

**Activator.**  
**Uterine irritant, may cause miscarriage.**

**Tonic.**  
**Increases the ability to respond and adapt to stress.**  
**Examples: stinging nettle, ginseng, heshowa**

## **Abortifacients**

## **Adaptogen**

**Activator, tonic.**  
**Cleans the blood, increases efficiency of lymph glands, liver, kidneys to detoxify and cool the blood**  
**Ex: garlic, gotu kola, he sho wu, violet, pipsissewa**

**Activator.**  
**Diminishes pain without affecting consciousness.**  
**Ex: black cohosh, white willow bark, valerian, wild yam, boneset**

## **Alterative**

## **Analgesic**

**Activator.**  
**Relieves pain, may cause drowsiness.**  
**Ex:**

**Anodyne**

**Activator**  
**Reduces mucus secretions in the respiratory system.**  
**Examples: goldenseal**

**Anti-catarrhal**

**Tonic.**  
**Relives symptoms of depression.**  
**Ex: borage**  
**Note: 5 kinds/emotions – see pg 6 of notes**

**Anti-depressant**

**Activator.**  
**Stops vomiting.**  
**Note: releases rebellious Qi.**

**Anti-emetic**

**Activator.**  
**Relieves inflammation.**  
**Ex: borage, burdock,**  
**calendula, chamomile,**  
**wild yam, chickweed,**  
**garlic, comfrey,**  
**echinacea**

**Anti-inflammatory**

**Activator, tonic.**  
**Breaks up stones or**  
**calculi in gallbladder or**  
**kidney**  
**Ex: joe pye weed, wild**  
**hydrangea root (for bone**  
**spurs)**

**Anti-lithic**

**Lithotropic**

**Activator, Tonic.**  
**Reduces joint pain and**  
**inflammation.**  
**Ex: black cohosh, wild**  
**yam**

**Anti-rheumatic**

**Activator.**  
**Reduces inflammation**  
**and congestion in the**  
**upper respiratory system.**

**Anti-tussive**

**Activator.**  
**Kills infectious organisms.**  
**Note: works by stimulating immune system.**

**Antibiotic**  
**Antimicrobial**

**Activator**  
**Kills and purges worms and parasites.**  
**Note: very dicey therapies, Patricia doesn't use them.**

**Anti-helminthic**  
**Vermifuge**  
**Anti parasitic**

**Activator.**  
**Relieves muscle spasms or tightness.**  
**Ex: fennel for gut, peppermint, chamomile (one of the best, whole body impact).**

**Anti-spasmodic**

**Tonic.**  
**Normalizes organ function, can either stimulate or sedate**  
**Ex: chasteberry, vitex, hawthorn**

**Amphoteric**

**Tonic.**

**Nourishes energy reserves, heightens sensual and erotic awareness.**

**Aphrodisiac**

**Activator**

**Stimulates digestion, reduces congestion, may be diaphoretic**

**Aromatic**

**Activator, Tonic.**

**Binds tissues together, reduces secretions.**

**Ex: contain tannic acid – wet tea bags on burns**

**Astringent**

**Activator, tonic.**

**Stimulates endocrine system and all aspects of digestion.**

**Ex: greens.**

**Bitter**

**Tonic.**  
**Strengthens and tonifies the heart, regulates heart function.**  
**Ex: hawthorn, garlic, motherwort**

## **Cardiac tonic**

**Activator, tonic**  
**Stimulates digestion, relieves flatulence, spasm, bloating**  
**Ex: basil, oregano, cinnamon, ginger, thyme**

## **Carminative**

**Activator.**  
**Causes a dramatic evacuation of the bowels.**  
**Ex: aloe vera juice, cascara sagrada (large doses)**

## **Cathartic**

**Activator, Tonic.**  
**Stimulates bile secretions from gall bladder, aids digestion and elimination.**  
**Note: related to hepatics**

## **Cholagogue**

**Activator, Tonic.**  
**Stimulates circulation,**  
**increases cardiac**  
**function**  
**Ex: cayenne, ginger**

**Circulatory**  
**Stimulant**

**Tonic.**  
**Increases immune response**  
**at bone marrow level,**  
**stimulates production of**  
**blood, T-cells, phagocytes,**  
**increases kidney Yin**  
**reserves.**  
**Ex: mushrooms**

