

Adaptogen- Helps the body to adapt to stress  
Alterative- removes toxins from blood, blood purifying  
Antiadhesive- prevents bacteria from latching on to membranes  
Anticattarhal- anti “snot”, clears sinuses & mucus  
Antidiarrheal- reduces diarrhea  
Antiemetic- prevents vomiting  
Antiedemetous- reduces water retention  
Antifungal- inhibits fungal growth  
Antimicrobial- inhibits microbial growth  
Antipruritic- relieves itch  
Antispasmodic- relieves muscle spasm  
Aperient- gentle laxative  
Bitter tonic- elicits the bitter reflex for digestion  
Carminative- relieves gassiness  
Choleretic-Improves bile flow  
Cholagogue- improves bile production  
Circulatory stimulant-boosts circulation  
Demulcent- mucilage that soothes and protects irritated tissue  
Diaphoretic- Induces sweating  
Diuretic- increases urination  
Emollient- soothes and softens external tissue  
Expectorant- loosens mucus making cough more productive  
Fibrinolytic- decreases blood clotting  
Galactagogue- Encourages milk flow  
Hemostatic- checks bleeding  
Hepatoprotective- Protects liver cells from toxicity  
Hepatoregenerative- encourages liver regeneration  
Hypotensive- lowers abnormally elevated blood pressure  
Laxative- stimulates bowel movements  
Lymphatics- supports movement of lymph  
Mucilagenous- slimy, gelatinous plant constituents  
Nervine- relaxes and eases anxiety and tension  
Orexigenic- stimulates appetite  
Prebiotic- Food for healthy bacteria  
Rubefacient- increases localized blood flow topically  
Synergist- improves activity of other herbs  
Venotonic- tightens the integrity of veins  
Vulnerary- promotes wound healing