

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 vulgaris, 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*, *Daucua 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*

HEPATICS: *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: *Artemesia vulgaris*, *Matricaria recutita*, *Valeriana officinalis*, *Myristica fragrans*

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

STOMACHIC: *Achillea millefolium*, *Andrographis paniculata*, *Angelica archangelica*, *Artemesia 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*