

Action Listing by Herbs

Herbal Liquid	Action
A	
Adhatoda 1:2	expectorant, antispasmodic, bronchodilator (mild)
Agrimony 1:2	astringent (mild), diuretic
Albizia 1:2	antiallergic, depurative
Aloes Resin 1:10	stimulant laxative
Andrographis 1:2	bitter tonic, liver tonic, diaphoretic, immune enhancing
Arnica 1:5	topically only: anti-ecchymotic (against bruises), anti-inflammatory, analgesic
Astragalus 1:2	tonic, immune enhancing
B	
Bacopa 1:2	nervine
Baical Skullcap 1:2	anti-inflammatory, bitter
Baptisia 1:2	antiseptic, antipyretic, immune enhancing, depurative
Barberry 1:2	cholagogue, bitter tonic
Bearberry 1:2	urinary antiseptic, astringent
Beth Root 1:2	astringent, haemostatic, expectorant (mild)
Bilberry 1:1	astringent
Black Cohosh 1:2	female tonic, antispasmodic, anti-inflammatory
Black Walnut Hulls 1:10	anthelmintic
Bladderwrack 1:1	thyroid tonic
Blue Cohosh 1:2	uterine tonic, antispasmodic
Blue Flag 1:2	depurative, cholagogue, lymphatic
Buchu 1:2	urinary antiseptic, diuretic (mild)
Bugleweed 1:2	thyroid tonic
Bupleurum 1:2	anti-inflammatory, liver tonic, diaphoretic, antitussive
Burdock 1:2	depurative, diuretic (mild)
Butcher's Broom 1:2	venotonic, anti-inflammatory, diuretic
Butternut 1:2	laxative, cholagogue, depurative
C	
Calendula 1:2	vulnerary, anti-inflammatory, lymphatic, antiseptic, styptic
Calendula 1:2 (low alcohol)	vulnerary, anti-inflammatory, lymphatic, antiseptic, styptic
Californian Poppy 1:2	sedative (mild), analgesic
Cascara 1:2	laxative
Cat's Claw 1:2	tonic, anti-inflammatory, immune enhancing
Cayenne 1:3	pungent, circulatory stimulant, carminative, diaphoretic, rubifacient
Celery Seed 1:2	diuretic, anti-inflammatory
Chamomile 1:2	carminative, antispasmodic, sedative (mild), anti-inflammatory
Chamomile High Grade 1:2	carminative, antispasmodic, sedative (mild), anti-inflammatory

Herbal Liquid	Action
Chaste Tree 1:2	hormonal modulator, uterine tonic, galactagogue
Chen Pi 1:2	carminative, stomachic, expectorant
Cinnamon Quills 1:2	carminative, antispasmodic, warming (mild circulatory stimulant), antimicrobial
Clivers 1:2	diuretic, depurative
Codonopsis 1:2	tonic
Coleus 1:1	depurative, diuretic
Corn Silk 1:1	demulcent, diuretic (mild), antilithic,
Corydalis 1:2	analgesic, circulatory stimulant
Couch Grass 1:1	soothing diuretic, urinary demulcent
Cramp Bark 1:2	antispasmodic, sedative (mild)
Crataeva 1:2	antilithic, bladder tonic, anti-inflammatory
D	
Damiana 1:2	nervine tonic, general tonic, thymoleptic
Dan Shen 1:2	circulatory stimulant, sedative
Dandelion Leaves 1:1	diuretic, bitter tonic, choleric
Dandelion Root 1:2	bitter tonic, choleric, cholagogue, laxative (mild)
Devil's Claw 1:2	anti-inflammatory, analgesic, bitter tonic
Dong Quai 1:2	female tonic, laxative (mild), blood building, analgesic
E	
Echinacea Angustifolia Root 1:2	depurative, lymphatic, immune stimulating, vulnerary, antiseptic
Echinacea Premium Blend	depurative, lymphatic, immune stimulating, vulnerary, antiseptic
Echinacea Purpurea Root 1:2	depurative, lymphatic, immune stimulating, vulnerary, antiseptic
Echinacea Purpurea Glycetract 1:3	depurative, lymphatic, immune stimulating, vulnerary, antiseptic
Echinacea Regular Blend	depurative, lymphatic, immune stimulating, vulnerary, antiseptic
Elder Flowers 1:2	diaphoretic, antitarrhal
Elecampane 1:2	expectorant, diaphoretic, antispasmodic
Euphorbia 1:2	expectorant, antispasmodic, bronchodilator (mild)
Eyebright 1:2	antitarrhal, astringent, mucous membrane tonic, anti-inflammatory (topically)
F	
False Unicorn 1:2	uterine tonic, ovarian tonic
Fennel 1:2	carminative, antispasmodic, expectorant, galactagogue, antimicrobial
Fenugreek 1:2	tonic
Feverfew 1:5	anti-inflammatory, bitter tonic
Fringe Tree 1:2	cholagogue, liver tonic
G	
Gentian 1:2	bitter tonic, gastric stimulant

