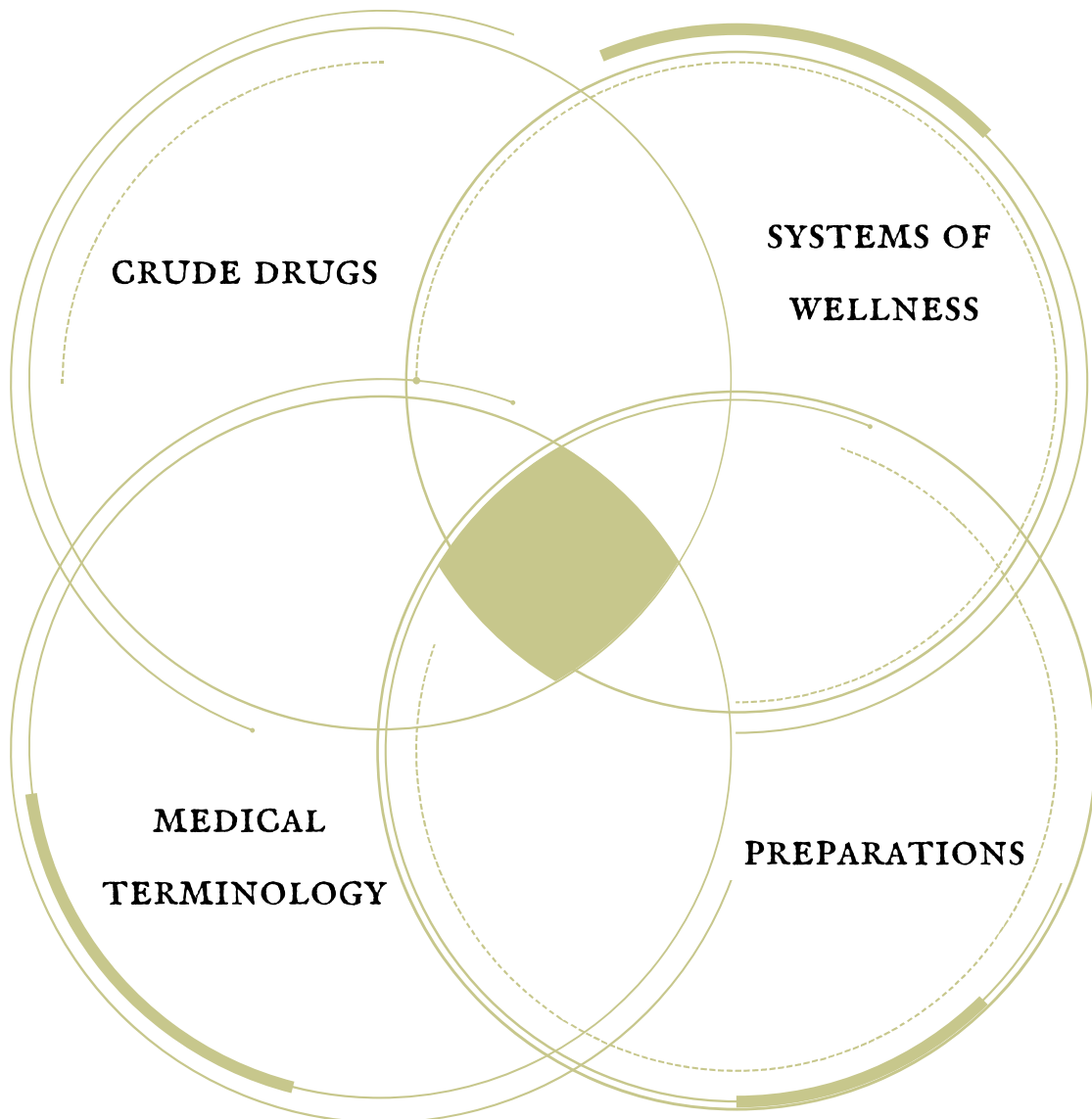


Figure 1: A visual of the interconnections of the four tiers that constitute herbal terminology



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# ACTIONS IN HERBALISM

**Adaptogen:** encourages a healthy response to stress

**Diuretic:** promotes excretion of water

**Nervine:** a plant substance that has a sedative, stimulating, or tonifying effect on the nervous system

**Anodyne:** alters nervous response, thus lessens pain

**Emmenagogue:** promotes harmonious hormonal relations and stimulates menstrual flow

**Tonic:** tendencies to strengthen a system or the entire body via excretion and promoting balance

**Bitter:** encourages digestion secretions

**Expectorant:** stimulates membranes in the airways to produce more fluid

**Vulnerary:** Promotes wound healing

**Carminative:** aromatic plant substance that soothes the gastrointestinal tract

**Lymphatic:** assists lymphatic movement

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