

Herb Actions Glossary Short Dunagiri

Analgesic:	Herbs that reduce pain	Anodyne	Atis, Chamomile, White Willow, Hops, Passion Flower, Reishi, Valerian, Mustard Packs
Anthelmintic	Stuns, expels or kills worms, especially in the G.I.	Vermifuge, Vermicide	Tejbal, Atis, Kutki, Kutaj, Vaividang, Wormwood, Black Walnut, Quassia, Sheep Sorrel
Anti-anxiety	Treats anxiety, and its psychological and physical symptoms	Anxiolytic, anti-panic	Adaptogens, Jatamansi
Antibiotic	Kills or arrests the growth of microorganisms	Antiseptic, Disinfectant	Tejbal, Atis, Kutki, Jatamansi, Salam Punja, Garlic, Essential Oils
Anticholestatic, Cholagogue, Choloretic	Stimulates and/or increases the flow of bile from the liver to the duodenum, often contracts the gallbladder, has a laxative effect, and can energize those with slow digestions	Cholagogue, Cholagogic, Anti-bilious, Anti-cholestatic	Atis, Kutki, Turmeric, Daruharidra, Barberry, Calendula, Celandine, Dandelion, Golden Seal, Milk Thistle, Oregon Grape, Yellow Dock
Anti-fungal	Prevents, stops or combats fungal infection	Fungicide	Turmeric, Calamus, Tejbal
Anti-inflammatory	Stops, reduces or counteracts inflammation and infections, typically reduces swelling and redness.	Anti-phlogistic	Turmeric, Atis, Jatamansi, Kutki, Ashwagandha, Calendula, Cat's Claw, Chamomile, Cleavers, Licorice, Reishi, St. John's Wort
Antioxidant	Capable of eliminating hydroxyl free radicals and thus terminates the chain-reaction production of free radicals which prevents cell damage. Free radicals are the basis of most degenerative disease.		Atis, Kutki, Jatamansi, Tejbal, Salam Punja, Cat's Claw, Ginger, Ginkgo, Kelp, Schizandra.

Anti-periodic	Diminishes or stops the morbid periodic fluctuations of certain diseases, especially malaria	Anti- malarial	Atis, Tulsi
Antipyretic	Reduces fevers often by an antioxidant mechanism that destroys pathogens and toxins while releasing heat by sweating, etc	Febrifuge	Tulsi, Atis, Jatamansi, Kutki
Anti-septic	See Antibiotic		
Antispasmodic	Prevent or ease involuntary muscle spasms and cramps, often by strengthening nerves, the nervous system, or organ function in the case of diarrhea or menstrual cramps	Spasmolytic	Turmeric, Tejbal, Black Cohosh, Blue Cohosh, Chamomile, Cramp Bark, Culver's Root, Fenne, Licorice, Red Clover, Skullcap, , Valerian, Wild Yam
Antiviral	Inhibits the growth of a virus		Turmeric, Atis, Tejbal, Jatamansi, Kutki, Salam Punja
Aphrodisiac	Increases sexual arousal, power or potency		Ashwagandha, Shatavri, Atis, Salam Punja, Safed Musli, Damiana, Muira Puama, Schizandra, Suma, Yohimbe
Astringent	Precipitates albumen in organic tissues causing condensation and contraction, thus restrains secretions and discharges. Tannins are the main astringent principle.	Styptic	Triphala, Arjuna, Atis
Cardiac Tonic	Strengthens, tones, restores or stimulates the heart and heart metabolism. Often has a toning astringent action	Cardiac, Cardiant, Cardiotonic, Cordial	Arjuna, Ashwagandha, Tulsi, Kutki, Salam Punja, Cat's Claw, Hawthorn, Kelp, Motherwort, Reishi
Carminative	Prevents or relieves gas and flatulence from G.I. tract and thus reduces griping, pain and discomfort. Often herbs with essential oils.	Digestive	Tejbal, Cumin, Angelica, Celery, Chamomile, Cloves, Fennel, Ginger, Hops, Prickly Ash, Sheep Sorrel, Valerian
Cholagogue	See anti-cholestatic		