Herbal Liquid	Action
Ginger 1:2	carminative, diaphoretic, antispasmodic, circulatory stimulant, expectorant
Ginkgo Biloba 2:1	circulatory stimulant, tissue perfusion enhancing, cognition enhancing, antioxidant
Globe Artichoke 1:2	liver tonic, bitter tonic, cholagogue
Goat's Rue 1:2	galactagogue, diuretic, diaphoretic
Golden Rod 1:2	anticatarrhal, anti-inflammatory, diuretic, diaphoretic, antiseptic
Golden Seal 1:3 (Cultivated)	anticatarrhal, mucous membrane trophorestorative, bitter tonic, haemostatic, anti-inflammatory, depurative
Golden Seal 1:5 (Cultivated)	anticatarrhal, mucous membrane trophorestorative, bitter tonic, haemostatic, anti-inflammatory, depurative
Gotu Kola 1:1	depurative, peripheral vasodilator, brain tonic, anti-inflammatory, vulnerary
Gravel Root 1:2	diuretic, antilithic
Greater Celandine 1:2	cholagogue, choleric, antispasmodic
Grindelia 1:2	expectorant, antispasmodic
Gymnema 1:1	tonic
H	
Hawthorn Berries 1:2	cardiotonic, vasodilator, astringent
Hawthorn Leaves 1:2	cardiotonic
Hemidesmus 1:2	depurative, diaphoretic, tonic
Hops 1:2	sedative (mild), bitter tonic
Horsechestnut 1:2	venotonic, anti-inflammatory, antieczymotic (against bruises)
Horseradish 1:2	anti-catarthal, mucolytic, warming (circulatory stimulant), antimicrobial
Horsetail 1:2	diuretic, astringent
J	
Jamaica Dogwood 1:2	analgesic, antispasmodic, sedative
K	
Kava 1:1	sedative (mild), antispasmodic, analgesic (mild), local anaesthetic
Korean Ginseng 1:2	adaptogen, tonic, immune enhancing, cardiotonic
L	
Ladies Mantle 1:2	astringent, haemostatic
Lavender 1:2	carminative, antispasmodic, thymoleptic, sedative (mild)
Lemon Balm 1:2	carminative, sedative (mild), antispasmodic, diaphoretic
Licorice 1:1	expectorant, demulcent, adrenal tonic, anti-inflammatory
Licorice High Grade 1:1	expectorant, demulcent, adrenal tonic, anti-inflammatory
Lime Flowers 1:2	peripheral vasodilator, antispasmodic, diaphoretic, sedative (mild)
M	
Marshmallow Root 1:5	demulcent, emollient

Herbal Liquid	Action
Marshmallow Root Glycetract 1:5	demulcent, emollient
Meadowsweet 1:2	anti-inflammatory, astringent
Mexican Valerian 1:2	sedative (mild), anxiolytic
Mistletoe 1:2	cardiotonic, sedative (mild)
Motherwort 1:2	nervine, cardiotonic, antispasmodic, thyroid tonic (mild)
Mullein 1:2	expectorant, demulcent, anticatarrhal
Myrrh 1:5	astringent, antiseptic, anti-inflammatory, expectorant, vulnerary
N	
Nettle Leaf 1:2	depurative, haemostatic, diuretic
Nettle Root 1:2	antiprostatic
Nigella 1:2	aromatic digestive, carminative, diaphoretic, anthelmintic
O	
Oats Green 1:2	nervine tonic, sedative (mild)
Oats Seed 1:1	nervine tonic, thymoleptic
Olive Leaves 1:2	astringent, febrifuge
Oregon Grape 1:2	depurative, cholagogue (mild), tonic
P	
Paeonia 1:2	antispasmodic, skeletal muscle relaxant (mild), analgesic, antihidrotic
Pasque Flower 1:2	antispasmodic, sedative (mild), analgesic (mild)
Passionflower 1:2	sedative (mild), anxiolytic, antispasmodic
Pelargonium 1:5	antibacterial, immune enhancing
Peppermint 1:2	antispasmodic, carminative, diaphoretic
Pleurisy Root 1:2	diaphoretic, expectorant, antispasmodic
Poke Root 1:5	lymphatic, depurative, anticatarrhal
Prickly Ash 1:2	circulatory stimulant, diaphoretic
Propolis 1:5	antiseptic, local anaesthetic, antiviral, vulnerary, immune modulating
Q	
Qing Hao 1:2	bitter tonic, febrifuge, antiparasitic
R	
Raspberry Leaves 1:2	uterine tonic, astringent
Red Clover Flower 1:2	depurative, expectorant
Red Clover Flowering Tops 1:2	depurative, expectorant
Rehmannia 1:2	haemostatic, diaphoretic, anti-inflammatory
Rhodiola 2:1	adaptogen
Ribwort 1:2	anti-catarthal, demulcent, astringent, antibacterial
Rosemary 1:2	carminative, antispasmodic, thymoleptic, circulatory stimulant
Saffron 1:20	nervine tonic, antispasmodic, diaphoretic (mild)

