

# Herbal Class -

## Properties of the Herbs

One of the most essential things to know about plants aside from identification is their properties. So let's start with a list of those.

You will notice that *multiple herbs have multiple properties*, some are listed on almost all of them...

I cannot stress how important it is that you learn and know these terms... you will be using some of them a great deal. At the end of this paper you will find a list of the terms along with the herbs that apply to these terms.

**ABSORBENTS** - herbs used to absorb diseased tissues.

**ALTERATIVES** (over a gradual period) - herbs used to alter nutritive and excretory processes and to restore normal body function. *nutritives*

**ANALGESICS** - herbs used to lessen pain when taken orally.

**ANAPHRODISIACS** - herbs used to lessen sexual desire and functions.

**ANTACIDS** - herbs used to neutralize acid in the stomach and intestinal tract. *carrots almond*

**ANTHELMINTICS** - herbs used to expel intestinal worms.

**ANTIABORTIVES** - herbs used to counteract abortion or abortive tendencies.

**ANTIARTHRITICS** - herbs used to relieve and heal arthritic conditions.

**ANTIASTHMATICS** - herbs used to relieve asthma or asthmatic conditions.

**ANTIBILIOUS** - herbs used to eliminate jaundice or jaundice-like conditions. *milk thistle*

**ANTICATARRHAL** - herbs which help heal catarrhal conditions (excess mucus).

**ANTIEMETICS** - herbs used to prevent or relieve vomiting and nausea.

**ANTIHYDROPICS** - herbs used to eliminate excess body fluids.

**ANTILITHICS** - herbs used to prevent the buildup of deposits (stones) in the urinary system. *parsley*

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**ANTIPERIODICS** - herbs used to relieve malarial-type chills and fevers.

**ANTIPHLOGISTICS** - herbs used to reduce swelling or inflammation. *arthritis*

**ANTIPYRETICS** - herbs used to reduce high temperatures.

**ANTIRHEUMATICS** - herbs used to prevent, relieve, and cure rheumatism.

**ANTISCORBUTICS** - herbs used to prevent scurvy.

**ANTISCROFULOUS** - herbs used to heal tubercular conditions of the lymph nodes.

**ANTISEPTICS** - herbs used to prevent and counter the decay of cells and formation of pus and infections.

**ANTISPASMODICS** - herbs used to relieve, reduce or prevent excessive involuntary muscular contractions.

**ANTISYPHILITICS** - herbs used to relieve and help heal syphilis and venereal diseases.

**ANTIVENOMOUS** - herbs used as antidotes to mineral, animal, and vegetable poisons.

**ANTIZYBOTICS** - herbs used to destroy bacterial organisms.

**APERIENTS or LAXATIVES** - herbs used to evacuate the bowels.

**AROMATICS** - herbs that stimulate the olfactory senses and the gastrointestinal mucous membrane.

**ASTRINGENTS** - herbs that contract the cell walls, condense tissues and stop discharges.

**APHRODISIACS** - herbs used to correct impotence and strengthen sexual desire and power.

**BALSAMIC** - herbs that soothe, heal, and lessen inflamed areas.

**BITTERS** - herbs having a bitter taste but act as stimulating tonics to the gastrointestinal mucous membranes.

**BLISTERS** - herbs that cause blistering of the skin when applied locally (topically).

**CALEFACIENTS** - herbal agents used to increase circulation.

**CARDIAC DEPRESSANTS** - herbs that are sedatives to the heart.

**CARDIAC STIMULANTS** - herbs used to increase the heart's action.

**CARMINATIVES** - herbs containing a volatile oil that increases peristalsis and relieve gas. *dill*

**CATHARTICS** - herbs that are purgatives to the intestinal tract, stimulating bowel movements with some irritation and griping.

**CAUSTICS** - herbs that burn or destroy living tissues.

**CELL PROLIFERANTS** - herbs that promote rapid healing and restoration. *comfrey*

**CEPHALICS** - herbs that are beneficial to the healing of cerebral conditions and diseases. *lily of valley - Parkinson Alzheimer*

**CHOLAGOGUES** - herbs used to promote the flow and discharge of bile and produce purging of the bowels.

**CONDIMENTS** - herbs used to season and flavor foods.

**COLORING AGENTS** - herbs used for coloring and dyeing purposes.

**CORDIALS** - herbs that warm the stomach and stimulate the heart.

**CORRECTIVES** - herbs used to alter and lessen the severity of the actions of other herbs such as cathartics or purgatives.

**COSMETICS** - herbs which are used for the skin to improve complexion and tonification.

**COUNTER-IRRITANTS** - herbs that may cause irritation in a local area but be therapeutic in another area more deep-seated.

**DEMULCENTS** - herbs with mucilaginous qualities that soothe and protect inflamed internal surfaces and tissues.

**DENTAL ANODYNES** - herbs used to relieve pain of toothaches. *clove*

**DEOBSTRUENTS** - herbs that remove alimentary (the canal that extends from the mouth to the anus) obstructions from the body.

