

DIGESTIVE SYSTEM

Action Categories & Herbs

ADAPTOGEN: prolongs the amount of time you can work, and do sports.. works on different systems, stress management. Tend to be tonic, nourishing. Term invented in 50s by Russians for Siberian Ginseng's affect on body

Astragalus membranaceus (Milk Vetch, *Fabaceae*, Pea/Legume Family)

Warm and sweet, nourishing to digestive system, helps (regulate) bone marrow create progenitor (stem) cells, use if a person needs nourishment, acts on the various glandular tissues within the digestive system to modulate allergic responses. Good to add to rice.

Codonopsis pilosula (Dang Shen, *Campanulaceae*, Bellflower Family)**Does not grow in Canada*

Tap root, gathers nourishment, warming, nutritive, helps balance blood sugar, aromatic. Has a brandy-like flavour.

Panax quinquefolius (North American Ginseng, *Araliaceae*, Ginseng Family) "Poor Man's Ginseng"

Extensive research into regulating blood sugar (type 2 diabetes), improves stress resistance, highly nutritive, yin tonic.

Schisandra chinensis (Five Flavour Berry/Magnolia Vine, *Schisandraceae*, Schisandra Family)

Bitter/sour + sweet flavours, good for liver, good adaptogen when used in small amounts for a long time, generally not taken alone, most adaptogens are used in combination. Not as well known TCM herb. Korean medicine uses it for cosmetic purposes.

Smilax spp. (Wild sarsaparilla, *Smilacaceae*, Greenbrier Family) Grows in Canada down to Mexico, also Jamaica + Asia

Helps clear skin and blood, people drank it in the spring time for nourishment, after a low vitality diet in winter, regulate sugar and regulate body without pushing in any one direction, improves stress resistance. Columbus + crew smelled wild sarsaparilla before reaching land. Used to treat syphilis after Europeans brought disease to NA.

ALTERATIVE: conditions the blood to be a better medium for the transport of electrochemical processes, changes the way certain tissues metabolize and catabolize, promotes the function of tissues or organs associated with elimination, regulates the build up or breakdown of tissues and eliminates the products of that process. Helps "cleanse" blood (removes metabolic + catabolic waste).

Arctium lappa (Burdock, *Asteraceae*, Aster Family)

Works through liver and digestive tract on the lymph, helps draw fluids into lymphatic system, cools liver, helps liver process oil and oil soluble toxins*, increases bile production, good for wet eruptive conditions, acne, measles (TCM calls eruptions "liver fire")

*oil soluble compounds form globulins - drawn out of blood stream by liver

water soluble (ionic) drawn out of blood through kidneys. Can be eaten as a root vegetable (can juice like a carrot, or a thick soup base)

Berberis vulgaris (Barberry, *Berberidaceae*, Barberry Family) BITTER + COLD (tonic to entire GI tract)

Stimulates bile production (good for fat digestion), excellent tonic for GI tract/eliminatory channels, used for delicate and weak children
Berberine can treat Metabolic syndrome (MetS), characterized by a cluster of metabolic abnormalities including hypertension, obesity, type 2 diabetes mellitus (T2DM) and dyslipidemia, is a well -known cardiovascular risk factor (CVRF)
Combine with PQQ (quercetin) to assist the mitochondrial function (of whole body).

Chinonanthus virginicus (Fringe Tree, *Oleaceae*, Olive Family) COLD

Cools hot liver and pancreas, clears congested liver and gallbladder, slightly cathartic, removes toxins through the bowels. **Do not give when gallstones are present**, can get stuck and block bile duct or pancreas (SERIOUS!). Helps prevent RBC's from sticking together. Is slow acting giving best results over time. Very popular w/ the Eclectics. Low shrub/tree.

Hydrastis canadensis (Goldenseal, *Ranunculaceae*, Buttercup Family) ASTRINGENT (tannins)

SCARCE - Only use when REALLY needed. (Use Berberis as an alternative). Astringent to digestive tract, stimulates liver, stomach infections (h-pylori) require cooling of stomach. Not to be given during pregnancy. Specific for H-pylori bacterial infection and many gram positive entero-pathogens. "King of the mucus membranes." Dr Christopher

Iris versicolor (Blue Flag, *Iridaceae*, Iris Family)

Find near water, helps to move fluids through lymph system, used when there are eruptive skin conditions, heat in the liver result in skin eruptions, stimulates peristalsis.

Menyanthes trifoliata (Bogbean, *Menyanthaceae*)

Grows in swamps, helps remove water soluble toxins/compounds from the body - particularly the joints, good for lactic acid buildup in tissues, good for gout, antirheumatic, improves liver function over time.

Rumex crispus (Yellow Dock, *Polygonaceae*, Buckwheat Family)

Yellow Dock, flowers turn iron-rust red, contains iron, but also allows for iron to be absorbed more easily (possibly through ferritin pathway), gentle liver tonic but thorough, small amount will increase bowel movements (slightly laxative), helpful in improving skin conditions. Yellow/orange tap root. Green flowers turn “rusty” red. Gets “woody” as it ages.

Smilax species (Wild Sarsaparilla, *Smilacaceae*, Greenbrier Family)

“Spring tonic”, nutritive, good for skin conditions, deals with accumulated waste that occurs over the winter with foods that have been aged over time (grains, preserved foods, lack of fresh food).

Taraxacum officinalis rad. (Dandelion Root, *Asteraceae*, Sunflower Family)

Mild alterative, works slowly but surely, swollen liver, liver congestion, gallbladder congestion, lowest level laxative, contains inulin sugars which feeds gut bacteria (prebiotic). Gentle liver herb.

At time of Charlemagne people were required to grow a list of official medicines for monasteries & churches (before hospitals), first hospitals were on Malta outside of the monasteries and had to have a dispensary within the “*officinalis*” list

High in potassium

Used when heat descends deeply into tissues, thickening fluids, slowing down drainage, causing inflammation deeper in tissues

Inulin sugars are also contained in: Burdock root, Chicory root (*Taraxacum*’s cousin) and Elecampane root – body cannot digest, but helps “feed” healthy gut bacteria.

Trifolium pratense (Red Clover, *Fabaceae*, Pea/Legume Family)

Famous alterative, changes nature of blood, helps regulate mineral content, gathers fluids into lymph nodes. Found in many traditional anticancer formulas internal and topical. Often abused, can overwhelm lymph nodes if you drink too much, cause swelling due to fluid not draining quickly enough, esp under chin – then under arms + breasts. (3-4 cups/day can be too much for most ppl).

Urtica dioica fol. (Nettle Leaf, *Urticaceae*, Nettle Family) SALTY

(stem/leaf/seed) Diuretic. Stinging nettles, pulls toxins out using kidney, one of the most nutritive herbs, full of proteins- stimulates liver to produce and metabolize proteins. Hoffmann says “When in doubt, give nettles.” Salty – lots of minerals. Will help nourish + eliminate body.