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Herbal Liquid	Action
Sage 1:2	anti-inflammatory, astringent, antiseptic
Sarsaparilla 1:2	depurative, anti-inflammatory, tonic
Saw Palmetto 1:2	antispasmodic, tonic, anti-inflammatory, diuretic
Schisandra 1:2	tonic, sedative, astringent, adaptogen, antitussive
Senna Pods 1:2	stimulating laxative
Shatavari 1:2	female sexual tonic, general tonic, galactagogue, antispasmodic
Shepherd's Purse 1:2	haemostatic
Siberian Ginseng 1:2	adaptogen, tonic
Skullcap 1:2	nervine tonic, sedative (mild)
Squaw Vine 1:2	uterine tonic, astringent
St John's Wort 1:2	nervine, sedative, astringent
St John's Wort High Grade 1:2	nervine, sedative, astringent
St Mary's Thistle 1:1	liver tonic, hepatoprotective, bitter tonic
St Mary's Thistle Glycetract 1:1	liver tonic, hepatoprotective, bitter tonic
Sundew 1:5	antispasmodic, antitussive, demulcent, expectorant
T	
Thuja 1:5	antimicrobial, expectorant, depurative
Thyme 1:2	expectorant, antispasmodic, antitussive, antibacterial, carminative
Tienchi Ginseng 1:2	haemostatic, anti-inflammatory

Herbal Liquid	Action
Tribulus 2:1	tonic, hormonal modulator
True Unicorn Root 1:2	bitter tonic, antispasmodic, sedative (mild)
Turmeric 1:1	carminative, depurative, choleric
V	
Valerian 1:2	sedative (mild), anxiolytic, antispasmodic
Vervain 1:2	nervine tonic, diaphoretic (mild), galactagogue
Violet Leaves 1:2	expectorant, depurative
W	
White Horehound 1:2	expectorant, antispasmodic, bitter tonic
Wild Cherry 1:2	antitussive
Wild Yam 1:2	antispasmodic, anti-inflammatory
Willow Bark 1:2	anti-inflammatory, analgesic, antipyretic, astringent
Willow Herb 1:2	prostate tonic
Withania 2:1	tonic, adaptogen, sedative (mild)
Wood Betony 1:2	sedative (mild), nervine, bitter tonic
Wormwood 1:5	bitter tonic, anthelmintic
Y	
Yarrow 1:2	diaphoretic, peripheral vasodilator, bitter tonic, haemostatic
Yellow Dock 1:2	laxative (mild), cholagogue, depurative
Z	
Zizyphus 1:2	sedative (mild), anxiolytic, antihidrotic