**Deep immune**  
**activator**

**Activator, Tonic.**  
**Soothes irritated tissues,**  
**usually internally**  
**Ex: licorice, slippery elm,**  
**okra, marshmallow**

**Demulcent**

**Activator.**  
**Causes sweating, surface**  
**releasing, pushes out**  
**invaders**  
**Ex: almost any hot tea**

**Diaphoretic**

**Activator, Tonic.**  
**Stimulates urine production, reduces blood volume, pressure, and balances fluid levels.**  
**Ex:**

**Diuretic**

**Activator**  
**Brings on menses via hormonal changes or uterine irritation.**

**Emmenagogue**

**Activator.**  
**Soothes and moistens tissues, usually externally.**  
**Ex: olive oil**

**Emollient**

**Activator.**  
**Stimulates the break up and elimination of mucus in the lungs and respiratory system.**  
**Ex: horehound, mullein leaf, elderflower/berry**

**Expectorant**

**Activator.**  
**Reduces fever. Similar to diaphoretic.**

## **Febrifuge**

**Activator.**  
**Increases the flow of breast milk in nursing mothers.**  
**Ex: hops, milk thistle**

## **Galactagogue**

**Tonic.**  
**Tonifies and detoxifies the liver.**  
**Ex: burdock, dandelion, goldenseal, milk thistle, motherwort, turmeric.**

## **Hepatic**

**Tonic.**  
**Nourishes the endocrine system, regulates hormonal secretions.**  
**Ex: chasteberry, partridge berry.**

## **Hormonal Balancer**

**Activator, Tonic.**  
**Powerful sedative,**  
**causes drowsiness,**  
**slows respiratory and**  
**cardiac function.**  
**Ex: valerian (strongest)**

## **Hypnotic**

**Activator, tonic**  
**Reduces blood pressure.**  
**Ex: usually anti-**  
**spasmodics and**  
**relaxants.**

## **Hypotensive**

**Activator, tonic.**  
**Stimulates the peristaltic**  
**muscle to stimulate**  
**bowel movement. Mild**  
**version of cathartic.**  
**Many are also hepatic.**

## **Laxative**

**Activator, Tonic.**  
**Stimulates lymphatic**  
**drainage, reduces**  
**lymphatic swelling.**  
**Ex: violet leaf, poke root**

## **Lymphatic**

**Tonic, activator.**  
**Relaxes the central nervous system.**  
**Ex: lots of herbs to work with. Relaxant -> sedative->hypnotic -> narcotic (heroin).**

### **Nervine relaxant**

**Activator, tonic**  
**Stimulates the central nervous system.**  
**Ex: chocolate, cocaine**  
**Note: everyone is very susceptible to certain nervines. Trick is to find the right one and rotate through them.**

### **Nervine stimulant**

**Activator.**  
**Stimulates uterine contractions, promotes labor.**  
**Ex: black cohosh, blue cohosh**

### **Oxytocic**

**Activator, Tonic.**  
**Expands peripheral blood vessels, increase blood circulation, may lower blood pressure.**  
**Ex: cayenne**

### **Peripheral vasodilator**

**Activator.**  
**Increases circulation by causing localized skin irritation (external)**  
**Ex: tiger balm, camphor, menthol, peppermint**

**Rubefacient**

**Activator.**  
**Slows heart and respiratory rates, may reduce nervousness and anxiety.**

**Sedative**

**Activator.**  
**Stimulates digestion.**

**Stomachic**  
**Aromatic**  
**Carminative**

**Activator.**  
**Stops blood flow from wounds or hemorrhage (bleeding ulcers).**  
**Ex: shepherds purse, yarrow**

**Styptic**

**Tonic.**

**Increases defenses of skin and mucus membranes against infections**

**Ex: elderflower, garlic, echinacea, ginger**

**Surface immune activator**

**Tonic.**

**Tonifies and strengthens the uterus**

**Ex: partridgeberry, vitex (chasteberry)**

**Uterine tonic**

**Tonic.**

**Tones blood vessels and arteries, increases flexibility of vessel walls.**

**Ex: scotchbroom**

**Vascular tonic**

**Activator.**

**Promotes tissue healing by increasing cell regeneration, used internally or externally.**

**Ex: calendula, comfrey, chickweed.**

**vulnerary**