ANAESTHETIC: first will sense as hot and then numb

Capsicum annuum (Cayenne Pepper, *Solanaceae*, Nightshade Family)

Blocks transmission of substance P (p for PAIN). Topical capsaicin remedies are used for shingles.

Cinnamomum verum (Ceylon Cinnamon/True Cinnamon, *Lauraceae*, Laurel Family)

Cinnamon considered hot, but can be used in colitis

Elettaria cardamomum (True Cardamom, *Zingiberaceae*, Ginger Family)

Oils are slightly anesthetizing

Piper methysticum (Kava Kava, *Piperaceae*, Pepper Family)

Relaxing tea taken communally in native tradition, numbing to mouth and digestive tract and urinary tract, excellent for kidney stones or kidney pain. Good for painful, inflammatory conditions, from mouth to anus. Gathers in kidneys.

Syzygium aromaticum (Cloves, *Myrtaceae*, Myrtle Family)

Pleasantly aromatic, warming, astringing. Eugenol (EO alcohol) is used in dentistry for presurgical numbing. Oral aphthous ulcers can be treated. Anesthetic for the mouth (helps for numbing before freezing/needles).

ANTACIDS:

Regulates stomach acids, any or all is not a complete treatment, may just be local or temporary but will not address the cause without other herbs or lifestyle changes. Helps body resist the actions of acids (in this case specifically the digestive tract).

Acorus calamus (Sweet Flag, Calamus, *Acoraceae*, Acorus Family)

North American, there is one that grows in india, but it has toxic compounds, blocks nerve & irritation, balances pH. Prevalent in Great Lakes basin, wetlands. Calms nerve irritation. Cool + dry.

Althea radix (Marshmallow Root, *Malvaceae*, Mallow Family)

Cold water extract of root, brings out long chain mucopolysaccharides, helps reconstitute mucosal lining in stomach, hot extraction will break up those sugars making a starchy mess. Soak leaf in cold water = gel/slime (mucopolysaccharides – mucous like). Will help maintain stomach lining + pH when taken regularly. Can do the work of a PPI w/out the side effects.

Filipendula ulmaria (Meadowsweet, *Rosaceae*, Rose Family)

Salicylates are always cold and dry, really good for hot and wet conditions (diarrhea), cools tissue in stomach, one of only salicylates that will not irritate the tissues, also has tannins which is astringing, prevents formation of ulcers/lesions, heals chronic ulcers. Good for stomach – anus.

Matricaria recutita (German Chamomile, *Asteraceae*, Sunflower Family)

Mild nervine, relaxant, antispasmodic, anti-inflammatory all throughout digestive tract. Great for kids w/ honey (usually very palatable to them). Helpful w/ ulcers (chamomile also helps w/ nerve issues commonly found w/ ulcers). Warming + soothing to smooth muscle in GI, but also cooling to the GI nerves.

Mentha piperita (Peppermint, *Lamiaceae*, Mint Family)

Essential oil that anaesthetises more than assists with acid, gives temporary relief. Enter-coated capsules (go thru stomach before they break open/dissolve) of EO are used for IBS. Cools down inflammatory states. Herb of choice for women + children. Helps w/ nausea as well.

ANTHELMINTIC: Kills parasites. Strong plants, use cautiously! Typically a third world issue, esp tropical countries. Swimming pools + sand boxes typical culprits in Western world. Function differently in the body depending on herb.

Artemisia absinthium (Wormwood, *Asteraceae*, Sunflower Family) BITTER

Powerfully bitter, exceptionally anti-parasitic, creates a peroxide on contact with iron (hemoglobin) in the blood. Neuro-active compounds amplify neurotransmitters/mental activities, especially colour (and some sound). Good for killing worms (obvi). Should be used in a formula (unless you know the exact type of parasite). Some antibiotic effects.

Berberis vulgare (Barberry, *Berberidaceae*, Barberry Family)

Similar in action to Hydrastis, slightly less potent as more antimicrobial compounds have been isolated from Hydrastis

Hydrastis canadensis (Goldenseal, *Ranunculaceae*, Buttercup Family)

Canadine. Powerful antimicrobial, acts of parasites/bacteria

Juglans nigra (Black Walnut, *Juglandaceae*, Walnut Family)

Not much grows around juglans, high iodine content (universal “poison” for single-cell creatures). Great for mold.

Quassia amara (Bitter-wood, *Simaroubaceae*) (very) BITTER

Tropical plant, very bitter. One of few plants whose hard wood is the medicinal part.

Syzygium aromaticum (Cloves, *Myrtaceae*, Myrtle Family)

Anesthetizes parasite (hookworm); makes them “let go” of tissue (have hooks to hold on), eliminated via stool.

Tanacetum vulgare (Tansy, *Asteraceae*, Sunflower Family)

Taenifuge (means it kills worms), blocks their metabolism. Will kill tapeworms (but use in a compound, not as single herb). Flies do not like smell.

Thuja occidentalis (Northern White Cedar, *Cupressaceae*, Cypress Family)

Powerful – use caution. Contains potent volatile oils (EO) that are antimicrobial and anthelmintic. Good for treating Mycoplasmas (bacterial infection forms colony, but have no cell walls, info “shared” within colony)

ANTICATARRHAL: Removes phlegm/catarrh

Capsicum annuum (Cayenne Pepper, *Solanaceae*, Nightshade Family)

Stimulates mucus production, undermining a catarrhal deposition by moving it – ie: “floating” it away with fresh mucus (blowing nose, cough, spit, etc).

Eupatorium perfoliatum (Boneset, *Asteraceae*, Sunflower Family) COLD + WET

Chilling, contracts tissue, promotes mucus and sweat production

Hydrastis canadensis (Goldenseal, *Ranunculaceae*, Buttercup Family) DRY

drying, to collect catarrh into a large enough quantity to be expelled, tightens tissues, drying too much can cause cracks in tissue and lead to infections

Mentha piperita (Peppermint, *Lamiaceae*, Mint Family) COOL + DRY

Carminative that promotes local circulation and fluid movement, EO is cooling & drying as it evaporates. Not good for singing + talking (too drying).

