

THERAPEUTIC CATEGORIES

These categories group herbal medicines based on similar therapeutic actions. This is helpful when evaluating treatment, as it expands the options rather than focusing on a specific herbal remedy, which may not be accessible. Note that some plants fit into a few categories. This can be clinically relevant when deciding which plants to use for a situation as it means fewer plants may be necessary.

Sometimes the type of remedy is determined based on the dosage. For instance, a plant that may be sedative at a low dosage may also be a sleep aid at a larger dose.

1. Adsorbent—Attracts and holds foreign material
2. Anesthetic—Reduces local sensation
3. Antiinflammatory—Reduces inflammation
4. Antimicrobial—Inhibits or kills microorganisms
5. Antiseptic—Topical antimicrobial agent
6. Anxiolytic—Reduces anxiety
7. Astringent—Constricts and tightens body tissues, reduces discharges
8. Circulatory stimulant—Stimulates circulation
9. Demulcent—Soothes mucous membranes often with a mucilaginous texture
10. Emollient—Skin softening, a moisturizer
11. Hemostatic—Stops bleeding
12. Immunostimulants—Increase various immune system components
13. Pain relievers—General pain reliever
14. Rubefacient—Stimulates local blood vessels causing skin reddening
15. Sedative—Calms and reduces excitability, tranquilizing
16. Sleep aid—Helps with sleeping
17. Trauma aid—Helps with recovery from shock and trauma
18. Vulnerary—Wound healing agent

Adsorbent

Activated charcoal

Anesthetic

Cayenne Clove essential oil Tobacco

Antiinflammatory

Aloe

Arnica

Calendula

Chamomile

Ginger

Licorice

Meadowsweet

Poplar

St. John's wort

Turmeric

Willow

Antimicrobial/Antiseptic

Calendula

Chaparral

Conifer resins

Echinacea

Garlic

Goldenseal

Myrrh

Oregon graperoot

Osha

Propolis

Yarrow

Anxiolytic/Trauma Aid

Anemone

Blue vervain

California poppy

Kava kava

Lobelia

Motherwort

Passionflower

Rose

Tulsi

St. John's wort

Vervain

Astringent

Agrimony
Blackberry root
Geranium
Lady's mantle
Oak
Rhatany
Tea
Witch hazel
Yellow dock
Yerba mansa

Demulcent/Emollient

Aloe
Comfrey
Licorice
Mallow
Marshmallow
Slippery elm

Hemostatic

Cayenne
Shepherd's purse
Yarrow
Yunnan Baiyao

Pain Relief

Ethanol
Hops
Jamaican dogwood
Kava kava
Lobelia
Marijuana
Skullcap
Valerian
Wild lettuce

Rubefacient/Circulatory Stimulant

Cayenne
Ginger
Mustard
Nettles

Sedative/Sleep aid

California poppy

Hops

Jamaican dogwood

Kava kava

Marijuana

Passionflower

Skullcap

Valerian

Vulnerary

Aloe

Arnica

Calendula

Chickweed

Comfrey

Echinacea

Gotu kola

Mallow

Marshmallow

Plantain

St. John's wort

Yarrow