

OUTLINE

Topic 8 - Western Herbology and the "Actions" of Medicinal Plants (cont.)

1. The "actions" of medicinal plants with examples:

Expectorant

Example: Mullein

Hepatic

Example: Milk Thistle

Hypnotic

Example: Kava

Laxative

Example: Senna

Nervine

Example: St. John's Wort

Pectoral

Example: Lobelia

Rubefacient

Example: Ginger

Sedative

Example: Valerian

Stimulant

Example: Prickly Ash Bark and Berries

Vulnerary

Example: Comfrey Root