<p><i>Salvia officinalis</i> (Sage leaf, <i>Lamiaceae</i>, Mint Family) WARM + DRY Warm & dry, breaks up catarrh particularly in the throat, for boggy, wet tissues, very drying/astringing - TANNINS Make tea with honey & lemon and give to children with sore throat and / or runny nose during cold & flu season. #1 Remedy for flu season.</p>
<p><i>Thymus vulgaris</i> (Thyme, <i>Lamiaceae</i>, Mint Family) HOT + DRY Hot, good for breaking up catarrh, works even deeper in the lungs. Good to add to food for digestive issues.</p>
<p>ANTI-EMETIC: stops vomiting (anti = not) (emesis = bring up, vomit)</p>
<p><i>Matricaria recutita</i> (German Chamomile, <i>Asteraceae</i>, Sunflower Family) Bitter, antispasmodic (relaxes stomach muscles from emesis), effective for children, anti-inflammatory</p>
<p><i>Melissa officinalis</i> (Lemon Balm, <i>Lamiaceae</i>, Mint Family) COOLING Cooling, calming, soothing</p>
<p><i>Mentha piperita</i> (Peppermint, <i>Lamiaceae</i>, Mint Family) COOLING Chilling chills nerve reflex around muscle that causes the emesis for repeated vomiting</p>
<p><i>Zingiber officinale</i> (Ginger, <i>Zingiberaceae</i>, Ginger Family) WARMING Warming, works in brain centre to stop motion sickness, can be used for electrolyte replacement therapy for repeated vomiting. Ginger candies good for getting ginger into children (watch amount as high in sugar).</p>
<p>*must replace electrolytes if continued vomiting & diarrhea (parents will often stop giving fluids to children when vomiting continuously – dangerous! Can cause heart-damage due to dehydration + electrolyte loss!) “Ener-C” packets can help <u>Midwives formula</u> 1L mason jar with: juice of 1 lemon 1 tsp. maple syrup ¼ tsp. Baking soda 1 tsp. salt (Celtic sea salt/Himalayan salt fill the rest of jar with filtered water – give as tablespoons to children Pickle juice - anti-emetic & minerals for electrolytes – most children like the taste</p>
<p>ANTI-INFLAMMATORY: an inflammatory process is usually can be indicative of things to come, for the most part you must address the heat of the inflammation and its cause. when you have the belief that the inflammation has served its purpose it is time to change the tissue state.</p>
<p><i>Bupleurum falcatum</i> (Chai Hu, <i>Apiaceae</i>, Umbel Family) corticosteroid stimulation, “saiko” saponins - causes endogenous corticosteroid production *<i>Bupleurum</i>, <i>Dioscorea</i>, <i>Glycyrrhiza glabra</i> these three herbs on their own or together stimulate body’s adrenocorticosteroid production if using corticosteroids the three herbs may help the adrenal glands “wake up” without suppressing the immune system</p>
<p><i>Calendula officinalis</i> (Marigold, <i>Asteraceae</i>, Sunflower Family) anti-inflammatory on contact with tissue, vulnerary and antiseptic, specific for H. Pylori -</p>
<p><i>Cinnamomum verum</i> (True Cinnamon, <i>Lauraceae</i>, Laurel Family) hot & dry in mouth but anti-inflammatory & anaesthetising in the gut on contact</p>
<p><i>Curcuma longa</i> (Turmeric, <i>Zingiberaceae</i>, Ginger Family) anti-inflammatory to digestive system and cerebrospinal/nervous system and brain, best used anti-inflammatories for about anything, inflammation in bowels mix with water (will stay in the bowel). Cook in Butter & hot milk (coconut) releases the oil fraction for golden milk a systemic curcumin binded to piperine (pungent element in black pepper) create an irritation causes intestinal permeability and then the curcumin heals the intestine and gets into the blood. In tincture <i>Curcuma</i> can penetrate into the blood stream directly from entire digestive tract. cooked black pepper can be very irritating to the system</p>
<p><i>Dioscorea villosa</i> (Wild Yam, <i>Dioscoreaceae</i>, Yam Family) Corticosteroid production stimulation for inflammation and antispasmodic to GI tract.</p>
<p><i>Filipendula ulmaria</i> (Meadowsweet, <i>Rosaceae</i>, Rose Family) salicylates are always cold and dry, really good for hot and wet conditions(diarrhea), cools tissue in stomach, one of only salicylates that will not irritate the tissues, also has tannins which is astringing.</p>

<p><i>Glycyrrhiza glabra</i> (Licorice, <i>Fabaceae</i>, Pea/Legume Family) Corticosteroidal stimulation, any increase in blood pressure, can be regulated with minor supplementation of potassium. Demulcent cooling and moistening.</p>
<p><i>Hydrastis canadensis</i> (Goldenseal, <i>Ranunculaceae</i>, Buttercup Family) Astringent to inflamed tissues and chilling to the liver.</p>
<p><i>Matricaria recutita</i> (German Chamomile, <i>Asteraceae</i>, Sunflower Family) Salicylates, cooling and astringing to tissues, gastric ulcers, diarrhea also soothing to the inflamed nerves.</p>
<p><i>Mentha piperita</i> (Peppermint, <i>Lamiaceae</i>, Mint Family) Cooling stomach and intestines</p>
<p><i>Silybum marinarum</i> (Milk Thistle, <i>Asteraceae</i>, Sunflower Family) More for inflammation in the liver, good for liver liver poisoned by fat soluble chemicals, which is most likely inflamed, systemic anti-inflammatory.</p>
<p><i>Viola tricolor/odorata</i> (Heartsease/Common Violet, <i>Violaceae</i>, Violet Family) <i>Tricolor</i> for stomach, <i>odorata</i> for lungs, <i>tricolor</i> is anti-inflammatory for the digestive tract, large quantity of mucopolysaccharides.</p>
<p><i>Zingiber officinale</i> (Ginger, <i>Zingiberaceae</i>, Ginger Family) Blocks prostaglandin activities.</p>
<p>ANTILITHIC: stimulates production of a bile that can dissolve gallstones</p>
<p><i>Chionanthus virginicus</i> (Fringe Tree, <i>Oleaceae</i>, Olive Family) Preventative for biliary calculi</p>
<p><i>Leptandra/Veronicastrum virginicus</i> (Culver's Root, <i>Plantaginaceae</i>, Plantain Family) Highly effective cholagogue</p>
<p><i>Peumus boldus</i> (Boldo, <i>Monimiaceae</i>) Very bitter, promotes GI secretions and bile production.</p>
<p>ANTIMICROBIAL: either actively antimicrobial, or stimulates immune system</p>
<p><i>Alpinia galanga</i> (Galangal, <i>Zingiberaceae</i>, Ginger Family) Warm, dry, stimulates heart to beat faster, Hildegard used it for weak hearts - used in peoples wine, great for digestion</p>
<p><i>Angelica archangelica</i> (Garden Angelica, <i>Apiaceae</i>, Umbel Family) Native to Canada, antispasmodic, considered from the time of Mithridates (king of Pontis) who devoted his life to antidotes from poison, Theriac (15-50 herbs) depending on the city where it was the universal cure for food poisoning. Lives in watery land, tastes like celery, one of the main ingredients in Chartreuse, got the name Angelica because someone went into a wetland and saw an angel hovering over a plant in a town bombarded by the bubonic plague (which it helped as long the plague was not too far along), roots are like perfume, you can make candy out of it.</p>
<p><i>Andrographis paniculata</i> (Green Chiretta, <i>Acanthaceae</i>, Acanthus Family) Cool bitter, works on immune system, herb of choice for colds & flus in India, excellent for respiratory as well as digestive upset.</p>
<p><i>Artemisia absinthium</i> (Wormwood, <i>Asteraceae</i>, Sunflower Family) Most bitter, strong antimicrobial action in colon.</p>
<p><i>Azadirachta indica</i> (Neem, <i>Meliaceae</i>, Mahogany Family) Used in toothpaste for anaerobic bacteria, put leaves in linens to keep the larvae out of textiles when shipped from India. EO can be used neat for topical application.</p>
<p><i>Berberis vulgaris</i> (Barberry, <i>Berberidaceae</i>, Barberry Family) Blocks enzymatic pathways, bacteria do not have a 'berberine pump' that our cells have evolved.</p>
<p><i>Calendula officinalis</i> (Marigold, <i>Asteraceae</i>, Sunflower Family) Astringing bitter, not as powerful as Artemesia, stimulates Peyer's patches in intestines (modulates allergic reactions)</p>
<p><i>Commiphora mol-mol</i> (Myrrh, <i>Burseraceae</i>, Torchwood Family) Highly resinous, isolated in 90%+ alcohol, egyptians used it to preserve flesh, not water soluble -resins have to be extracted with alcohol, most therapeutic effect is on Peyer's patches.</p>