Action	Herbal Liquid
A	
adaptogen	Korean Ginseng 1:2, Rhodiola 2:1, Schisandra 1:2, Siberian Ginseng 1:2, Withania 2:1
adrenal tonic	Licorice 1:1, Licorice High Grade 1:1
analgesic	Arnica 1:5 (topical use only), Californian Poppy 1:2, Corydalis 1:2, Devil's Claw 1:2, Dong Quai 1:2, Jamaica Dogwood 1:2, Kava 1:1 (mild), Paeonia 1:2, Pasque Flower 1:2 (mild), Willow Bark 1:2
anthelmintic	Black Walnut Hulls 1:10, Nigella 1:2, Wormwood 1:5
antiallergic	Albizia 1:2
antibacterial	Pelargonium 1:5, Ribwort 1:2, Thyme 1:2
anticatarrhal	Elder Flowers 1:2, Eyebright 1:2, Golden Rod 1:2, Golden Seal 1:3 (Cultivated), Golden Seal 1:5 (Cultivated), Horseradish 1:2, Mullein 1:2, Poke Root 1:5, Ribwort 1:2
antieczchymotic	Arnica 1:5 (topical use only), Horsechestnut 1:2
antihidrotic	Paeonia 1:2, Zizyphus 1:2
anti-inflammatory	Arnica 1:5 (topical use only), Baical Skullcap 1:2, Black Cohosh 1:2, Bupleurum 1:2, Butcher's Broom 1:2, Calendula 1:2, Calendula 1:2 (low alcohol), Cat's Claw 1:2, Celery Seed 1:2, Chamomile 1:2, Chamomile High Grade 1:2, Crataeva 1:2, Devil's Claw 1:2, Eyebright 1:2 (topically), Feverfew 1:5, Golden Rod 1:2, Golden Seal 1:3 (Cultivated), Golden Seal 1:5 (Cultivated), Gotu Kola 1:1, Horsechestnut 1:2, Licorice 1:1, Licorice High Grade 1:1, Meadowsweet 1:2, Myrrh 1:5, Rehmannia 1:2, Sage 1:2, Sarsaparilla 1:2, Saw Palmetto 1:2, Tienchi Ginseng 1:2, Wild Yam 1:2, Willow Bark 1:2
antilitic	Corn Silk 1:1, Crataeva 1:2, Gravel Root 1:2
antimicrobial	Cinnamon Quills 1:2, Fennel 1:2, Horseradish 1:2, Thuja 1:5
antioxidant	Ginkgo Biloba 2:1
antiparasitic	Qing Hao 1:2
antiprostatic	Nettle Root 1:2
antipyretic	Baptisia 1:2, Willow Bark 1:2
antiseptic	Baptisia 1:2, Calendula 1:2, Calendula 1:2 (low alcohol), Echinacea Angustifolia Root 1:2, Echinacea Premium Blend, Echinacea Purpurea Glycetract 1:3, Echinacea Purpurea Root 1:2, Echinacea Regular Blend, Golden Rod 1:2, Myrrh 1:5, Propolis 1:5, Sage 1:2
antispasmodic	Adhatoda 1:2, Black Cohosh 1:2, Blue Cohosh 1:2, Chamomile 1:2, Chamomile High Grade 1:2, Cinnamon Quills 1:2, Cramp Bark 1:2, Elecampane 1:2, Euphorbia 1:2, Fennel 1:2, Ginger 1:2, Greater Celandine 1:2, Grindelia 1:2, Jamaica Dogwood 1:2, Kava 1:1, Lavender 1:2, Lemon Balm 1:2, Lime Flowers 1:2, Motherwort 1:2, Paeonia 1:2, Pasque Flower 1:2, Passionflower 1:2, Peppermint 1:2, Pleurisy Root 1:2, Rosemary 1:2, Saffron 1:20, Saw Palmetto 1:2, Shatavari 1:2, Sundew 1:5, Thyme 1:2, True Unicorn Root 1:2, Valerian 1:2, White Horehound 1:2, Wild Yam 1:2
antitussive	Bupleurum 1:2, Schisandra 1:2, Sundew 1:5, Thyme 1:2, Wild Cherry 1:2
antiviral	Propolis 1:5
anxiolytic	Mexican Valerian 1:2, Passionflower 1:2, Valerian 1:2, Zizyphus 1:2
aromatic digestive	Nigella 1:2
astringent	Agrimony 1:2 (mild), Bearberry 1:2, Beth Root 1:2, Bilberry 1:1, Eyebright 1:2, Hawthorn Berries 1:2, Horsetail 1:2, Ladies Mantle 1:2, Meadowsweet 1:2, Myrrh 1:5, Olive Leaves 1:2, Raspberry Leaves 1:2, Ribwort 1:2, Sage 1:2, Schisandra 1:2, Squaw Vine 1:2, St John's Wort 1:2, St John's Wort High Grade 1:2, Willow Bark 1:2
B	
bitter tonic	Andrographis 1:2, Baical Skullcap 1:2, Barberry 1:2, Dandelion Leaves 1:1, Dandelion Root 1:2, Devil's Claw 1:2, Feverfew 1:5, Gentian 1:2, Globe Artichoke 1:2, Golden Seal 1:3 (Cultivated), Golden Seal 1:5 (Cultivated), Hops 1:2, Qing Hao 1:2, St Mary's Thistle 1:1, St Mary's Thistle Glycetract 1:1, True Unicorn Root 1:2, White Horehound 1:2, Wood Betony 1:2, Wormwood 1:5, Yarrow 1:2
bladder tonic	Crataeva 1:2
blood building	Dong Quai 1:2
brain tonic	Gotu Kola 1:1
bronchodilator (mild)	Adhatoda 1:2, Euphorbia 1:2
C	
cardiotonic	Hawthorn Berries 1:2, Hawthorn Leaves 1:2, Korean Ginseng 1:2, Mistletoe 1:2, Motherwort 1:2
carminative	Cayenne 1:3, Chamomile 1:2, Chamomile High Grade 1:2, Chen Pi 1:2, Cinnamon Quills 1:2, Fennel 1:2, Ginger 1:2, Lavender 1:2, Lemon Balm 1:2, Nigella 1:2, Peppermint 1:2, Rosemary 1:2, Thyme 1:2, Turmeric 1:1

