

HERBAL WORD NERD GLOSSARY:

ACTIONS and PROPERTIES

Organoleptic

Tropism

Vitalism

Adaptogen

Alterative

Antiinflammatory

Aromatic

Astringent

Bitters

Carminative

Demulcent

Diaphoretic

Diuretic

Laxative

Nutritive

Relaxant

Sedative

Stimulant

Tonic

Vulnerary