<p><i>Curcuma longa</i> (Turmeric, <i>Zingiberaceae</i>, Ginger Family) Digestive aid secondary use</p>
<p><i>Elettaria cardamomum</i> (Cardamom, <i>Zingiberaceae</i>, Ginger Family) Breaks up gas in GI, 90% of world's consumption of Cardamom is during Ramadan, same family as ginger, has slightly anesthetic properties.</p>
<p><i>Gentiana lutea</i> (Yellow Gentian, <i>Gentianaceae</i>, Gentian Family) Stimulates acid production in stomach(antimicrobial), bitter, root extract inhibits <i>Candida</i> and <i>Aspergillus</i> fungi, active against MRSA.</p>
<p><i>Hydrastis canadensis</i> (Goldenseal, <i>Ranunculaceae</i>, Buttercup Family) Do not take for prolonged periods of time (2-3 months on), very powerful.</p>
<p>Propolis From Poplar tree sap, bees use propolis to mummify the carcasses of intruders they have killed, allows for bees to extract more oxygen from air, honey forms a peroxide excellent for lichen planus.</p>
<p><i>Salvia officinalis</i> (Sage leaf, <i>Lamiaceae</i>, Mint Family) Good for topical infections, sore throat, astringes inflamed tissue.</p>
<p><i>Syzygium aromaticum</i> (Cloves, <i>Lauraceae</i>, Laurel Family) EO's are antimicrobial, excellent for parasites, good for mouth infections.</p>
<p><i>Thymus vulgaris</i> (Thyme, <i>Lamiaceae</i>, Mint Family) Mouth, throat, lungs, Thymol is one of the strongest antimicrobials, Lysterine mouthwash was made by Dr. Joseph Lyster at a time when doctors did not wash their hands, it worked as antimicrobial. thyme eucalyptus baptisia gaultherin benzo-boracic acid, 2 grains/fl. Drachm mentha arvensis recipe</p>
<p><i>Usnea barbata</i> (Old Man's Beard, <i>Parmeliaceae</i>, Lichen-forming Fungi) Usnic acid kills bacteria (broad spectrum), used as a surgical dressing for wounds (stretchy almost like a tensor bandage).</p>
<p><i>Zingiber officinale</i> (Ginger, <i>Zingiberaceae</i>, Ginger Family)</p>
<p>ANTISPASMODIC: Smooth muscle The majority of drugs that are the common drugs given to society are all PARASYMPATHETIC, or more relaxing, to open you up - in other words people are tense in general</p>
<p><i>Angelica archangelica</i> (Garden Angelica, <i>Apiaceae</i>, Umbel Family) Cramps, upset stomach</p>
<p><i>Dioscorea villosa</i> (Wild Yam, <i>Dioscoreaceae</i>, Yam Family) Hormone regulator, effective anti-inflammatory in digestive tract, excellent GI antispasmodic, considered a 'rabbit medicine' by some native cultures (for twitchy, nervous, anxious constitutions).</p>
<p><i>Matricaria recutita</i> (German Chamomile, <i>Asteraceae</i>, Sunflower Family) Mild antispasmodic, most effective in the stomach, gentle but effective.</p>
<p><i>Myrica cerifera</i> (Bayberry, <i>Myricaceae</i>, Bay Family) Mostly used for stomach, a bit for intestinal spasms, astringing property holds tissues in place.</p>
<p><i>Myristica fragrans</i> (Nutmeg, <i>Myristicaceae</i>, Nutmeg Family) Nervine, sedative, antispasmodic & anesthetizing, hallucinogenic in large doses (prisoners use often), primary herbs used by Nostradamus, hallucinogenic/entheogenic herbs are usually "acid", an energetic associated with deep relaxation.</p>
<p><i>Pimpinella anisum</i> (Anise, <i>Apiaceae</i>, Umbel Family) Relieves cramping, breaks up gas pockets, soothing/relaxing to smooth muscle in digestion & lungs.</p>
<p><i>Salvia officinalis</i> (Sage leaf, <i>Lamiaceae</i>, Mint Family) Warming, antispasmodic for digestion.</p>
<p><i>Thymus vulgaris</i> (Thyme, <i>Lamiaceae</i>, Mint Family)</p>

Valeriana officinalis (Valerian, *Caprifoliaceae*, Honeysuckle Family)

Smooth muscle, striated muscle, cardiac muscle, most broadly used antispasmodic, pretty sedative however, acts on GABA receptors (gamma amino butyric acid), it can be overstimulating to certain constitutions - Paul Bergner says Valerian is too mentally stimulating for those with yin deficiency (thin/pale) and it can actually make it more difficult to relax/sleep

Viburnum opulus (Cramp Bark, *Adoxaceae*, Moschatel Family)

Antispasmodic to smooth muscle, cardiac muscle, used for uterine cramps

Zingiber officinale (Ginger, *Zingiberaceae*, Ginger Family)

Warming, for intestinal cramping, spastic colon

APHRODISIAC:

Myristica fragrans (Nutmeg, *Myristicaceae*, Nutmeg Family)

Theobroma cacao (Cocoa Bean, *Malvaceae*, Mallow Family)

Contains theobromine and other stimulant alkaloids

ASTRINGENT: dries, tightens, gathers wet, hot, inflamed tissues

Cinnamomum verum (True Cinnamon, *Lauraceae*, Laurel Family)

Drying, warming, good for diarrhea

Filipendula ulmaria (Meadowsweet, *Rosaceae*, Rose Family)

Cold and dry (good for hot and wet), good for hot, wet expulsions, either end, tightens GI tissues, heals abrasions/lesions.