Herb Listing by Action

Action	Herbal Liquid
cholagogue	Barberry 1:2, Blue Flag 1:2, Butternut 1:2, Dandelion Root 1:2, Fringe Tree 1:2, Globe Artichoke 1:2, Greater Celandine 1:2, Oregon Grape 1:2 (mild), Yellow Dock 1:2
choloretic	Dandelion Leaves 1:1, Dandelion Root 1:2, Greater Celandine 1:2, Turmeric 1:1
circulatory stimulant	Cayenne 1:3, Corydalis 1:2, Dan Shen 1:2, Ginger 1:2, Ginkgo Biloba 2:1, Prickly Ash 1:2, Rosemary 1:2
cognition enhancing	Ginkgo Biloba 2:1
D	
demulcent	Corn Silk 1:1, Licorice 1:1, Licorice High Grade 1:1, Marshmallow Root 1:5, Marshmallow Root Glycetract 1:5, Mullein 1:2, Ribwort 1:2, Sundew 1:5
depurative	Albizia 1:2, Baptisia 1:2, Blue Flag 1:2, Burdock 1:2, Butternut 1:2, Clivers 1:2, Coleus 1:1, Echinacea Angustifolia Root 1:2, Echinacea Premium Blend, Echinacea Purpurea Glycetract 1:3, Echinacea Purpurea Root 1:2, Echinacea Regular Blend, Golden Seal 1:3 (Cultivated), Golden Seal 1:5 (Cultivated), Gotu Kola 1:1, Hemidesmus 1:2, Nettle Leaf 1:2, Oregon Grape 1:2, Poke Root 1:5, Red Clover Flower 1:2, Red Clover Flowering Tops 1:2, Sarsaparilla 1:2, Thuja 1:5, Turmeric 1:1, Violet Leaves 1:2, Yellow Dock 1:2
diaphoretic	Andrographis 1:2, Bupleurum 1:2, Cayenne 1:3, Elder Flowers 1:2, Elecampane 1:2, Ginger 1:2, Goat's Rue 1:2, Golden Rod 1:2, Hemidesmus 1:2, Lemon Balm 1:2, Lime Flowers 1:2, Nigella 1:2, Peppermint 1:2, Pleurisy Root 1:2, Prickly Ash 1:2, Rehmannia 1:2, Saffron 1:20 (mild), Vervain 1:2 (mild), Yarrow 1:2
diuretic	Agrimony 1:2, Buchu 1:2 (mild), Burdock 1:2 (mild), Butcher's Broom 1:2, Celery Seed 1:2, Clivers 1:2, Coleus 1:1, Corn Silk 1:1 (mild), Dandelion Leaves 1:1, Goat's Rue 1:2, Golden Rod 1:2, Gravel Root 1:2, Horsetail 1:2, Nettle Leaf 1:2, Saw Palmetto 1:2
E	
emollient	Marshmallow Root 1:5, Marshmallow Root Glycetract 1:5
expectorant	Adhatoda 1:2, Beth Root 1:2 (mild), Chen Pi 1:2, Elecampane 1:2, Euphorbia 1:2, Fennel 1:2, Ginger 1:2, Grindelia 1:2, Licorice 1:1, Licorice High Grade 1:1, Mullein 1:2, Myrrh 1:5, Pleurisy Root 1:2, Red Clover Flower 1:2, Red Clover Flowering Tops 1:2, Sundew 1:5, Thuja 1:5, Thyme 1:2, Violet Leaves 1:2, White Horehound 1:2
F	
febrifuge	Olive Leaves 1:2, Qing Hao 1:2
female sexual tonic	Shatavari 1:2
female tonic	Black Cohosh 1:2, Dong Quai 1:2
G	
galactagogue	Chaste Tree 1:2, Fennel 1:2, Goat's Rue 1:2, Shatavari 1:2, Vervain 1:2
gastric stimulant	Gentian 1:2
general tonic	Damiana 1:2, Shatavari 1:2
H	
haemostatic	Beth Root 1:2, Golden Seal 1:3 (Cultivated), Golden Seal 1:5 (Cultivated), Ladies Mantle 1:2, Nettle Leaf 1:2, Rehmannia 1:2, Shepherd's Purse 1:2, Tienchi Ginseng 1:2, Yarrow 1:2
hepatoprotective	St Mary's Thistle 1:1, St Mary's Thistle Glycetract 1:1
hormonal modulator	Chaste Tree 1:2, Tribulus 2:1
I	
immune enhancing/ stimulating	Andrographis 1:2, Astragalus 1:2, Baptisia 1:2, Cat's Claw 1:2, Echinacea Angustifolia Root 1:2, Echinacea Premium Blend, Echinacea Purpurea Glycetract 1:3, Echinacea Purpurea Root 1:2, Echinacea Regular Blend, Korean Ginseng 1:2, Pelargonium 1:5
immune modulating	Propolis 1:5
L	
laxative	Aloes Resin 1:10 (stimulant), Butternut 1:2, Cascara 1:2, Dandelion Root 1:2 (mild), Dong Quai 1:2 (mild), Senna Pods 1:2 (stimulant), Yellow Dock 1:2 (mild)
liver tonic	Andrographis 1:2, Bupleurum 1:2, Fringe Tree 1:2, Globe Artichoke 1:2, St Mary's Thistle 1:1, St Mary's Thistle Glycetract 1:1
local anaesthetic	Kava 1:1, Propolis 1:5
lymphatic	Blue Flag 1:2, Calendula 1:2, Calendula 1:2 (low alcohol), Echinacea Angustifolia Root 1:2, Echinacea Premium Blend, Echinacea Purpurea Root 1:2, Echinacea Purpurea Glycetract 1:3, Echinacea Regular Blend, Poke Root 1:5
M	
mucolytic	Horseradish 1:2

