

ACTIONS

(Relevant to the G.I. system and herbs from list)

ADAPTOGEN: *Schisandra chinensis*

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

ANAESTHETIC: *Cinnamomum cassia, Elettaria cardamomum, Syzygium aromaticum*

ANTACIDS: *Acorus calamus, Althea radix, Filipendula ulmaria, Matricaria recutita, Mentha piperita*

ANTHELMINTIC: *Artemisia absinthium, Berberis vulgare, Hydrastis canadensis, Juglans nigra, Quassia amara, Syzygium aromaticum, Tanacetum vulgare, Thuja occidentalis*

ANTICATARRHAL: *Capsicum annuum, Eupatorium perfoliatum, Hydrastis canadensis, Mentha piperita, Salvia off, Thymus vulgaris*

ANTI-EMETIC: *Matricaria recutita, Melissa officinalis, Mentha piperita, Zingiber officinalis*

ANTI-INFLAMMATORY: *Bupleurum falcatum, Calendula officinalis, Cinnamomum cassia, Curcuma longa, Dioscorea villosa, Glycyrrhiza glabra, Hydrastis canadensis, Matricaria recutita, Mentha piperita, Silybum marinarum, Zingiber off.*

ANTILITHIC: *Chionanthus virginicus, Leptandra virginicus, Peumus boldus*

ANTIMICROBIAL: *Alpinia galangal, Angelica archangelica, Andrographis paniculata, Artemisia absinthium, Azadirachta indica, Berberis vulgaris, Calendula officinalis, Commiphora mol-mol, Curcuma longa, Elettaria cardamomum, Gentiana lutea, Hydrastis canadensis, Propolis, Salvia officinalis, Syzygium aromaticum, Thymus vulgaris, Usnea barbata, Zingiber off.*

ANTISPASMODIC: *Angelica archangelica, Dioscorea villosa, Matricaria recutita, Myrica cerifera, Pimpinella anisum, Salvia officinalis, Thymus vulgaris, Valeriana off., Viburnum opulus, Zingiber officinalis*

APHRODISIAC: *Myristica cerifera, Carminatives*

ASTRINGENT: *Filipendula ulmaria, Hydrastis canadensis, Krameria triandra, Salvia officinalis, Cinnamomum zeylancium, Myristica fragrans*

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 officinalis, Taraxacum officinalis, Valeriana officinalis*

CARMINATIVE: *Alpinia galanga, Angelica archangelica, Apium graveolens, Cinnamomum zeylanicum, Daucus carota, Elettaria cardamomum, Foeniculum vulgare, Matricaria recutita, Melissa officinalis, Mentha piperita, Myristica fragrans, Pimpinella anisum, Rosmarinus officinalis, Syzygium aromaticum, Zingiber officinalis*

CHOLEGOGUE: *Berberis vulgaris, Bupleurum falcatum, Chelidonium majus, Chionanthus virginicus, Dioscorea virosa, Eupatorium perfoliatum, Iris versicolor, Leptandra virginicum, Mahonia aquifolium, Peumus boldo, Podophyllum peltatum, Rhamnus purshiana, Rumex crispus*

DEMULCENT: *Althea radix, Arctium lappa, Glycyrrhiza glabra*

HEPATIC: *Bupleurum falcatum, Chelidonium majus, Cucuma longa, Glycyrrhiza glabra, Hypericum perforatum, Panax notoginseng, Picrorhiza kurroa, Schisandra chinensis, Silybum marianum, Taraxacum off. radix*

LAXATIVE: *Bupleurum falcatum, Podophyllum peltatum, Rumex crispus, Rheum palmatum, Rhamnus purshiana, Rhamnus cathartica, Taraxacum officinalis*

NERVINES: *Artemisia vulgaris, Matricaria recutita, Valeriana officinalis, Myristica fragrans*

SIALAGOGUES: *Capsicum annuum, Glycyrrhiza glabra, Marrubium vulgare, Zingiber off.*

STOMACHIC: *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 officinalis, Taraxacum officinalis, Valeriana officinalis*

STYPTIC: *Cinnamomum zeylanicum*

VULNERARY: *Azadirachta indica, Calendula officinalis, Hydrastis Canadensis, Matricaria recutita, Symphytum officinalis, Silybum marinarum*