**DEODORANTS** - herbs that eliminate odor.

**DEPRESSO-MOTORS** - herbs that diminish muscular movement by action on the spinal centers.

**DEPURANTS** - herbs that clean the blood by promoting eliminative functions.

**DESSICANTS** - herbs which are able to dry surfaces by absorbing moisture.

**DETERGENTS** - herbs that are cleansing to wounds, ulcers or the skin itself.

**DIAPHORETICS** - herbs that induce perspiration and increase elimination through the skin.

**DIGESTANTS** - herbs that aid in the digestion of foods.

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**DILUENTS** - herbs that dilute excretions and secretions.

**DISCUTIENTS** - herbs that dispel or dissolve tumors and abnormal tissue growth.

**DISINFECTANTS** - herbs that eliminate and/or destroy noxious or toxic elements of decaying matter, thus preventing the spread of infection.

**DIURETICS** - herbs that increase the flow of urine.

**DRASTICS** - herbs that produce violent cramping, watery stools and griping pain.

**EMETICS** - herbs that induce vomiting.

**EMMENOGOGUES** - herbs that are helpful to the female reproductive organs by assisting in the normal flow of menstruation.

**EMOLLIENTS** - herbs that are softening, soothing, and protecting to the skin.

**ERRHINES** - herbs that increase nasal secretions from the sinuses.

**EXANTHEMATOUS** - herbs that are healing to skin diseases and/or skin eruptions.

**EXCITO-MOTORS** - herbs that increase motor flex or spinal activity.

**EXPECTORANTS** - herbs that promote the discharge of mucus secretions from broncho-pulmonary passages.

**FEBRIFUGES** - herbs that reduce fever.

**GALACTAGOGUES** - herbs that increase the secretion of milk.

**GALACTOPHYGA** - herbs that diminish or stop milk secretion.

**HEMETICS** - herbs that build and enrich the blood.

**HEMOSTATICS** - herbs that stop hemorrhaging and/or internal bleeding.

**HEPATICS** - herbs used to strengthen, stimulate and tone the liver... used to increase bile flow.

**HERPATIC** - herbs that are healing to skin eruptions and scaling diseases such as ringworm.

**HYPNOTICS** - herbs that are powerful nervine relaxants and sedatives.

**INSECTICIDES** - herbs that are used to destroy and/or eliminate insects.

**IRRITANTS** - herbs that produce a greater or lesser degree of vascular excitement when applied to the skin. (See also "blisters" or "counter-irritants".)

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**LITHOTRIPTICS** - herbs that dissolve and discharge urinary and kidney stones.

**LOCAL ANAESTHETICS** - herbs that deaden or numb pain when applied locally (topically) to a surface.

**MATURATING** - herbs that promote the ripening of tumors, ulcers, boils, etc. (Bring them to a head faster.)

**MUCILAGES** - herbs that have mucus producing properties and abilities.

**MYDRIATICS** - herbs that cause dilation of the pupils.

**MYOTICS** - herbs that cause contraction of the ciliary (of or relating to the lens) muscles of the pupil.

**NARCOTICS** - herbs that are powerful topical pain killers and relaxants/sedatives.

**NAUSEANTS** - herbs that produce nausea or an inclination to vomit.

**NEPHRITICS** - herbs that are used to influence and heal the kidneys.

**NERVINES** - herbs that are tonic and healing to the nerves.

**NUTRITIVES** - herbs that are nourishing and building to the body.

**OPHTHALMICS** - herbs that are healing to diseases and disorders of the eyes. *Huckleberry*

**PARASITICIDES** - herbs that destroy and/or kill parasites in the body.

**PARTURIENTS** - herbs that induce or assist labor and promote childbirth. *rasp.*

**PECTORALS** - herbs that are healing to the bronchial-pulmonary region.

**PERISTALTICS** - herbs that stimulate peristalsis or muscular contraction to aid in digestion and evacuation of the bowels.

**PROTECTIVES** - herbs that serve as protective cover to inflamed or injured areas when applied locally.

**PUNGENTS** - herbs that cause a pricking, sharp, or penetrating sensation to the sensory organs.

**REFRIGERANTS** - herbs that have cooling properties, lower body temperature and relieve thirst.

**RESOLVENTS** - herbs that promote the breakup of inflammatory deposits and the movement of them to the excretory system.

**RUBEFACIENTS** - herbs that, when applied locally, cause capillary dilation and skin redness. (This is something that draws blood from deeper tissues to the surface of the skin - thereby relieving internal inflammation and/or congestion.)

**SEDATIVES** - herbs that tend to calm and/or tranquilize the body.

**SIALAGOGUES** - herbs that promote saliva secretion.

**SOPORIFICS** - herbs that induce sleep.

**STERNUTATORIES** - herbs which irritate the nasal passages causing one to sneeze.

**STIMULANTS** - herbs that increase the functional activity and energy of the body.

**STOMACHICS** - herbs that are stimulating tonics to the stomach.

**STYPTICS** - herbs that tighten the blood vessels when applied to an external surface - thus stopping local bleeding or hemorrhaging.

**SUDORIFICS** - herbs that stimulate the sweat glands and produce profuse perspiration when taken hot or act as a tonic when taken cold.

**TAENIAFUGES/CIDES** - herbs that expel and/or kill tapeworms in the intestines.

**TONICS** - herbs that add nutrition to the body and increase tone, strength, and energy.

**VULNERARIES** - herbs that promote healing of wounds and cuts.