Hydrastis canadensis (Goldenseal, *Ranunculaceae*, Buttercup Family)

More astringing in a water extract, alkaloids and tannins will precipitate if preparation is kept over time, loses some of its astringency, too much Hydrastis can induce diarrhea (disbiosis), specific for Giardia (wet + infection).

Krameria triandra (Rhatany, *Krameriaceae*, Rhatany Family)

Lots of tannins, too much can constipate.

Myrica cerifera (Bayberry, *Myricaceae*, Bay Family)

Probably the strongest astringent, mostly around the stomach, removes excess mucus from intestinal tract.

Quercus alba (Oak tree, *Fagaceae*, Beech Family)

Astringing and mineralizing, main ingredient in Dr. Christopher's Bone, Flesh and Cartilage.

Salvia officinalis (Sage leaf, *Lamiaceae*, Mint Family)

Warming, drying, for infection as well as diarrhea.

BITTER: causes the brain to send out a number of signals to initiate the production of digestive enzymes, traditionally taken before a meal, also stimulates the liver to produce digestive enzymes and compounds

Achillea millefolium (Yarrow, *Asteraceae*, Sunflower Family)

Cold, medium bitter

Andrographis paniculata (Green Chiretta, *Acanthaceae*, Acanthus Family)

Very cold, bitter

Angelica archangelica (Garden Angelica, *Apiaceae*, Umbel Family)

Artemisia absinthium (Wormwood, *Asteraceae*, Sunflower Family)

You can detect one particle per million, very bitter

Berberis vulgaris (Barberry, *Berberidaceae*, Barberry Family)

Medium bitter

<p><i>Chelidonium majus</i> (Celandine, <i>Papaveraceae</i>, Poppy Family) Exceptionally bitter, also caustic, bleeds orange latex, stimulates the liver, very good for a hot liver.</p>
<p><i>Gentiana lutea</i> (Yellow Gentian, <i>Gentianaceae</i>, Gentian Family) Chilling stomach bitter, stimulates appetite, normalizes digestive secretions.</p>
<p><i>Humulus lupulus</i> (Hops, <i>Cannabaceae</i>, Cannabis Family) Sedative, hypnotic, sleep inducing, flavours beer, sometimes put into bitter mixes, always in a small percent because it's too sedative.</p>
<p><i>Hydrastis canadensis</i> (Goldenseal, <i>Ranunculaceae</i>, Buttercup Family) Tones digestive tract and mucous membranes.</p>
<p><i>Mahonia aquifolium</i> (Oregon Grape, <i>Berberidaceae</i>, Barberry Family) Cousin of berberis, grows in mountains.</p>
<p><i>Matricaria recutita</i> (German Chamomile, <i>Asteraceae</i>, Sunflower Family) Minor bitter, digestive, underrated for its multiple uses (upset stomach, nausea, lack of appetite).</p>
<p><i>Quassia amara</i> (Bitter-wood, <i>Simaroubaceae</i>) Hardwood, bitter, resin, you have to bake it to get the resin out.</p>
<p><i>Rhamnus purshiana</i> (Cascara, <i>Rhamnaceae</i>, Buckthorn Family) Cathartic, stimulates bile, bile causes peristalsis, aggravates intestinal tract, stimulating peristalsis, careful when using with pregnancy, pregnant women should not use strong anthraquinone cathartics.</p>
<p><i>Salvia officinalis</i> (Sage leaf, <i>Lamiaceae</i>, Mint Family) Warm and drying</p>
<p><i>Taraxacum officinalis rad.</i> (Dandelion root, <i>Asteraceae</i>, Sunflower Family) Promotes liver secretions, improves digestion, dandelion root tea/coffee taken regularly works wonders on the liver.</p>
<p><i>Valeriana officinalis</i> (Valerian root, <i>Caprifoliaceae</i>, Honeysuckle Family) Warm bitter, one of the few, also sedative.</p>
<p>CARMINATIVE: warming herbs, antispasmodic, break up gas, stimulate digestion, many are antimicrobial, promotes local circulation, take after meals(bitters before meals)</p>
<p><i>Alpinia galanga</i> (Galangal, <i>Zingiberaceae</i>, Ginger Family) Hot, dry, regulates heart</p>
<p><i>Angelica archangelica</i> (Garden Angelica, <i>Apiaceae</i>, Umbel Family) Bitter digestive, slightly antimicrobial</p>
<p><i>Apium graveolens</i> (Celery seed, <i>Apiaceae</i>, Umbel Family) Celery seed, goes well with potatoes/leeks, stimulates the removal of uric acid(arthritis), also a diuretic, good for belching.</p>
<p><i>Cinnamomum verum</i> (True Cinnamon, <i>Lauraceae</i>, Laurel Family) Dry, warming, breaks up gas</p>
<p><i>Daucus carota</i> (Wild Carrot seed, <i>Apiaceae</i>, Umbel Family) Delicious carminative Use caution**birth control - blocks the implantation of the ovum in the uterus, native women kept a jar of seeds beside the bed</p>
<p><i>Elettaria cardamomum</i> (Cardamom seed, <i>Zingiberaceae</i>, Ginger Family)</p>
<p><i>Foeniculum vulgare</i> (Fennel, <i>Apiaceae</i>, Umbel Family) Aromatic, allows blood flow and vitality to move in, for swelling/bloating, intestinal spasm</p>
<p><i>Matricaria recutita</i> (German Chamomile, <i>Asteraceae</i>, Sunflower Family) Nervine sedative, calming bitter</p>
<p><i>Melissa officinalis</i> (Lemon Balm, <i>Lamiaceae</i>, Mint Family) Cooling, calming</p>