Action	Herbal Liquid
mucous membrane tonic	Eyebright 1:2
mucous membrane trophorestorative	Golden Seal 1:3 (Cultivated), Golden Seal 1:5 (Cultivated)
N	
nerve tonic	Bacopa 1:2, Damiana 1:2, Motherwort 1:2, Oats Green 1:2, Oats Seed 1:1, Saffron 1:20, Skullcap 1:2, St John's Wort 1:2, St John's Wort High Grade 1:2, Vervain 1:2, Wood Betony 1:2
O	
ovarian tonic	False Unicorn 1:2
P	
peripheral vasodilator	Gotu Kola 1:1, Lime Flowers 1:2, Yarrow 1:2
prostate tonic	Willow Herb 1:2
pungent	Cayenne 1:3
R	
rubifacient	Cayenne 1:3
S	
sedative	Californian Poppy 1:2 (mild), Chamomile 1:2, Chamomile High Grade 1:2 (mild), Cramp Bark 1:2 (mild), Dan Shen 1:2, Hops 1:2 (mild), Jamaica Dogwood 1:2, Kava 1:1 (mild), Lavender 1:2 (mild), Lemon Balm 1:2 (mild), Lime Flowers 1:2 (mild), Mexican Valerian 1:2 (mild), Mistletoe 1:2 (mild), Oats Green 1:2 (mild), Pasque Flower 1:2 (mild), Passionflower 1:2 (mild), Schisandra 1:2, Skullcap 1:2 (mild), St John's Wort 1:2, St John's Wort High Grade 1:2, True Unicorn Root 1:2 (mild), Valerian 1:2 (mild), Withania 2:1 (mild), Wood Betony 1:2 (mild), Zizyphus 1:2 (mild)
skeletal muscle relaxant	Paeonia 1:2 (mild)
soothing diuretic	Couch Grass 1:1
stomachic	Chen Pi 1:2
styptic	Calendula 1:2, Calendula 1:2 (low alcohol)
T	
thymoleptic	Damiana 1:2, Lavender 1:2, Oats Seed 1:1, Rosemary 1:2
thyroid tonic	Bladderwrack 1:1, Bugleweed 1:2, Motherwort 1:2 (mild)
tissue perfusion enhancing	Ginkgo Biloba 2:1
tonic	Astragalus 1:2, Cat's Claw 1:2, Codonopsis 1:2, Fenugreek 1:2, Gymnema 1:1, Hemidesmus 1:2, Korean Ginseng 1:2, Oregon Grape 1:2, Sarsaparilla 1:2, Saw Palmetto 1:2, Schisandra 1:2, Siberian Ginseng 1:2, Tribulus 2:1, Withania 2:1
U	
urinary antiseptic	Bearberry 1:2, Buchu 1:2
urinary demulcent	Couch Grass 1:1
uterine tonic	Blue Cohosh 1:2, Chaste Tree 1:2, False Unicorn 1:2, Raspberry Leaves 1:2, Squaw Vine 1:2
V	
vasodilator	Hawthorn Berries 1:2
venotonic	Butcher's Broom 1:2, Horsechestnut 1:2
vulnerary	Calendula 1:2, Calendula 1:2 (low alcohol), Echinacea Angustifolia Root 1:2, Echinacea Premium Blend, Echinacea Purpurea Glycetract 1:3, Echinacea Purpurea Root 1:2, Echinacea Regular Blend, Gotu Kola 1:1, Myrrh 1:5, Propolis 1:5
W	
warming (circulatory stimulant)	Cinnamon Quills 1:2 (mild), Horseradish 1:2