Choleretic	See anti-cholestatic		
Demulcent	Rich in mucilage and thus soothes and protects irritated or inflamed tissue, especially digestive, respiratory and urinary systems	(Syn: Counter-irritant, Emollient, Lenitive)	Salam punja, Chamdrasoor, Fenugreek, Licorice, Marshmallow Root, Slippery Elm
Deodorant	Corrects, removes, destroys, masks, or suppresses odors		Tejbal
Digestive	Digests food or supports the digestion of food in the G.I.	Digestant, Eupeptic, Peptic	Turmeric, Trikatu, Ginger, Tejbala, Atis, Kutki
Disinfectant	See Anti-biotic		
Emollient	Used externally to soften and soothe irritated or inflamed skin	Moisturizer, Demulcent, Counter-irritant	Salam Punja
Expectorant	Promotes the expulsion of mucus and phlegm from the lungs by means of spitting and expectoration. Can act via stimulating tissue or can be soothing and sedative and thus reducing irritation.	Anti-tussive, Pectoral	Atis, Tulsi, Angelica, Fennel, Fenugreek, Golden Seal, Licorice, Marshmallow Root, Osha, Red Clover, Red Root, Reishi, Stillingia, Usnea
Farinaceous	Rich in starch		Salam Punja
Febrifuge	See Anti-pyretic		
Hepatoprotective	Protects liver structure and function		Turmeric, Kutki, Triphala, Atis, Jatamansi
Immunomodulator	Alters immune function either by stimulating (immunostimulant to help fight disease, inflammation and infection) or by suppression (immunosuppressant)		Tulsi, Turmeric, Jatamansi, Kutki, Punja, Atis, Tejbal
Laxative	Promotes or induces a mild and painless evacuation of the bowels. Stronger than an aperient and weaker than a purgative, cathartic, or drastic	Aperients, Cathartic, Purgative, Purge, Drastic	Triphala, Kutki, Buckthorn, Burdock, Cascara Sagrada, Golden Seal, Yellow Dock
Nervine	Relaxes, soothes, calms, strengthens or nourishes nerves and the nervous system and thus tend to calm tension, anxiety, stress, inflammation. Can be Tamasic and thus dulling the nerves or Sattvic	Relaxant, Tranquilizer, Sedative, Narcotic	Ashwagandha, Jatamansi, Salam Punja, Brahmi, Chamomile, Cramp Bark, Damiana, Hops, Passion

	and thus clearing the nerves.		Flower, Red Clover, Skullcap, Valerian
Piscicidal	Can kill fish. Often used by indigenous people to harvest fish from streams		Tejbal, Soaproot
Stomachic	Acts on stomach by toning and soothing, promoting digestion, supporting balance between aggressive and protective factors, stimulating digestion, sharpening the appetite and increasing assimilation	Appetizer, Digestive	Amla, Tulsi, Tejbal, Atis, Kutki, Chamomile, Cloves, Fennel, Ginger
Tonic	Restores normal functions by nurturing, vivifying, stimulating, invigorating, strengthening, and toning either a particular organ or the entire body. Usually is taken over time.		Salam Punja, Brahmi, Angelica, Ashwagandha, Astragalus, Cat's Claw, Chamomile, Dandelion, Echinacea, Fenugreek, Siberian Ginseng, Golden Seal, Gotu Kola, Hawthorn, Licorice, Red Clover, Sarsaparilla, Schizandra, Uva Ursi, Wild Yam
Thermogenic	Increases heat, often used to increase metabolism and decrease weight		Atis, Tejbal, Cinnamon, Black Pepper, Motha, Ginger
Trophorestorative	Restores specific Tissue, often a specific organ, like Kutki is trophorestorative to the Liver. Stronger and more effective than a tonic.		Kutki (Liver), Ashwagandha (Nerves), Neem (Mucus membranes) Jatamansi (Cognitive), Salam Punja (Reproductive)
Vajikaran Rasayana	Strong restorative and stimulant of sexual and reproduction function and organs	Aphrodisiac	Ashwagandha, Safed Musli, Salam Punja, Shatavri, Mucuna