<p><i>Mentha piperita</i> (Peppermint, <i>Lamiaceae</i>, Mint Family) Cooling/warming</p>
<p><i>Myristica fragrans</i> (Nutmeg, <i>Myristicaceae</i>, Nutmeg Family) Warming, anesthetic</p>
<p><i>Nigella sativa</i> (Black Cumin, <i>Ranunculaceae</i>, Buttercup Family) Antibiotic, antimicrobial, particularly for respiratory infections, cures everything but death according to the koran, popular flavouring agent.</p>
<p><i>Pimpinella anisum</i> (Anise, <i>Apiaceae</i>, Umbel Family) Flavouring agent</p>
<p><i>Rosmarinus officinalis</i> (Rosemary, <i>Lamiaceae</i>, Mint Family) Warming, drying</p>
<p><i>Syzygium aromaticum</i> (Cloves, <i>Lauraceae</i>, Laurel Family) Warming, anesthetic</p>
<p><i>Zingiber officinale</i> (Ginger, <i>Zingiberaceae</i>, Ginger Family) Hot</p>
<p>CHOLAGOGUE: stimulates production of bile, antilithic, helps remove poisons in the body that are fat soluble</p>
<p><i>Berberis vulgaris</i> (Barberry, <i>Berberidaceae</i>, Barberry Family) Normalizes liver secretions, more delicate than other stronger bitter cholagogues.</p>
<p><i>Bupleurum falcatum</i> (Chai Hu, <i>Apiaceae</i>, Umbel Family) Cooling to liver/intestines, makes water condense into the intestines, likened to the condensation on a glass during summer, but can cause diarrhea, specific for hepatitis.</p>
<p><i>Chelidonium majus</i> (Celandine, <i>Papaveraceae</i>, Poppy Family) Stimulates bile production, very chilling/bitter, use when bile is too thick, best used as a preventative for gallstones, but it can be useful even if they are developed/caught.</p>
<p><i>Chionanthus virginicus</i> (Fringe Tree, <i>Oleaceae</i>, Olive Family) Promotes all secretion slowly, but especially those of the liver, gall ducts and kidneys, acts in any instance where imprisoned bile can be liberated by reducing swelling and congestion, preventative for biliary calculi, can cause diarrhea.</p>
<p><i>Cryptolepis sanguinolenta</i> (Milk ropes, <i>Apocynaceae</i>, Dogbane Family) South African herb, bitter.</p>
<p><i>Cynara scolymus</i> (Globe artichoke, <i>Asteraceae</i>, Sunflower Family) Treats liver tissue as well stimulates gallbladder flow.</p>
<p><i>Dioscorea villosa</i> (Wild Yam, <i>Dioscoreaceae</i>, Yam Family) Bitter, reduction of excess hormones, conjugates hormones in the liver, extracting them from the blood.</p>
<p><i>Eupatorium perfoliatum</i> (Boneset, <i>Asteraceae</i>, Sunflower Family) Mild bitter</p>
<p><i>Iris versicolor</i> (Blue Flag, <i>Iridaceae</i>, Iris Family) Oleoresin in the root is purgative to the liver, useful in bilious sickness</p>
<p><i>Leptandra virginicum</i> (Culver's Root, <i>Plantaginaceae</i>, Plantain Family) Fresh root is a power cholagogue and cathartic, but when appropriately dried and aged, the action becomes much more gentle and consistent, good for atonic states of the liver and intestinal tract.</p>
<p><i>Mahonia aquifolium</i> (Oregon Grape, <i>Berberidaceae</i>, Barberry Family) Similar to Berberis</p>
<p><i>Peumus boldus</i> (Boldo, <i>Monimiaceae</i>)</p>

<p><i>Podophyllum peltatum</i> (Mayapple, <i>Berberidaceae</i>, Barberry Family) Effectively detoxifies by making the liver dump bile, effects can be overly toxic, mitigate with carminatives, some toxin into bloodstream (and can go to heart and kill people from own toxins). Good for someone with a dead liver (heavy tylenol use), put a little podo with other cholagogues & carminatives to wake liver up.</p>
<p><i>Rhamnus purshiana</i> (Cascara, <i>Rhamnaceae</i>, Buckthorn Family) Bitter, slightly astringent, stimulates the Auerbach plexus in the brain thereby exciting peristalsis in smooth muscle throughout digestive tract.</p>
<p><i>Rumex crispus</i> (Yellow Dock, <i>Polygonaceae</i>, Buckwheat Family) orange root & flowers, gentle cholagogue, helps bring toxins into circulation for elimination.</p>
<p>DEMULCENT: protects and soothes irritated tissues, anti-inflammatory, contains mucopolysaccharides add coolness, moisture & softness, used to treat hot, dry, inflamed tissues</p>
<p><i>Althea officinalis rad.</i> (Marshmallow root, <i>Malvaceae</i>, Mallow Family) Soothing to mucous membranes, antitussive effect also noted, significant hypoglycemic action, wound-healing effects, use a cold water extract, (otherwise get cement like solution). In a cold water extract you get a gel made out of mucopolysaccharides.</p>
<p><i>Arctium lappa</i> (Burdock, <i>Asteraceae</i>, Sunflower Family) Can protect the liver from toxicity caused by ethanol and carbon tetrachloride, possibly due to its antioxidant activity.</p>
<p><i>Glycyrrhiza glabra</i> (Licorice, <i>Fabaceae</i>, Pea/Legume Family) Contains polysaccharides, anti-inflammatory compounds, cooling & soothing.</p>
<p>HEPATIC: Protects/rejuvenates liver, improve the quality of the liver function</p>
<p><i>Bupleurum falcatum</i> (Chai Hu, <i>Apiaceae</i>, Umbel Family) Anti-inflammatory, hepatitis</p>
<p><i>Chelidonium majus</i> (Greater Celandine, <i>Papaveraceae</i>, Poppy Family) Great for poisoned liver or for liver cancers, cools down GI/Liver tissues, reduces inflammation.</p>
<p><i>Cucuma longa</i> (Turmeric, <i>Zingiberaceae</i>, Ginger Family)</p>
<p><i>Cynara scolymus</i> (Globe Artichoke, <i>Asteraceae</i>, Sunflower Family) Stimulates bile flow from gallbladder, toning to liver, protective qualities against different types of toxins, lowers blood cholesterol and triglycerides.</p>
<p><i>Glycyrrhiza glabra</i> (Licorice, <i>Fabaceae</i>, Pea/Legume Family)</p>
<p><i>Hypericum perforatum</i> (St. John's Wort) Accelerates liver catabolism for melancholy.</p>
<p><i>Panax notoginseng</i> (Notoginseng, <i>Araliaceae</i>, Ginseng Family) Get the shiny, black, hard one, boil and then cut, strong for protecting the liver especially for Hep. C virus Accelerates metabolism. Yunan Bai Yao: main herb is <i>Panax n.</i> stops arterial bleeding. During Vie Nam war the soldiers would wear a capsule and take it if they got shot.</p>
<p><i>Picrorhiza kurroa</i> (Kutki, <i>Plantaginaceae</i>, Plantain Family) Very cold bitter herb, protects the liver, specific for Hep. C</p>
<p><i>Schisandra chinensis</i> (Five-flavour Berry, <i>Shisandraceae</i>, Schisandra Family) Salty, sour, sweet, pungent Good to add to soups and tonic teas, helps the skin and the liver.</p>
<p><i>Silybum marianum</i> (Milk Thistle, <i>Asteraceae</i>, Sunflower Family) Increases protein synthesis in liver cells, induces an alteration of liver cellular membranes to stop the absorption of many toxins, protector from mycotoxins (from mushrooms ie. <i>Amanita spp.</i>) Carbon tetachloride test done on animals and would poison them but given <i>Silybum</i>, toxins will bypass the liver.</p>

Taraxacum officinalis rad. (Dandelion root, *Asteraceae*, Sunflower Family)

Will tone up the hepatic structure, remove liver 'stagnation', improve digestion, decongest the portal system and remove problems resulting from 'heat' rising to the skin.