Herb Listing by Action

Glossary of Herbal Actions

Adaptogenic	A substance which increases the body's resistance to physical, environmental, emotional or biological stressors and promotes normal physiological function.
Adrenal tonic	A substance which improves the tone, histology and function of the adrenal glands (especially the cortex).
Alterative	<i>See Depurative</i>
Analgesic	A substance which relieves pain.
Anthelmintic	A substance which kills or assists in the expulsion of intestinal worms.
Antiallergic	A substance which tones down the allergic response, often by stabilizing mast cells.
Antianaemic	A substance which prevents or helps correct anaemia.
Antibacterial	A substance which inhibits the growth of bacteria (bacteriostatic) or destroys bacteria (bactericidal).
Anticatatrrhal	A substance which reduces the formation of catarrh or phlegm (pathological mucous secretion).
Antiechymotic	A substance which prevents or alleviates bruising.
Antihidrotic	A substance which reduces excessive sweating.
Anti-inflammatory	A substance which reduces inflammation.
Antilithic	A substance which reduces the formation of calculi (stones) in the urinary tract.
Antimicrobial (<i>see also Antibacterial</i>)	A substance which inhibits the growth of or destroys microorganisms.
Antioxidant	A substance which protects against oxidation and free radical damage.
Antiparasitic	A substance which inhibits the activity of or kills parasites.
Antiprostatic	A substance which reduces symptoms from the prostate gland.
Antipyretic	A substance which reduces or prevents fever.
Antiseptic	<i>See Antimicrobial</i>
Antispasmodic	A substance which reduces or relieves smooth muscle spasm (involuntary contractions).
Antitussive	A substance which reduces the amount or severity of coughing.
Antiviral	A substance that inhibits the growth of viruses.
Anxiolytic	A substance which alleviates anxiety.
Aromatic digestive	A substance which is generally pleasant tasting and/or smelling which assists digestion. They are warming to the body and are also known as warming digestive tonics.
Astringent	A substance which causes constriction of mucous membranes and exposed tissues, usually by precipitating proteins. This has the effect of producing a barrier on the mucus or exposed surfaces.
Bitter tonic (<i>also known as a Bitter; see also Gastric stimulant</i>)	A substance which is bitter tasting and stimulates the upper gastrointestinal tract via the bitter-sensitive taste buds of the mouth and/or by direct interaction with gastrointestinal tissue. Bitters have a promoting effect on all components of upper digestive function, namely the stomach, liver and pancreas. In addition to appetite and digestion they improve general health and immune function.
Bladder tonic	A substance which improves the tone and function of the bladder.
Blood building	Traditional Chinese Medicine concept – See Antianaemic
Bronchodilator	A substance which opens bronchial air passages.
Cardiotonic	A substance which improves the force of contraction of the heart.
Carminative	A substance which relieves flatulence and soothes intestinal spasm and pain, usually by relaxing intestinal muscle and sphincters. They are added to herbal formulations to ease the intestinal spasm or pain which may be caused by laxative herbs.
Cholagogue	A substance which increases the release of stored bile from the gallbladder.
Choleretic	A substance which increases the production of bile by the liver.
Circulatory stimulant	A substance which improves blood flow through body tissues. Circulatory stimulants are warming and they support vitality in the body tissues.
Cognition enhancing	A substance which facilitates learning or memory.
Demulcent	A substance which has a soothing effect on mucous membranes, for example, within the respiratory, digestive and urinary tracts.
Depurative	A substance which improves detoxification and aids elimination to reduce the accumulation of metabolic waste products within the body. They were formerly known as alteratives or blood purifiers and are largely used to treat chronic skin and musculoskeletal disorders.
Diaphoretic	A substance which promotes sweating and thereby controls a fever. They are also known as sudorifics.
Diuretic	A substance which increases urinary output.
Emollient	A substance used to soothe, soften or protect skin.

Expectorant	A substance which improves the clearing of excess mucus from the lungs by either altering the viscosity of mucus or improving the cough reflex.
Febrifuge	See <i>Antipyretic</i>
Female tonic	A substance which improves the tone, vigor and function of the female reproductive system.
Galactagogue	A substance which increases breast milk production.
Gastric stimulant (see also <i>Bitter tonic</i>)	A substance which stimulates the function of the stomach.
General tonic	See <i>Tonic</i>
Haemostatic	See <i>Styptic</i>
Hepatoprotective	A substance which protects the hepatocytes (liver cells) against toxic damage.
Hormone modulator	A substance which modulates and balances hormone levels.
Immune enhancing/stimulating	A substance which enhances immune function.
Immune modulating	A substance which modulates and balances the activity of the immune system.
Laxative	A substance which facilitates evacuation of the bowel.
Liver tonic	A substance which improves the tone, vigor and function of the liver.
local anaesthetic	A substance that removes sensation or pain when applied locally (topically).
Lymphatic	A substance which assists detoxification by its effect on lymphatic tissue and often also improves immune function.
Mucolytic	A substance which helps break up and disperse sticky mucus in the respiratory tract.
Mucous membrane tonic	A substance which improves the tone, vigor and function of the mucous membranes (particularly of the respiratory tract).
Mucous membrane trophorestorative	A substance which restores the integrity of mucous membranes, e.g. in the respiratory and digestive tracts.
Nervine tonic (<i>Nervine</i>)	A substance which improves the tone, vigor and function of the nervous system. Nervine tonics relax and energize the nervous system.
Ovarian tonic	A substance which improves the tone, vigor and function of the ovaries.
Peripheral vasodilator	A substance which dilates or widens the peripheral blood vessels and thereby improves circulation to peripheral tissues and may assist in reducing blood pressure.
Prostate tonic	A substance which improves the tone, vigor and function of the prostate.
Pungent	A hot-tasting substance which acts upon a common group of nerve cell receptors having the effect of warming the body and improving digestion and circulation.
Rubefacient	See <i>Counterirritant</i>
Sedative (mild)	A substance which reduces activity, particularly in the nervous system and decreases nervous tension. It may alleviate pain and spasm and induce sleep.
Sexual tonic	A substance which improves the tone, vigor and function of the sexual organs.
Sialagogue	A substance which increases the secretion of the salivary glands.
Skeletal muscle relaxant	A substance which relaxes skeletal muscle tone.
Stimulant	A substance which heightens the function of an organ or system e.g. a central nervous stimulant increases the activity of the central nervous system, particularly behavioral alertness, agitation, or excitation. The term has a second, more subtle meaning derived from the Thomsonian system (an early branch of herbal therapy in the USA): a substance capable of increasing the action or energy of the living body.
Stomachic	See <i>Gastric stimulant</i>
Styptic	A substance which stops bleeding when applied locally.
Thymoleptic	A substance which elevates mood.
Thyroid tonic	A substance which improves the tone, vigor and function of the thyroid.
Tissue perfusion enhancing	A substance which enhances the flow of nutrients into a tissue.
Tonic (also known as <i>General tonic</i> ; see also <i>other specific body tonics</i>)	A substance which improves the tone, vigor and function of the whole body.
Urinary antiseptic	A substance which inhibits the growth of or destroys microorganisms within the urinary tract.
Urinary demulcent	A substance which has a soothing effect on mucous membranes of the urinary tract.
Uterine tonic	A substance which increases the tone of the uterine muscle.
Vasodilator	A substance which dilates or widens the blood vessels.
Venotonic	A substance which improves the tone and function of the veins.
Vulnerary	A substance which promotes the healing of wounds when applied locally.