LAXATIVE: increases bile production, tones bowel, cleanses liver may require carminatives to mitigate

Bupleurum falcatum (Chai Hu, *Apiaceae*, Umbel Family)

For too much diarrhea, increases bile & water.

Podophyllum peltatum (Mayapple, *Berberidaceae*, Barberry Family)

Increases intestinal and bile secretion when taken in very small doses, laxative and **cathartic**.

Rumex crispus (Yellow Dock, *Polygonaceae*, Buckwheat Family)

Laxative activity aperient.

Rheum palmatum (Turkey Rhubarb, *Polygonaceae*, Buckwheat Family)

Has both laxative and astringing properties lending a "normalizing" action, it is effective for both constipation and diarrhea, the more you boil it, the higher the tannic content (15 minutes), the stronger the astringing effect (30 minutes), which is helpful for diarrhea.

Rhamnus purshiana (Cascara, *Rhamnaceae*, Buckthorn Family)

Cathartic, anthraquinone glycosides, stimulates peristalsis, and reduces the resorption of water from the colon back into the system, considered one of the less 'gripping' cathartics.

Rhamnus cathartica (Buckthorn, *Rhamnaceae*, Buckthorn Family)

Anthraquinone glycosides laxative aperient

Taraxacum officinalis rad. (Dandelion root, *Asteraceae*, Sunflower Family)

Promotes liver secretions aperient

NERVINES:

Artemisia vulgaris (Mugwort, *Asteraceae*, Sunflower Family)

Matricaria recutita (German Chamomile, *Asteraceae*, Sunflower Family)

Cooling salicylates (cooling).

Myristica fragrans (Nutmeg, *Myristicaceae*, Nutmeg Family)

Anesthetic to mouth, nervine, sedative, hypnotics.

Valeriana officinalis (Valerian, *Caprifoliaceae*, Honeysuckle Family)

Antispasmodic, sedative.

SIALAGOGUES: stimulate saliva secretion/production

Capsicum annuum (Cayenne Pepper, *Solanaceae*, Nightshade Family)

Undermines catarrhal buildup, promotes saliva secretion.

Glycyrrhiza glabra (Licorice, *Fabaceae*, Pea/Legume Family)

Chewing on the root especially promotes salivation.

Grindelia camporum (Gumweed, *Asteraceae*, Sunflower Family)

Marrubium vulgare (Horehound, *Lamiaceae*, Mint Family)

Zingiber officinale (Ginger, *Zingiberaceae*, Ginger Family)

Slightly stimulate salivation.

STOMACHIC: herbs that ease an upset stomach, through various mechanisms

Achillea millefolium (Yarrow, *Asteraceae*, Sunflower Family)
Moves blood, cool, anti-inflammatory to stomach, wound healing for ulcerations.

Althea officinalis rad. (Marshmallow root, *Malvaceae*, Mallow Family)
Soothing, antimicrobial, mucopolysaccharides for stomach mucosa.

Andrographis paniculata (Green Chiretta, *Acanthaceae*, Acanthus Family)
Cooling bitter, stimulates stomach.

Angelica archangelica (Garden Angelica, *Apiaceae*, Umbel Family)
Slight antimicrobial action, stimulates digestive secretions, excellent for food poisoning as prevention or response.

Artemisia absinthium (Wormwood, *Asteraceae*, Sunflower Family)
Very bitter, stimulates digestive secretions, excites taste sensation

Berberis vulgaris (Barberry, *Berberidaceae*, Barberry Family)
Similar to *Mahonia* and *Hydrastis*, which all contain berberine, are excellent for the mucous membranes in the stomach, all are effective antibacterials, *Berberis* being milder than *Hydrastis*.

Chelidonium majus (Greater Celandine, *Papaveraceae*, Poppy Family)
Increases bile flow, reduces frequency and amplitude of smooth muscle peristalsis in the small intestine (slows peristalsis), reduces GI tract and gall duct spasms, stomachic in very small quantities.

Filipendula ulmaria (Meadowsweet, *Rosaceae*, Rose Family)
Cool, astringing, drying, which makes it exceptional for ulcerations/lesions of stomach lining, only salicylates that you can take for long periods without irritating the stomach, normalizes acidity/alkalinity, for atonic states.

Gentiana lutea (Yellow Gentian, *Gentianaceae*, Gentian Family)
Stimulates digestive secretions, good before meals, antioxidant, calming, anti-inflammatory.

Humulus lupulus (Hops, *Cannabaceae*, Cannabis Family)
Stimulates digestive secretions as it is bitter, with its sedative/nervine properties it is ideal for anxious eaters.

Hydrastis canadensis (Goldenseal, *Ranunculaceae*, Buttercup)
Excellent herb to stimulate new mucous production, highly antimicrobial, high astringency.

Mahonia aquifolium (Oregon Grape, *Berberidaceae*, Barberry Family)
Another berberine plant, good for mucous production and has a noted antimicrobial property.

Matricaria recutita (German Chamomile, *Asteraceae*, Sunflower Family)
Relaxes and calms upset stomach, acts on nervous system most notably, gentle anti-inflammatory.

Quassia amara (Bitter-wood, *Simaroubaceae*)
Very bitter, promotes secretions, astringing.

Rhamnus purshiana (Cascara, *Rhamnaceae*, Buckthorn Family)
Tones digestive function through autonomic nerve activities to improve tone and assimilation, stimulates colonic and intestinal peristalsis, cathartic glycosides rhein and emodin are considered to be anti-tumour, combines well with antispasmodics.

Salvia officinalis (Sage leaf, *Lamiaceae*, Mint Family)
Warming, drying.

Taraxacum officinalis rad. (Dandelion root, *Asteraceae*, Sunflower Family)
Promotes liver secretions and is highly nutritive, contains inulin sugars which feed 'good' bacterial cultures, superior potassium (4% in roots).

Valeriana officinalis (Valerian, *Caprifoliaceae*, Honeysuckle Family)
Acts on nervous system, calming and antispasmodic systemically, warms stomach.

STYPTIC: stops bleeding
<i>Cinnamomum verum</i> (True Cinnamon, <i>Lauraceae</i> , Laurel Family) Styptic to tissues after stomach.
VULNERARY: repairs tissues
<i>Azadirachta indica</i> (Neem, <i>Meliaceae</i> , Mahogany Family) Can use tea of leaf
<i>Calendula officinalis</i> (Marigold, <i>Asteraceae</i> , Sunflower Family) Astringing, great for any bleeding.
<i>Hydrastis canadensis</i> (Goldenseal, <i>Ranunculaceae</i> , Buttercup Family) Astringing, promotes mucous secretion, mucus contains materials for repair.
<i>Matricaria recutita</i> (German Chamomile, <i>Asteraceae</i> , Sunflower Family) Astringing, anti-inflammatory.
<i>Symphytum officinalis</i> (Comfrey, <i>Boraginaceae</i> , Borage Family) Contains allantoin which promotes cell proliferation in response to tissue damage.
<i>Silybum marinarum</i> (Milk Thistle, <i>Asteraceae</i> , Sunflower Family) Increases protein synthesis in liver cells, protects eliminatory channels from damage caused by a variety of petroleum-based or naturally occurring chemicals.
Ascites: build up of fluids in the abdomen that needs to be drained usually from cancer tumours Herbs for treatment of purging fluids <i>Rheum palmatum</i> <i>Phytolacca</i> <i>Picrorhiza</i> <i>Glyc. glabra</i> <i>Podophyllum</i> decoction and full tea mug at bed time and then in the AM. Patient hears their guts rumbling, get to the washroom and a stream of water will pour out, cold sweat then give an electrolyte replacement in a cup of water An hour later,(or less) they will run to toilet again. Can lose up to 10L of liquid in one day purge. Will remove fluids and reduce producing the fluids.

SUMMARY OF ACTIONS

ADAPTOGEN *Codonopsis pilosula, Schisandra chinensis*

ALTERATIVE *Arctium lappa, Berberis vulgaris, Chionanthus virginicus, Hydrastis canadensis, Iris versicolor, Menyanthes trifoliata, Rumex crispus, Smilax spp., Taraxacum off. rad., Trifolium pratense, Urtica dioica*

ANAESTHETIC *Capsicum spp., Cinnamomum zeylanicum, Elettaria cardamomum, Piper methysticum, Syzygium aromaticum*

ANTACIDS *Acorus calamus, Althea rad., Filipendula ulmaria, Matricaria recutita, Mentha piperita*

ANTHELMINTIC/ANTIPARASITIC *Alchornea cordifolia, Artemesia absinthium, Artemesia annua, Berberis vulgare, Hydrastis canadensis, Juglans nigra, Quassia amara, Syzygium aromaticum, Tanacetum vulgare, Thuja occidentalis*

ANTICATARRHAL *Capsicum spp., Eupatorium perfoliatum, Hydrastis canadensis, Mentha piperita, Salvia off, Thymus vulgaris*

ANTI-EMETIC *Matricaria recutita, Melissa off., Mentha piperita, Zingiber off.*

ANTI-INFLAMMATORY *Alchornea cordifolia, Bidens pilosa, Bupleurum chinensis, Calendula off., Cinnamomum zeylanicum, Cryptolepis sanguinolenta, Curcuma longa, Dioscorea villosa, Glycyrrhiza glabra, Hydrastis canadensis, Isatis tinctoria, Matricaria recutita, Mentha piperita, Petasites hybridus, Sida cordifolia, Silybum marinarum, Spilanthes acmella, Styrax benzoin, Viola tricolour, Zingiber off.*

ANTILITHIC *Chionanthus virginicus, Leptandra virginicus, Peumus boldus*

ANTIMICROBIAL *Alchornea cordifolia, Alpinia galanga, Angelica archangelica, Andrographis paniculata, Artemisia absinthium, Azadirachta indica, Berberis vulgaris, Bidens pilosa, Calendula off., Commiphora mol-mol, Cryptolepis sanguinolenta, Curcuma longa, Elettaria cardamomum, Gentiana lutea, Hydrastis canadensis, Isatis tinctoria, Monarda didyma, Propolis, Salvia off., Sida cordifolia, Styrax benzoin, Syzygium aromaticum, Thymus vulgaris, Usnea barbata, Zingiber off.*

ANTISPASMODIC *Alchornea cordifolia, Angelica archangelica, Dioscorea villosa, Matricaria recutita, Monarda didyma, Myrica cerifera, Myristica fragrans, Pimpinella anisum, Salvia off., Thymus vulgaris, Valeriana off., Viburnum opulus, Zingiber off.*

APHRODISIAC *Myristica fragrans*

ASTRINGENT *Filipendula ulmaria, Hydrastis canadensis, Krameria triandra, Salvia off., Cinnamomum zeylanicum, Myrica cerifera*

BITTER *Achillea millefolium, Andrographis paniculata, Angelica archangelica, Artemisia absinthium, Berberis vulgaris, Chelidonium majus, Gentiana lutea, Humulus lupulus, Hydrastis canadensis, Mahonia aquifolium, Matricaria recutita, Quassia amara, Rhamnus purshiana, Salvia off., Taraxacum off., Valeriana off.*

CARMINATIVE *Alpinia galanga, Angelica archangelica, Apium graveolens, Cinnamomum zeylanicum, Daucus carota, Elettaria cardamomum, Foeniculum vulgare, Matricaria recutita, Melissa off., Mentha piperita, Monarda didyma, Myristica fragrans, Nigella sativa, Pimpinella anisum, Rosmarinus off., Syzygium aromaticum, Zingiber off.*

CHOLEGOGUE *Berberis vulgaris, Bupleurum chinensis, Chelidonium majus, Chionanthus virginicus, Cynara scolymus, Dioscorea virosa, Eupatorium perfoliatum, Iris vers., Leptandra virginicum, Mahonia aqu., Peumus boldo, Podophyllum peltatum, Rhamnus pur., Rumex crispus*

DEMULCENT *Althea off. rad., Arctium lappa, Glycyrrhiza glabra*

HEPATIC *Bupleurum chinensis, Chelidonium majus, Curcuma longa, Cynara scolymus, Glycyrrhiza glabra, Hypericum perforatum, Panax notoginseng, Picrorhiza kurroa, Schisandra chinensis, Silybum marianum, Taraxacum off. rad.*

LAXATIVE *Bupleurum chinensis, Podophyllum peltatum, Rumex crispus, Rheum palmatum, Rhamnus purshiana, Rhamnus cathartica, Taraxacum off. rad.*

NERVINES *Artemisia vulgaris, Matricaria recutita, Valeriana off., Myristica fragrans*

SIALAGOGUES *Capsicum spp., Glycyrrhiza glabra, Marrubium vulgare, Zingiber off.*

STOMACHIC *Achillea millefolium, Althea off. rad., Andrographis paniculata, Angelica archangelica, Artemisia absinthium, Berberis vulgaris, Chelidonium majus, Filipendula ulmaria, Gentiana lutea, Humulus lupulus, Hydrastis canadensis, Mahonia aquifolium, Matricaria recutita, Quassia amara, Rhamnus purshiana, Salvia off., Taraxacum off. rad., Valeriana off.*

STYPTIC *Cinnamomum zeylanicum*

VULNERARY *Azadirachta indica, Calendula off., Hydrastis can., Matricaria recutita, Silybum marinarum, Styrax benzoin, Symphytum off.*